

The Burden of Diabetes in Connecticut

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 40 million Americans are living with diabetes and face its devastating consequences. What's true nationwide is also true in Connecticut.

Connecticut's diabetes epidemic:

- Approximately 341,000 adults in Connecticut, or 10.1% of the adult population, have diagnosed diabetes.
- Every year, an estimated 20,000 adults in Connecticut are diagnosed with diabetes.

The serious complications of diabetes include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.

Diabetes Is Expensive

Americans with diabetes have medical expenses approximately 2.6 times higher than those without. The total estimated cost of diagnosed diabetes in the U.S. was \$412.9 billion in 2022, including \$306.6 billion in direct medical costs and \$106.3 billion in reduced productivity attributable to diabetes.

In Connecticut, diagnosed diabetes costs an estimated \$4.7 billion each year. In 2022:

- Total direct medical expenses for diagnosed diabetes were estimated to be \$3.5 billion
- There were \$1.1 billion in estimated indirect costs from lost productivity due to diabetes

- **Over 155 million Americans have diabetes or prediabetes**
- **1.5 million Americans are diagnosed with diabetes every year**
- **11 million Americans have diabetes and are undiagnosed**
- **Diabetes contributes to the death of nearly 400,000 Americans annually**

In addition to the work of the American Diabetes Association® to improve lives, prevent diabetes, and find a cure:

In 2026, the National Institutes of Health's National Institute of Diabetes and Digestive and Kidney Diseases invested \$6,642,741 in diabetes-related research projects in Connecticut.

The CDC's Division of Diabetes Translation provided \$850,000 in diabetes prevention and educational grants in Connecticut in 2023.

Sources can be found at diabetes.org/SFSSources.
Find more statistics at diabetes.org/Statistics.