

The Burden of Diabetes in Maine

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 38 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Maine. Obesity is linked to up to 53 percent of new cases of type 2 diabetes each year. Treating the chronic disease of obesity can help prevent, delay, and even result in diabetes remission.

Maine Diabetes Epidemic

- Approximately 116,500 adults in Maine, or 10.2% of the adult population, have diagnosed diabetes.
- Every year, an estimated 6,800 adults in Maine are diagnosed with diabetes.

Maine Obesity Epidemic

- Approximately 379,300 adults in Maine, or 33.1% of the adult population, have obesity.

Diabetes is expensive:

Americans with diabetes have medical expenses approximately 2.6 times higher than those who do not have diabetes. And the total estimated cost of diagnosed diabetes in the U.S. in 2022 was \$412.9 billion, including \$306.6 billion in direct medical costs and \$106.3 billion in reduced productivity attributable to diabetes.

In 2017 it was estimated that:

- Total direct medical expenses for diagnosed diabetes in Maine was \$1 billion.
- Total indirect costs from lost productivity due to diabetes was \$365 million.
- Total cost of diabetes was \$1.37 billion.

Obesity is expensive:

Americans with obesity had related medical care costs of an estimated \$173 billion in 2019. Having obesity more than doubles an individual's health care costs and out-of-pocket cost for care.

- A person with obesity or overweight with employer-provided health insurance had an average of \$12,588 in total yearly health costs, compared to \$4,699 for those without overweight or obesity.
- In 2021, a person with obesity with employer-provided health insurance faced an average of \$1,487 in out-of-pocket costs, compared to \$698 for those without obesity.

To aid the efforts of improving lives, preventing diabetes, and finding a cure:

In 2024, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested \$983,062 in diabetes-related research projects in Maine.

The Division of Diabetes Translation at the CDC provided \$700,460 in diabetes prevention and educational grants in Maine in 2022.

Sources: diabetes.org/SFSSources

In the United States:

- **Over 38 million Americans have diabetes**
 - **8.7 million Americans have diabetes and don't know it**
- **Nearly 98 million American adults have prediabetes**
- **Obesity affects about 125 million Americans, including nearly 20 percent of children and adolescents**
- **Over 85 percent of adults with type 2 diabetes also have overweight or obesity**