The Burden of Diabetes in Vermont

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 Vermont.

Vermont’s diabetes epidemic:

- Approximately 40,068 people in Vermont, or 7.6% of the adult population, have diagnosed diabetes.
- An additional 14,000 people in Vermont have diabetes but don’t know it, greatly increasing their health risk.
- There are 165,000 people in Vermont, 33.6% 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 3,818 people in Vermont 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 Vermont were estimated at $362 million in 2017.
- In addition, another $158 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 $486,874 in diabetes-related research projects in Vermont. The Division of Diabetes Translation at the CDC provided $926,815 in diabetes prevention and educational grants in Vermont 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 $520 million in Vermont each year.

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