The Burden of Diabetes in Idaho

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 Idaho.

Idaho’s diabetes epidemic:

- \textbf{Approximately 120,640 people in Idaho, or 8.3\% of the adult population, have diagnosed diabetes.}
- \textbf{An additional 36,000 people in Idaho have diabetes but don’t know it, greatly increasing their health risk.}
- \textbf{There are 427,000 people in Idaho, 33.8\% of the adult population, who have \textit{prediabetes} with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.}
- \textbf{Every year an estimated 11,440 people in Idaho are diagnosed with diabetes.}

Diabetes is expensive:

People with diabetes have \textbf{medical expenses approximately 2.3 times higher} than those who do not have diabetes.

- Total \textbf{direct medical expenses} for diagnosed diabetes in Idaho were estimated at \textbf{$956 million} in 2017.
- In addition, another \textbf{$314 million} was spent on \textbf{indirect costs} from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

In 2023, the \textbf{National Institute of Diabetes and Digestive and Kidney Diseases} at the National Institutes of Health did not invest money in diabetes-related research projects in Idaho.

The \textbf{Division of Diabetes Translation} at the CDC provided \textbf{$1,025,881} in diabetes prevention and educational grants in Idaho in 2021.

Sources include:

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

Diagnosed diabetes costs an estimated \textbf{$1.3 billion} in Idaho each year.

The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.