

Diabetes Sheet Draft Notes

The following is pulled from (Economic Costs of Diabetes in the U.S. in 2002. American Diabetes Association © 2003 by the American Diabetes Association, Inc.)

Per capita medical expenditures totaled \$13,243 for people with diabetes and \$2,560 for people without diabetes.

Direct Costs of Diabetes

- Estimated at \$92 billion in 2002, compared to \$44 billion in 1997.
- Represents 19% of total personal health care expenditures in the U.S. However, diagnosed diabetes patients account for only 4.2% of the total U.S. population.
- \$40.3 billion was spent for inpatient hospital care and \$13.8 billion for nursing home care for people with diabetes.
- Diabetes-related hospitalizations totaled 16.9 million days in 2002. Rates of outpatient care were highest for physician office visits, which included 62.6 million visits to treat persons with diabetes.
- Cardiovascular disease is the most costly complication of diabetes, accounting for more than \$17.6 billion of the \$91.8 billion annual direct medical costs for diabetes in 2002.

Indirect Costs of Diabetes

- Estimated to be \$40 billion in 2002.
- In 2002, diabetes accounted for a loss of nearly 88 million disability days.
- 176,000 cases of permanent disability were caused by diabetes, at a cost of \$7.5 billion.

Complications of diabetes in the United States

Heart disease and stroke

- Heart disease is the leading cause of diabetes-related deaths. Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.
- The risk for stroke is 2 to 4 times higher among people with diabetes.
- About 65% of deaths among people with diabetes are due to heart disease and stroke.

High blood pressure

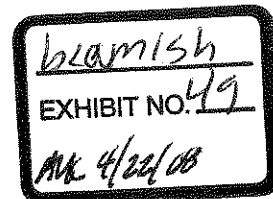
- About 73% of adults with diabetes have blood pressure greater than or equal to 130/80 mm Hg or use prescription medications for hypertension.

Blindness

- Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years.
- Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.

Kidney disease

- Diabetes is the leading cause of end-stage renal disease, accounting for 44 percent of new cases.
- In 2001, 42,813 people with diabetes began treatment for end-stage renal disease.



- In 2001, a total of 142,963 people with end-stage renal disease due to diabetes were living on chronic dialysis or with a kidney transplant.

Nervous system disease

- About 60% to 70% of people with diabetes have mild to severe forms of nervous system damage. The results of such damage include impaired sensation or pain in the feet or hands, slowed digestion of food in the stomach, carpal tunnel syndrome, and other nerve problems.
- Severe forms of diabetic nerve disease are a major contributing cause of lower-extremity amputations.

Amputations

- More than 60% of nontraumatic lower-limb amputations occur among people with diabetes.
- In 2000-2001, about 82,000 nontraumatic lower-limb amputations were performed annually among people with diabetes.

Dental disease

- Periodontal (gum) disease is more common among people with diabetes. Among young adults, those with diabetes have about twice the risk of those without diabetes.
- Almost one-third of people with diabetes have severe periodontal diseases with loss of attachment of the gums to the teeth measuring 5 millimeters or more.

Other complications

- Uncontrolled diabetes often leads to biochemical imbalances that can cause acute life-threatening events, such as diabetic ketoacidosis and hyperosmolar (nonketotic) coma.
- People with diabetes are more susceptible to many other illnesses and, once they acquire these illnesses, often have worse prognoses. For example, they are more likely to die with pneumonia or influenza than people who do not have diabetes.

Health care expenditures attributable to diabetes, by medical condition and type of service, 2002
(in millions of dollars)

Medical Condition	Inpatient Days	Office Visits	Outpatient Visits	Emergency Visits	Nursing Home Days	Home Health Visits	Hospice Care Days	Other	Total
Diabetes	2,043	1,591	761	140	4,263	1,504	13	12,916	23,231
Neurological symptoms	1,096	104	26	29	1,339	96	4	52	2,748
Peripheral vascular disease	746	54	27	14	159	89	1	31	1,121
Cardiovascular disease	9,740	2,093	767	312	2,128	620	74	1,892	17,626
Renal complications	977	157	62	75	438	71	6	92	1,879
Endocrine/metabolic complications	38	188	52	2	18	3	0	126	426
Ophthalmic complications	11	241	61	9	2	7	0	92	422
Other complications	212	28	9	19	27	9	0	14	318
General medical conditions	25,473	5,578	1,549	1,562	5,504	1,531	445	2,447	44,091
Total	40,337	10,033	3,315	2,162	13,878	3,930	543	17,662	91,861

Includes ambulance services, outpatient medications, oral agents, insulin, and supplies.