# The Burden of Diabetes in Arkansas

**Diabetes is growing at an epidemic rate in the United States. According to the Centers for Disease Control and Prevention (CDC), more than 30 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Arkansas.**

## Arkansas's diabetes epidemic:

Approximately **363,781 people in Arkansas**, or 14.8% of the adult population, **have diabetes**.

- Of these, an estimated **75,000 have diabetes but don't know it**, greatly increasing their health risk.
- In addition, **797,000 people in Arkansas**, 36.4% of the adult population, **have prediabetes** with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes.
- **Every year** an estimated **25,000 people in Arkansas are diagnosed with diabetes.**

**Diabetes and prediabetes cost an estimated $3.1 billion in Arkansas each year.**

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

## 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 and undiagnosed diabetes, prediabetes and gestational diabetes in Arkansas was estimated at **$2.3 billion** in 2012.
- In addition, another **$798 million** was spent on **indirect costs** from lost productivity due to diabetes.

## Improving lives, preventing diabetes and finding a cure:

In 2015, the **National Institute of Diabetes and Digestive and Kidney Diseases** at the National Institutes of Health invested **$1,301,948** in diabetes-related research projects in Arkansas.

The **Division of Diabetes Translation** at the CDC spent **$902,396** on diabetes prevention and educational programs in Arkansas in 2016.


Sources include:

- Diabetes Prevalence: 2014 state diagnosed diabetes prevalence, cdc.gov/diabetes/data; 2012 state undiagnosed diabetes prevalence, Dall et al., "The Economic Burden of Elevated Blood Glucose Levels in 2012", *Diabetes Care*, December 2014, vol. 37.
- Diabetes Incidence: 2014 state diabetes incidence rates, cdc.gov/diabetes/data
- Cost: Dall et al.
- Research expenditures: 2015 NIDDK funding, projectreporter.nih.gov; 2016 CDC diabetes funding, www.cdc.gov/fundingprofiles
- Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017