Diabetes’ Impact 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.

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

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

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

1 in 4 people with diabetes are undiagnosed.¹

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

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.

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

Data source: Behavioral Risk Factor Surveillance System.
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.

**Total costs** of diagnosed diabetes in the United States in 2012 were $245 billion — a 41% increase since 2007.²

**Medical expenditures** for people with diabetes are 2.3 times higher than for those without diabetes.²
- The total cost of care per patient with diabetes was over $12,000 in Colorado in 2011.

In Colorado, 14% of hospital discharges in 2012 were related to diabetes.
- There were 22 hospital discharges for every 100 persons with diagnosed diabetes

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

Southeastern Colorado bears the largest burden of diabetes, with prevalence as high as 13%, almost twice the state average and similar to the highest nationally ranked state.

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.

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:

- 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:

- Have a personal doctor
- Medicaid health insurance
- Medicare health insurance
- Usually seek care at a community health center
- Not see a doctor because of cost in past year
- Received care at emergency department in past year
- Had cholesterol checked in past year
- Had a flu shot in past year
- Ever had a pneumonia shot

The following were less likely among people with diabetes than people without diabetes:

- Physically active
- Had a dental visit in past year

References

