The Burden of Diabetes in Montana

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 Montana.

Montana’s diabetes epidemic:
- Approximately 77,847 people in Montana, or 9.1% of the adult population, have diagnosed diabetes.
- An additional 24,000 people in Montana have diabetes but don’t know it, greatly increasing their health risk.
- There are 282,000 people in Montana, 34.7% 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 7,481 people in Montana 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 Montana were estimated at $628 million in 2017.
- In addition, another $191 million 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 $1,013,573 in diabetes-related research projects in Montana.

The Division of Diabetes Translation at the CDC provided $2,499,922 in diabetes prevention and educational grants in Montana 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

Diagnosed diabetes costs an estimated $820 million in Montana each year.
The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.