

# Diabetes in the US

FINDINGS FROM THE GLOBAL BURDEN OF DISEASE STUDY

## DEATHS DUE TO DIABETES NATIONWIDE

<b>1990</b>	<b>2016</b>
<b>49,168</b>	<b>71,450</b>

Top 5 and bottom 5 states and DC, ranked by years of life lost, 2016<sup>1</sup>

### LOWEST RATES

- 1 Massachusetts
- 2 Colorado
- 3 Nevada
- 4 Connecticut
- 5 Hawaii

### HIGHEST RATES

- 47 New Mexico
- 48 Alabama
- 49 Louisiana
- 50 Mississippi
- 51 West Virginia

<sup>1</sup>Rates per 100,000 are adjusted for differences in ages and population size across states.

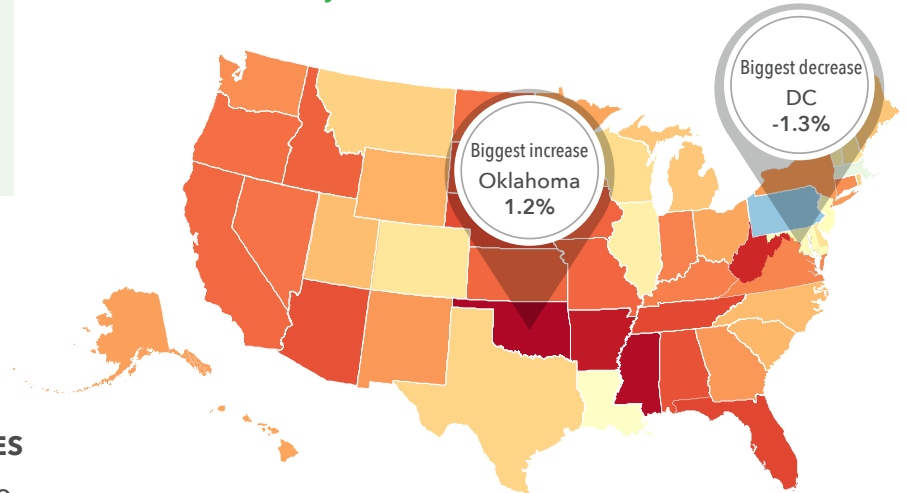
The **increase** in **annual diabetes spending** nationwide between **1996** and **2013** was **\$64.4 billion**.<sup>3</sup>

**\$44.4 billion** (nearly **70%**) of this increase was from **pharmaceutical spending**.<sup>4</sup>

<sup>3</sup>Dieleman JL, Baral R, Birger M, et al. **US Spending on Personal Health Care and Public Health, 1996-2013.** *JAMA.* 2016;316(24):2627-2646. doi:10.1001/jama.2016.16885

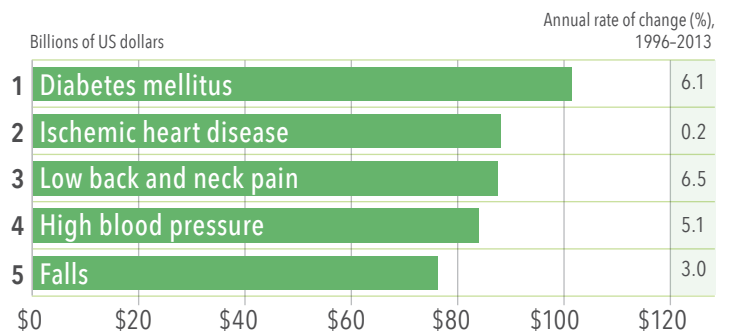
<sup>4</sup>Dieleman JL, Squires E, et al. **Factors associated with increases in US health care spending, 1996-2013.** *JAMA.* 7 Nov 2017; 318(17):1668-1678. doi:10.1001/jama.2017.15927.

% change per year in early death and disability due to diabetes, 1990-2016



Diabetes is the **#1** cause of health spending in the US<sup>2</sup>

### Conditions on which the US spent the most money in 2013



<sup>2</sup>Estimate is for 2013, the latest year available

### HOW CAN WE ADDRESS DIABETES IN THE US?

Prevent deaths from diabetes by addressing leading risk factors linked to it, such as:

- Obesity and overweight
- Poor diet (diets low in whole grains and fruits or high in processed meat)
- Lack of physical activity

