The Burden of Diabetes in New Hampshire

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 New Hampshire.

New Hampshire’s diabetes epidemic:

- Approximately 113,110 people in New Hampshire, or 10.1% of the adult population, have diagnosed diabetes.
- An additional 29,000 people in New Hampshire have diabetes but don’t know it, greatly increasing their health risk.
- There are 351,000 people in New Hampshire, 32.9% 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 9,505 people in New Hampshire 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 New Hampshire were estimated at $944 million in 2017.
- In addition, another $319 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 $4,292,773 in diabetes-related research projects in New Hampshire.

The Division of Diabetes Translation at the CDC provided $721,411 in diabetes prevention and educational grants in New Hampshire 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