The Burden of Diabetes in Virginia

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 Virginia.

Virginia’s diabetes epidemic:

▪ Approximately **743,024 people in Virginia**, or 10.9% of the adult population, have **diagnosed diabetes**.

▪ An additional **189,000 people in Virginia have diabetes but don’t know it**, greatly increasing their health risk.

▪ There are **2,208,000 people in Virginia**, 33.3% 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 **51,233 people in Virginia** 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 Virginia were estimated at **$6.1 billion** in 2017.

▪ In addition, another **$2.3 billion** 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 **$3,454,109** in diabetes-related research projects in Virginia.  

The **Division of Diabetes Translation** at the CDC provided **$7,927,901** in diabetes prevention and educational grants in Virginia in 2021.

Sources include:


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