

# Diabetes' Impact in Colorado

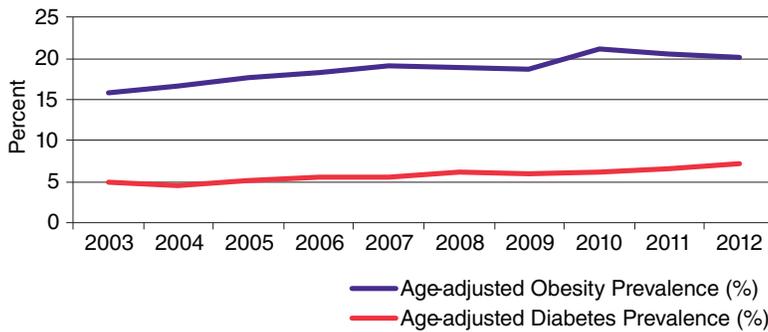
## Facts for Action: Chronic Diseases and Related Risk Factors in Colorado

### Diabetes is becoming more common

The adult prevalence of diagnosed diabetes increased 157%, from 4.7% to 7.4%, in the past decade.

The adult prevalence of obesity, a key risk factor for type 2 diabetes also increased significantly.

### Percent of adult Coloradans with diabetes and obesity.



An estimated 1 in 3 U.S. adults has prediabetes.

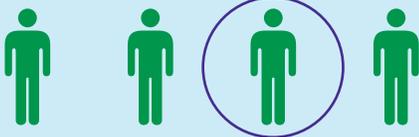
1 in 3

Only 6% of adult Coloradans were aware of having prediabetes in 2010.

6%

15-30% of people with prediabetes will likely develop diabetes within 5 years.

15-30%



1 in 4 people with diabetes are undiagnosed.<sup>1</sup>

More than 19,000 adult Coloradans were diagnosed with diabetes in 2012.

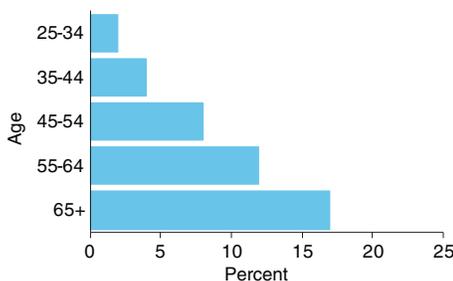
More than half of people with diabetes were diagnosed when they were 18-54 years of age.

More than 100,000 Coloradans could be unaware that they have diabetes.



### Diabetes disparities exist

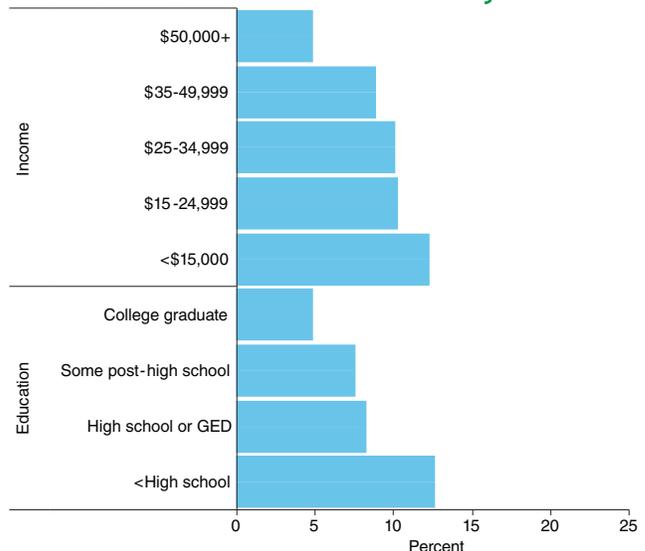
### Percent of adult Coloradans with diabetes by age.



In 2012, the diabetes prevalence increased significantly with age.

In addition, Black and Hispanic adults were **twice as likely** to have diabetes compared with White adults in 2012.

