

facts

DIABETES

Diabetes is a disease that causes high levels of sugar (glucose) in the blood because the insulin is not working. The body needs insulin to turn glucose from food into energy.

TYPE 1 DIABETES happens when the body does **not make** insulin. It happens mostly in children and young adults.

TYPE 2 DIABETES happens when the body does **not use** insulin well. Most people (90%) with diabetes have Type 2.



1 IN 10 MAINERS HAS DIABETES

PRE-DIABETES is when blood sugar levels are higher than normal, but not high enough to be called diabetes. People with pre-diabetes are at risk of getting type 2 diabetes.

FINANCIAL COSTS

People with diabetes have **TWICE THE MEDICAL COSTS** than those without.

2X People with diabetes spend about **\$13,700 PER YEAR** on medical costs: **\$7,900** of which is directly related to their **DIABETES**.

\$245 BILLION

The total cost of diabetes in the United States in 2012.

MEDICAL COSTS \$176 BILLION
+
REDUCED PRODUCTIVITY \$69 BILLION

PERSONAL COSTS

FAMILY

“I was diagnosed with diabetes when I was 30. I thought I might never see my daughters married.”

WORK

“I always wanted to be a first responder, but having Type 2 diabetes almost prevented that from happening.”

FRIENDS

“Being a teenager is hard enough, but being a teenager with Type 1 diabetes is even harder.”

Do it for your family, your friends, for Maine, but mostly do it for you.
Learn more about the National Diabetes Prevention Program in Maine by visiting

www.ReThinkDiabetes.org

facts

ECONOMIC COSTS

\$5 BILLION lost wages due to missing work.

\$20.8 BILLION being less productive while at work.

\$21.6 BILLION not being able to work due to diabetes related disability.

\$18.5 BILLION lost due to early death.

HEALTH COSTS

7TH LEADING CAUSE of **DEATH** in Maine.

More likely to die of **HEART DISEASE** or have a **STROKE**.

6 OUT OF 10 non-traumatic **LOWER LIMB AMPUTATIONS** in Maine are due to diabetes.

Leading cause of **BLINDNESS**.

Accounts for **4 OUT OF 10 KIDNEY FAILURES**.

WHAT CAN MAINERS DO TO PREVENT DIABETES?

AS AN EMPLOYER:

- Talk to your health insurance plan about covering the National Diabetes Prevention Program as a health benefit.
- Offer the National Diabetes Prevention Program to your employees.
- Support and promote lifestyle changes to your employees with diabetes and pre-diabetes.

AS A HEALTH INSURER:

- Include the National Diabetes Prevention Program in your suite of covered health benefits.
- Promote the National Diabetes Prevention Program to your members.

AS A HEALTHCARE PROVIDER:

- Talk to your clients about their risk of pre-diabetes.
- Refer your patients to the National Diabetes Prevention Program.
- Encourage your patients to participate in National Diabetes Prevention Program classes.

AS A MAINER:

- Talk to your doctor about your risk of pre-diabetes.
- Attend and encourage your family to attend National Diabetes Prevention Program classes.
- Eat healthy foods and become more active.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner