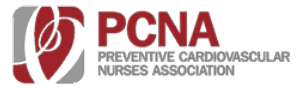


# DIABETES AND CARDIOVASCULAR DISEASE



Diabetes is a chronic condition that affects how your body makes insulin.

When you eat food and your body breaks it down into sugar and releases it into your bloodstream, your pancreas is typically signaled to release insulin. Insulin production lets the blood sugar into your cells for use as energy.

In a person with diabetes, they cannot make enough insulin or their body doesn't use it as well as it should. This means too much blood sugar stays in their bloodstream, which overtime can cause serious issues like heart disease, vision loss or kidney disease.

## KEY TAKEAWAYS



Diabetes is the **7th leading cause of death** in the US



Total annual cost of diabetes in 2022 is **over \$400 billion**



**Nonmedical switching impacts** insulin, blood glucose meter and test strip brands, and other diabetes medications

## POPULATION STATISTICS

Over 90% of the 34 million Americans with diabetes have Type 2 diabetes (T2D). Impacts on the diabetes community includes:

- Cardiovascular disease (CVD) is the number one cause of death in people living with diabetes; 66% of deaths in people with T2D is caused by CVD.
- As of 2017, diabetes is the seventh leading cause of death in the United States, and these numbers may be underreported.
- Four of the top five comorbid conditions in patients with diabetes are hypertension, lipid disorders, chronic ischemic heart disease, and for many people with diabetes, these conditions are not well controlled.
- Numerous studies demonstrate the efficacy of controlling CVD risk factors in preventing or slowing CVD in people with diabetes.
- Without effective identification by clinicians of those at high risk for T2D, followed by the initiation of primary prevention protocols, the projected prevalence of T2D in American adults will skyrocket to 40%—meaning 2 of every 5 American adults may become diagnosed if current trends continue.

## DEMOGRAPHIC STATISTICS

Diabetes occurs disproportionately in poorer, minoritized and/or populations experiencing social determinants of health.

- African Americans experience T2D and CVD risk factors at a higher rate than non-Hispanic whites, with traditional interventions resulting in inequitable outcomes.
- T2D is preventable with changes in lifestyle, with sustained risk reduction and long-term prevention of diabetes for many years post-intervention.

## FINANCIAL BURDEN

The American Diabetes Association found that the total annual cost of diabetes in 2022 is over \$400 billion, with \$300 billion in direct medical costs and \$100 billion in indirect costs. Diabetes prevalence presents a massive strain on the American healthcare system, from the cost of daily insulin use to amputation in extreme cases. Health equity disparities can be seen in medical expenditures as well, with Black Americans with diabetes paying the most in direct health care costs.

## ACCESS ISSUES

**Race, socioeconomic status and geographical locations are all factors that affect diabetes prevalence and complications.** American Indian and Alaska Native people are more likely to have T2D than any other racial or ethnic group.

Studies have shown that diabetes self-management education and support has proven benefits, but access to these programs is low especially among those from a low socioeconomic status and those in rural areas.

Additionally, non-medical switching, or the switching of a patient's medication for non-medical reasons, has posed a challenge to patients with diabetes impacting insulin, blood glucose meter and test strip brands, as well as other diabetes medications.