

Diabetes in the United States

Findings from the PRC National Health Survey



PRC is the only research firm to conduct regular national studies (since 1995) to collect comparative data for its CHNA clients. The latest **PRC National Health Survey** reflects a random sample of 1,000 Americans interviewed through a mixed-mode protocol, including telephone (landline and cell phone) and internet surveys.

Diabetes increases the risk of heart disease and stroke and can lead to other serious complications, such as kidney failure, blindness, and amputation of a toe, foot, or leg. People with diabetes spend more on health care, have fewer productive years, and miss more workdays compared to people who don't have diabetes. In 2017, the total estimated cost of diagnosed diabetes was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in absenteeism, reduced productivity, and inability to work. (Source: CDC, www.cdc.gov)

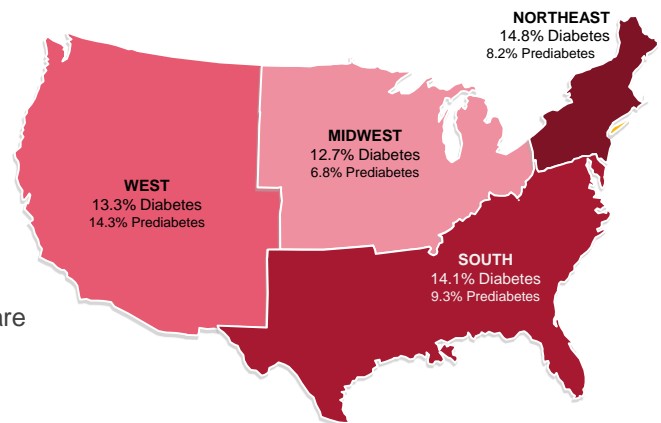
Prediabetes is a serious health condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke. The CDC estimates that 90% of Americans with prediabetes don't know that they have it. (Source: CDC, www.cdc.gov)

DIABETES PREVALENCE

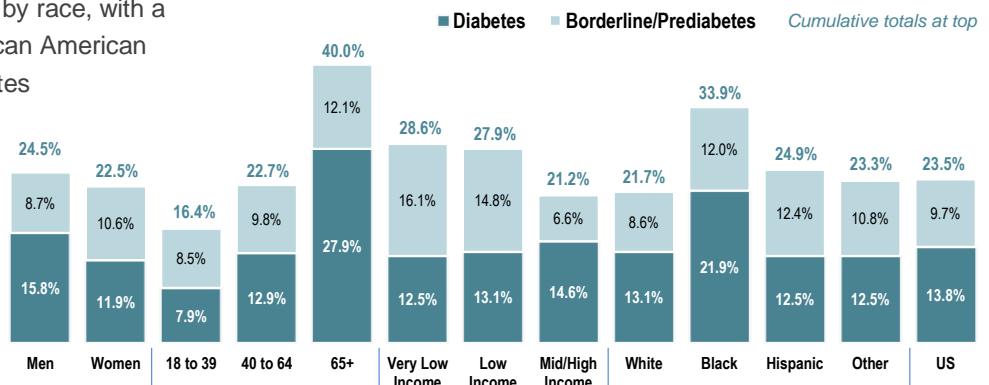
The 2020 PRC National Health Survey finds a prevalence of 13.8% of American adults with diabetes, and another 9.7% who have been told they are prediabetic or are "borderline" diabetic. Geographically, diabetes prevalence does not appear to vary significantly among broad US regions, although Americans in western states appear more likely to have a diagnosis of prediabetes (even though testing levels are fairly even among non-diabetics across regions).

Demographically, diabetes is first and foremost an age-related condition – prevalence among older Americans (age 65+) is 27.9%.

There is also dramatic disparity by race, with a disproportionate burden on African American communities in the US (a diabetes prevalence of 21.9%).



Prevalence of Diabetes (US Adults, 2020)



Sources: • 2020 PRC National Health Survey, Professional Research Consultants, Inc.
 Note: • "Very Low Income" reflects respondents in households with annual incomes below the federal poverty level (FPL); "low income" includes households with annual incomes between 100% and 199% of FPL; "mid/high income" includes households with annual incomes at 200% of FPL or higher.

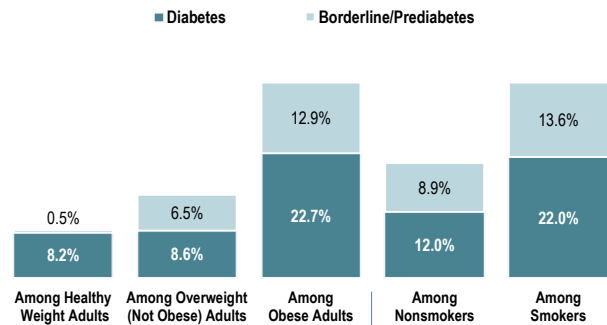


WEIGHT & SMOKING STATUS

In addition to demographic correlations, diabetes is also associated with obesity and cigarette smoking. The 2020 PRC National Health Survey shows a clear correlation with increasing weight status, with particular impact in Americans who are obese, with a body mass index (BMI) of 30 or higher (22.7% of whom have diabetes, and 12.9% who have been told they are prediabetic).

Diabetes prevalence is also nearly twice as high (22.0%) among Americans who smoke cigarettes (every day or on some days) when compared to nonsmokers (12.0%).

Diabetes by Weight & Smoking Status (US Adults, 2020)



Sources: • 2020 PRC National Health Survey, Professional Research Consultants, Inc.

HEALTH SERVICES

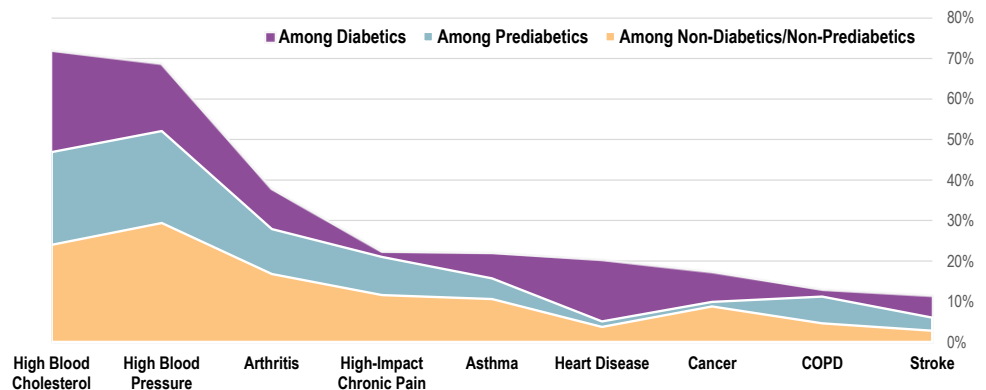
PRC’s national survey of health also findings that, in comparison with those without a diabetes/prediabetes diagnosis, Americans with diabetes are more likely to report:

- Routine medical checkups and eye exams in the past year.
- Multiple emergency room visits in the past year about their own health.
- Lack of health insurance coverage.

CHRONIC CONDITIONS

According to 2020 national data, PRC finds that several chronic conditions correlate directly with the presence of diabetes (or prediabetes), most notably high blood cholesterol and high blood pressure.

Prevalence of Select Chronic Conditions by Diabetes Status (US Adults, 2020)



Sources: • 2020 PRC National Health Survey, Professional Research Consultants, Inc.

Visit www.PRCCustomResearch.com or email ImproveHealth@PRCCustomResearch.com to learn how a PRC Community Health Needs Assessment can help you better understand and address the burden of diabetes in your own community.