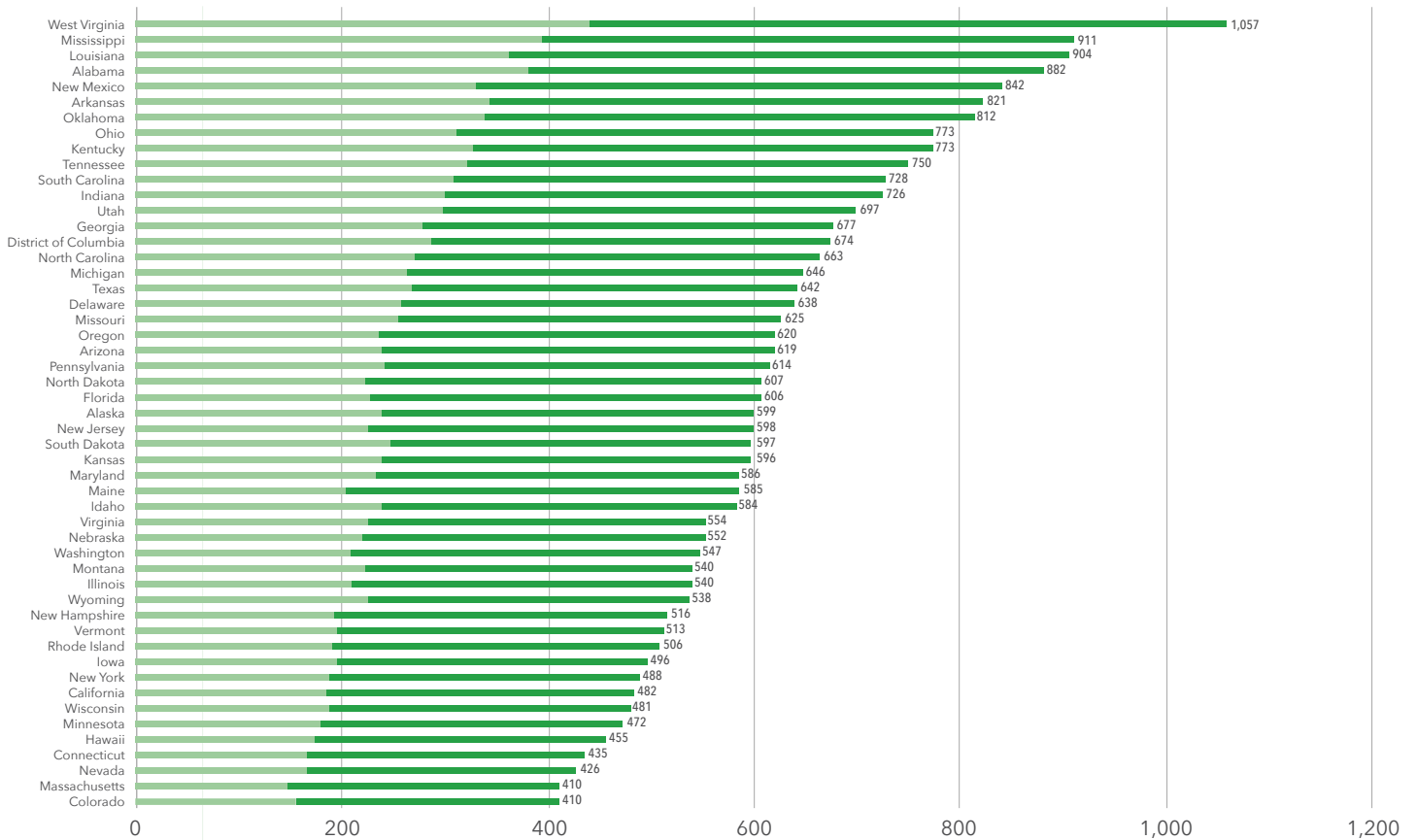
## Lives cut short by diabetes across the US

GBD tracks the years of life lost when people die early due to diabetes. For example, when a woman dies from diabetes at age 60, and she could have been expected to live until age 85, she loses 25 years of life. Adding up all the years lost from early deaths like this one gives us “years of life lost.”

### Years of life lost due to diabetes, 2016

Rates per 100,000 adjusted for differences in ages and population size across states

● Male value ● Female value **TOTAL**



### About IHME

IHME is an independent health research center at the University of Washington in Seattle. It is a leading health metrics organization in the world. Its work includes studies of US health spending, health in all 3,142 US counties, future health scenarios, and a pilot effort to map health at the census tract level. IHME plans to expand its US research in the future. Results from IHME research are made freely available to the public.

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### Who uses this research?

The US National Institutes of Health is using GBD research to decide where to invest their research dollars.

Public Health England used GBD to determine the seven priorities outlined in their strategic plan.

The Bill & Melinda Gates Foundation says that “GBD sets the compass” for their work.