Global Health Institute

Burden of Diabetes Among Adults in Indiana

An estimated 474,500 adults in Indiana report having diabetes.

Older adults are more likely to report having diabetes.

Diabetes is the 7th leading cause of death in Indiana.

Adults with lower household incomes and education levels are more likely to report having diabetes.

BRFSS Behavioral Risk Factor Surveillance System

(2010 Data)

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

Sex 10.7% of males report having diabetes compared to 9.0% of females.

Age 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.

Race/Ethnicity 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.

Income 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+.

Education 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.

Global Health Institute

Burden of Diabetes Among Adults in Indiana

Adults who report having diabetes are more likely to also report having cardiovascular disease.

Adults who are obese or overweight are more likely to report having diabetes.

The percentage of adults who report having diabetes has steadily increased over the past two decades.

BRFSS Behavioral Risk Factor Surveillance System

(2010 Data)

CARDIOVASCULAR DISEASE AND DIABETES

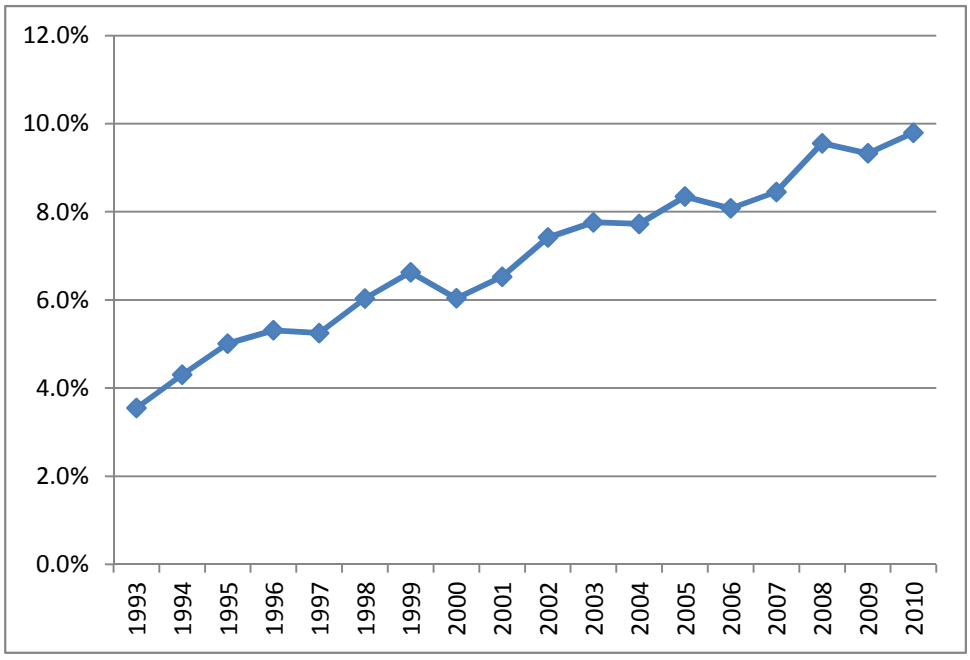
28.8% of adults who report having diabetes also report having cardiovascular disease compared to 6.9% of adults who do not report having diabetes but report having cardiovascular disease.[2]

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).