The Burden of Diabetes in Indiana

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 37 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Indiana.

Indiana’s diabetes epidemic:

- Approximately **640,435 people in Indiana**, or 12.3% of the adult population, have diagnosed diabetes.
- An additional **146,000 people in Indiana have diabetes but don’t know it**, greatly increasing their health risk.
- There are **1,707,000 people in Indiana**, 33.5% of the adult population, who have prediabetes with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- **Every year** an estimated **46,820 people in Indiana** are diagnosed with diabetes.

Diabetes is expensive:

People with diabetes have **medical expenses approximately 2.3 times higher** than those who do not have diabetes.

- Total **direct medical expenses** for diagnosed diabetes in Indiana were estimated at **$5 billion** in 2017.
- In addition, another **$1.8 billion** was spent on **indirect costs** from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

In 2021, the **National Institute of Diabetes and Digestive and Kidney Diseases** at the National Institutes of Health invested **$30,452,115** in diabetes-related research projects in Indiana. The **Division of Diabetes Translation** at the CDC provided **$1,184,646** in diabetes prevention and educational grants in Indiana in 2018.

Sources include:

- Diabetes Incidence: 2016 diabetes incidence rate, cdc.gov/diabetes/data
- Research expenditures: 2021 NIDDK funding, report.nih.gov/award/index.cfm; 2020 CDC diabetes funding, fundingprofiles.cdc.gov/FundingProfiles/FundingQuery