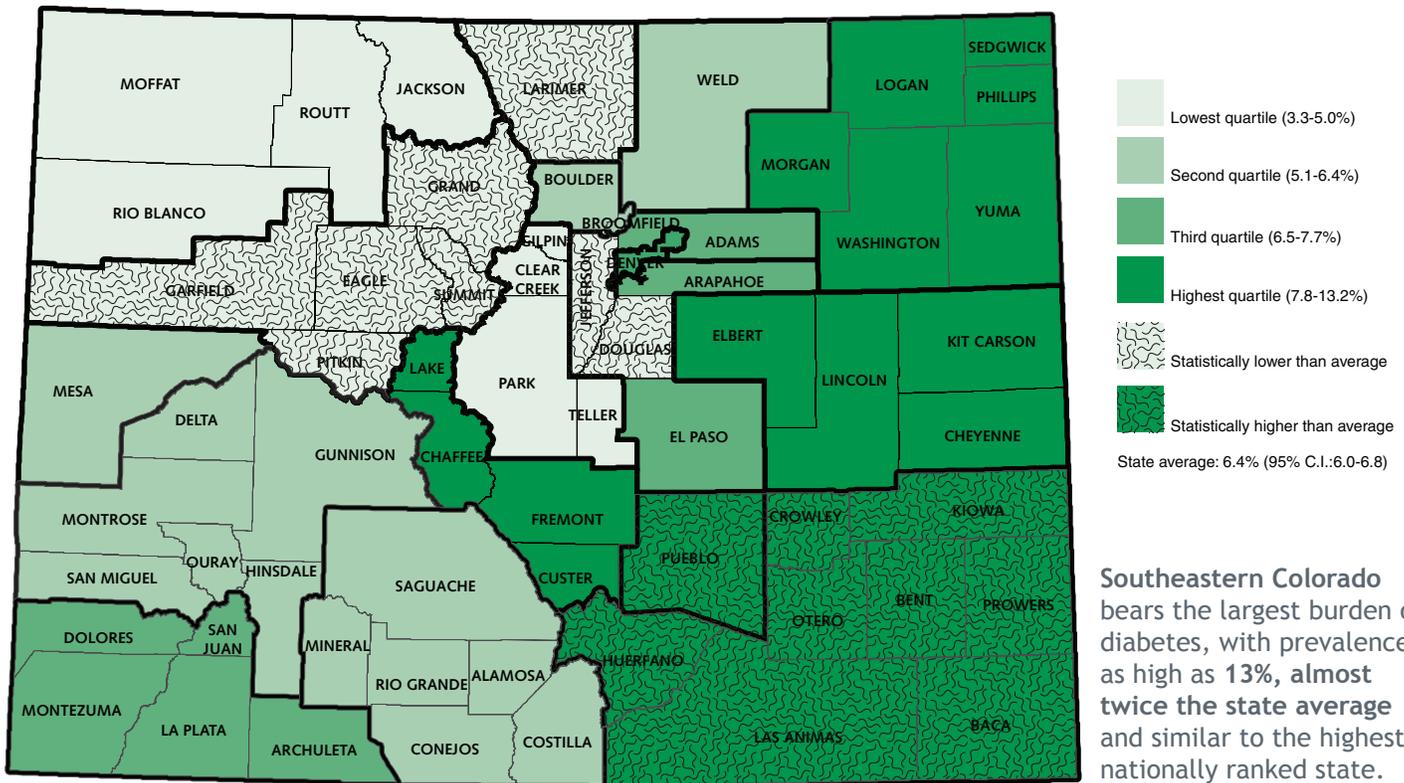
### Percent of adult Coloradans with diabetes by income & education.



In 2012, diabetes was significantly more prevalent among adults with less education and less income.

Data source: Behavioral Risk Factor Surveillance System.

## Diabetes prevalence by geographic region, Colorado, 2010-2011.



↑41%

Total costs of diagnosed diabetes in the United States in 2012 were \$245 billion – a 41% increase since 2007.<sup>2</sup>

2.3x

Medical expenditures for people with diabetes are 2.3 times higher than for those without diabetes.<sup>2</sup>

- The total cost of care per patient with diabetes was over \$12,000 in Colorado in 2011.

14%

In Colorado, 14% of hospital discharges in 2012 were related to diabetes.

- There were 22 hospital discharges for every 100 persons with diagnosed diabetes

8th

Diabetes is the 8th leading cause of death in Colorado. Every day in Colorado, 2 people die from diabetes.



