The Burden of Diabetes in North Carolina

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 North Carolina.

North Carolina’s diabetes epidemic:

- Approximately 1,014,358 people in North Carolina, or 12.4% of the adult population, have diagnosed diabetes.
- An additional 244,000 people in North Carolina have diabetes but don’t know it, greatly increasing their health risk.
- There are 2,765,000 people in North Carolina, 34.6% 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 72,032 people in North Carolina 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 North Carolina were estimated at $7.7 billion in 2017.
- In addition, another $2.9 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 $74,118,714 in diabetes-related research projects in North Carolina. The Division of Diabetes Translation at the CDC provided $1,955,614 in diabetes prevention and educational grants in North Carolina 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