# Burden of Diabetes Among Adults in Indiana

## THE BURDEN OF DIABETES IN INDIANA

- 9.8% of the adult population of Indiana, or about 474,500, report having diabetes. In addition, 5.6% of the adult population of Indiana, or about 272,500, report having prediabetes or borderline diabetes.\(^1\)

- The number of adults who report having diabetes increases with age and obesity, and decreases as adults income and education levels increase.

- Diabetes is a major cause of heart disease and stroke; and the leading cause of kidney failure, nontraumatic lower-limb amputation, and new cases of blindness among adults in the United States (CDC, 2011).

- Diabetes is the seventh leading cause of death in Indiana (IN DOH, 2011).

- In 2007, the total annual economic cost of diabetes in the United States was estimated at $174.4 billion, composed of approximately $116 billion in medical expenditures and $58 billion in reduced productivity (CDC, 2011).

- The average annual health care cost for a person with diabetes in the United States is $11,744, compared to $2,935 for a person without diabetes (IN DOH, 2011).

## SOME ADULTS ARE MORE LIKELY TO HAVE DIABETES

<table>
<thead>
<tr>
<th>Sex</th>
<th>10.7% of males report having diabetes compared to 9.0% of females.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>13.2% of adults 45-64 years old and 21.0% of adults 65+ years old report having diabetes compared to 0.9% of adults 18-24 years old and 4.2% of adults 25-44 years old.</td>
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<tr>
<td>Race/Ethnicity</td>
<td>7.9% of Hispanic adults report having diabetes compared to 15.9% of black, non-Hispanic adults and 9.3% of white, non-Hispanic adults.</td>
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<tr>
<td>Income</td>
<td>20.6% of adults with household incomes of less than $15,000 and 12.7% of adults with household incomes of $15,000-$24,999 report having diabetes compared to 10.5% of adults with household incomes of $25,000-$49,999 and 6.4% of adults with household incomes of $50,000+.</td>
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<tr>
<td>Education</td>
<td>13.8% of adults with less than a high school education, 11.6% of adults with a high school education, 9.5% of adults with some college education, and 6.7% of adults with a college education report having diabetes.</td>
</tr>
</tbody>
</table>
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CARDIOVASCULAR DISEASE AND DIABETES

28.8% of adults who report having diabetes also report having cardiovascular disease compared to 6.9% of adults who do not report having diabetes but report having cardiovascular disease.  

BODY MASS INDEX AND DIABETES

19.6% of adults who are obese and 7.3% of adults who are overweight report having diabetes compared to 3.8% of adults who are not obese or overweight.

TREND OF DIABETES

The following figure displays the trend in the percentage of adults in Indiana who report having diabetes.

FOOTNOTES

1 Prediabetes, formerly known as borderline diabetes, is a condition where a person has higher than normal glucose levels, but not high enough yet to indicate diabetes. It is almost always present before a person develops diabetes (American Diabetes Association, 2011).

2 Cardiovascular disease includes persons who report ever having a heart attack, a stroke, angina, and/or coronary heart disease (CDC, 2011).