### Diabetes is costly

Diabetes is costly in terms of medical expenditures, hospitalizations and deaths.

Medical expenditures are increasing along with the prevalence of diabetes nationally and in Colorado.

However, in recent years, the hospital discharge rate per population with diabetes and the diabetes death rate have both significantly decreased.

Data sources: Behavioral Risk Factor Surveillance System; Colorado All Payer Claims Database; Hospital Discharge Dataset – Colorado Hospital Association; Colorado Health Information Dataset (death data).



## People with diabetes also have other health conditions

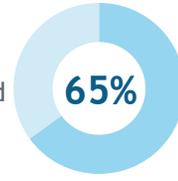
**91%** of adult Coloradans with diabetes had at least one other chronic health condition in 2011.

**75%** of obese people with diabetes have high blood pressure.

50% of people with diabetes are obese.



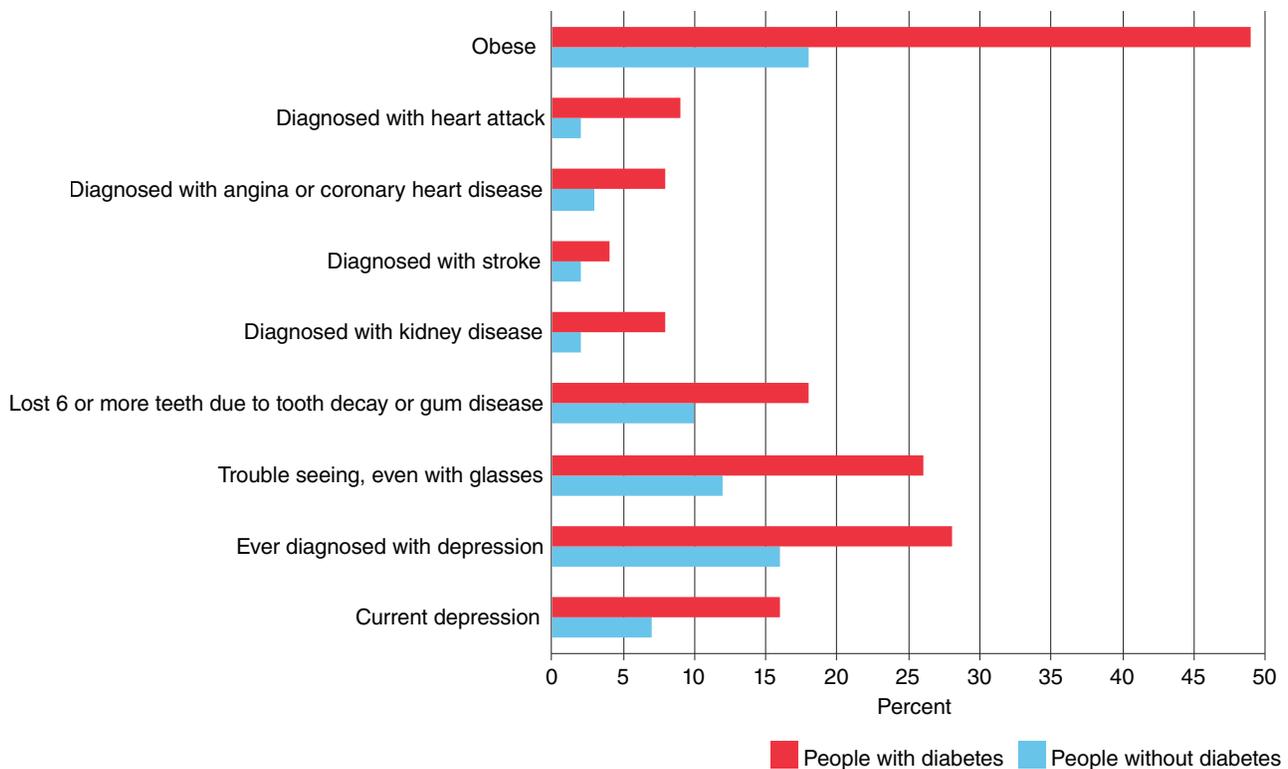
65% of people with diabetes have high blood pressure.



62% of people with diabetes have high cholesterol.



In 2012, after adjusting for age differences between groups, the following conditions were more likely among people with diabetes than people without diabetes.



