Type 2 Diabetes in North Carolina

Addressing the devastating impact of type 2 diabetes in North Carolina

Type 2 Diabetes in North Carolina

- In 2010, approximately 688,000 North Carolinians had received a diabetes diagnosis.
- The percentage of North Carolina adults with diabetes more than doubled in fifteen years, going from 4.6% in 1995 to 9.3% in 2010.
- Minorities are particularly hard hit by the epidemic: 14.5% of African-Americans and 19.0% of American Indians reported a diabetes diagnosis in 2012, compared to 9.7% of whites.
- Statewide, diabetes was the seventh leading cause of death for white North Carolinians in 2012. For African Americans, it was the fourth-leading cause of death and for American Indians, the third.
- Statewide, North Carolina faces challenges in both prevention of type 2 diabetes and treatment and management of the disease.

Diabetes Prevention and Management

- Approximately 376,000 North Carolinians were estimated to have prediabetes as of 2010.
- Approximately 25% of these individuals with prediabetes are expected to develop diabetes within three to five years of diagnosis.
- Type 2 diabetes is closely linked with obesity. 65.8% of North Carolina adults were overweight or obese in 2012. The percentage reaches 84.7% when considering only North Carolinians with diabetes. North Carolina must address obesity not only to prevent the incidence of type 2 diabetes and other chronic diseases, but also to mitigate the consequences of type 2 diabetes once individuals are diagnosed with the disease.
- Type 2 diabetes is difficult to manage effectively, and mismanaged diabetes can lead to particularly debilitating physical effects: damaged blood vessels, heart attacks, strokes, blindness, liver disease, certain kinds of cancer, kidney failure, bone fractures, and amputations.

The Costs of Type 2 Diabetes

- North Carolina must act quickly to prevent an escalation of type 2 diabetes in North Carolina. Diabetes not only affects the health and daily lives of North Carolinians but costs the state more money as each year passes.
- If the epidemic stays its current course, diabetes is on track to cost the state’s public and private sectors more than $17 billion per year in medical expenses and lost productivity by 2025. North Carolina cannot afford to let these trends continue.

For More Information, See the North Carolina Paths Report or Contact:
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