The Burden of Diabetes in North Dakota

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 Dakota.

North Dakota’s diabetes epidemic:

- Approximately **57,805 people in North Dakota**, or 9.8% of the adult population, **have diagnosed diabetes**.
- An additional **15,000 people in North Dakota have diabetes but don’t know it**, greatly increasing their health risk.
- There are **183,000 people in North Dakota**, 32.2% of the adult population, who have **pre-diabetes** with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- **Every year** an estimated **4,598 people in North Dakota** 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 Dakota were estimated at **$471 million in 2017**.
- In addition, another **$190 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 did not invest money in diabetes-related research projects in North Dakota. The **Division of Diabetes Translation** at the CDC provided **$1,123,535** in diabetes prevention and educational grants in North Dakota in 2021.

Sources include:

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

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)