As the number of chronic conditions a person has increases, so does the risk of:<sup>3</sup>

- Mortality
- Poor functional status
- Unnecessary hospitalizations
- Adverse drug events
- Duplicative tests
- Conflicting medical advice

Data source: Behavioral Risk Factor Surveillance System.



## People with diabetes have disease management needs

Diabetes increases risk for many serious health problems, including eye and foot complications. With the correct treatment and lifestyle changes, the onset of complications can be prevented or delayed.

In 2012, among adult Coloradans with diabetes, only:

**56%** checked their blood glucose daily.

**84%** had their A1C checked in the past year.

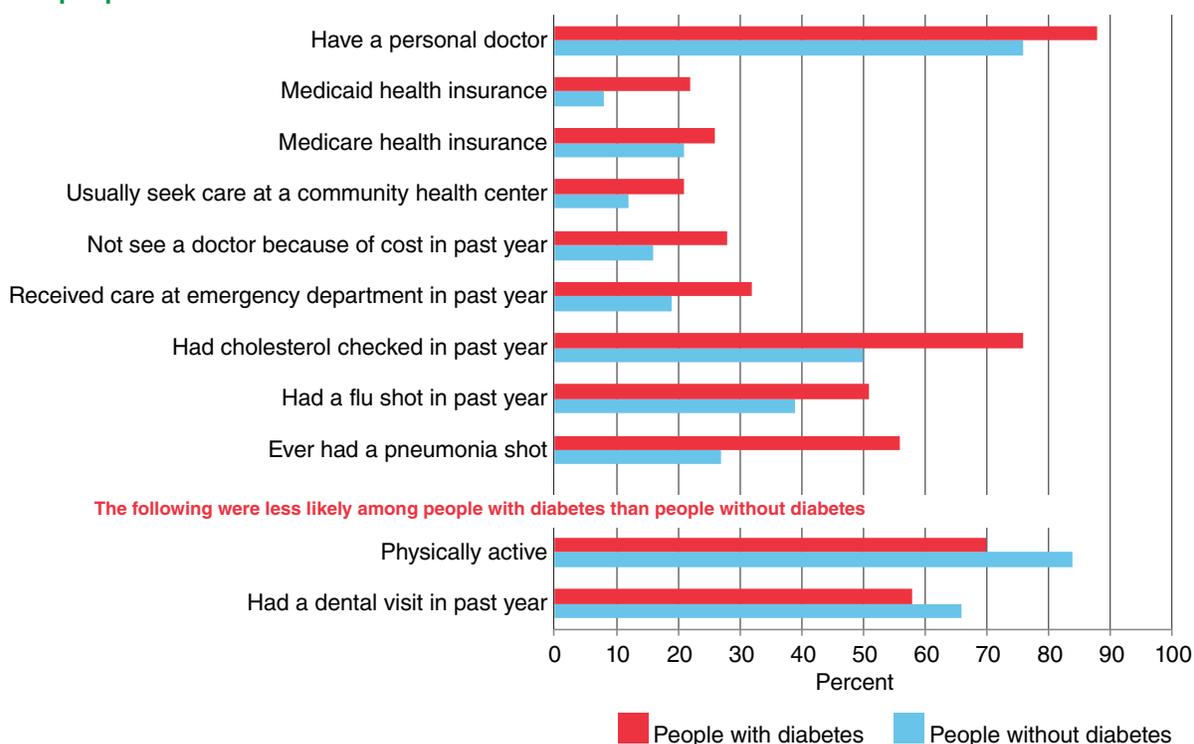
**64%** had their A1C checked more than once.

**83%** had a medical visit for diabetes in the past year.

**67%** had an eye exam in the past year.

**73%** had a foot exam by a health professional in the past year.

In 2012, after adjusting for age differences between groups, the following were more likely among people with diabetes than people without diabetes.



### References

- Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.
- American Diabetes Association. Economic costs of diabetes in the U.S. in 2012. Diabetes Care 2013;36:1033-1046.
- U.S. Department of Health and Human Services. Multiple Chronic Conditions—A Strategic Framework: Optimum Health and Quality of Life for Individuals with Multiple Chronic Conditions. Washington, DC. December 2010.