The Burden of Diabetes in District of Columbia (DC)

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 DC.

DC’s diabetes epidemic:

- Approximately 43,610 people in DC, or 8% of the adult population, have diagnosed diabetes.
- An additional 14,000 people in DC have diabetes but don’t know it, greatly increasing their health risk.
- There are 164,000 people in DC, 29% 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 3,964 people in the District of Columbia 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 DC were estimated at $428 million in 2017.
- In addition, another $271 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 $3,270,940 in diabetes-related research projects in DC.

The Division of Diabetes Translation at the CDC provided $8,493,128 in diabetes prevention and educational grants in DC in 2021.

Sources include:

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