The Burden of Diabetes in Connecticut

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 Connecticut.

Connecticut’s diabetes epidemic:

- Approximately 268,262 people in Connecticut, or 9.3% of the adult population, have diagnosed diabetes.
- An additional 79,000 people in Connecticut have diabetes but don’t know it, greatly increasing their health risk.
- There are 944,000 people in Connecticut, 33.1% 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 21,395 people in Connecticut 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 Connecticut were estimated at $2.7 billion in 2017.
- In addition, another $960 million was spent on indirect costs from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

In 2023, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested $7,845,231 in diabetes-related research projects in Connecticut. The Division of Diabetes Translation at the CDC provided $943,716 in diabetes prevention and educational grants in Connecticut in 2021.

Sources include:

- Research expenditures: 2023 NIDDK funding, report.nih.gov/award/index.cfm; 2021 CDC diabetes funding, fundingprofiles.cdc.gov/FundingProfiles/FundingQuery