

# Diabetes Burden in African Americans

Commissioned by Eli Lilly

Diabetes is a significant health issue in the United States. Milliman aggregated publicly available data and research in an effort to determine the burden of diabetes on various sub-populations versus the total population. To see our research methodology, along with data on the burden of diabetes for additional sub-populations, refer to the preceding research summary: *Diabetes Burden on Population Groups*.

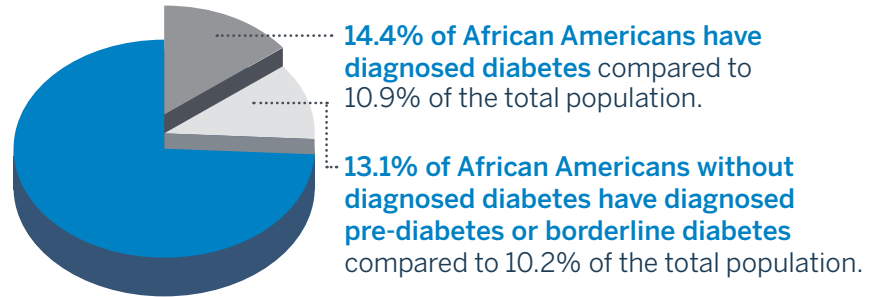
## Prevalence<sup>[1]</sup>

Roughly **1 in 7** African Americans has diagnosed diabetes.



Diabetes is **32% more prevalent** in African Americans than the total US population.

## Diabetes Prevalence



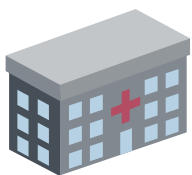
## Mortality Rates<sup>[2]</sup>

Diabetes is the **5<sup>th</sup> leading cause of death** for African Americans, accounting for **1 in 23** African American deaths.

Mortality rates with diabetes as the underlying cause of death are **74% higher** for African Americans than for the total population.

## Complications<sup>[3,4]</sup>

Diabetes can lead to many complications with the potential to decrease quality of life, create large healthcare costs, and even result in death. African Americans have higher than average complication rates, including:



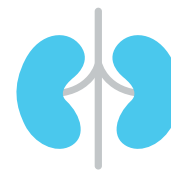
**2.3 x**

Higher hospital admissions related to diabetes, relative to the total population



**2.5 x**

More lower extremity amputations, relative to the total population



**3.5 x**

Higher rate of end stage renal disease (ESRD), relative to the majority population

## Cost Burden<sup>[5]</sup>

The total estimated cost of diabetes in 2017 is \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity. Diabetes prevalence, complications, and many other factors impact the cost burden of diabetes for population groups.



Healthcare dollars are spent treating diabetes and its complications across all populations

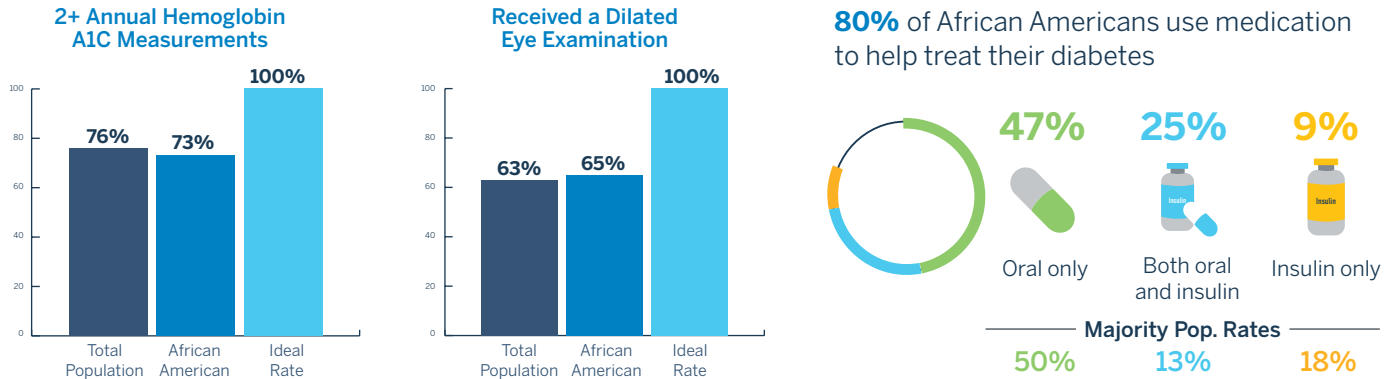


**2.3 x**

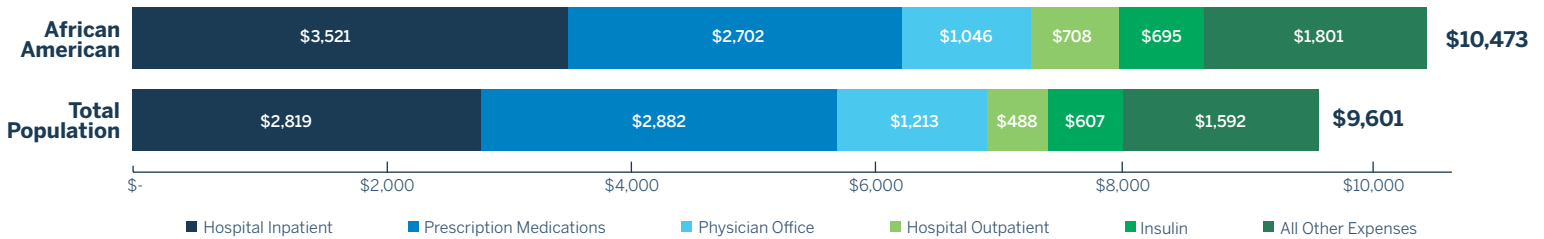
Higher medical expenditures in people with diabetes, regardless of population group

## Treatment and Utilization<sup>[3,5,6]</sup>

Effective management of diabetes can require frequent interactions with healthcare professionals, the use of specific diagnostic tests, and adherence to pharmaceutical therapies.



### Per Patient Healthcare Expenses Related to Diabetes Among People with Diabetes



## Risk Factors<sup>[1]</sup>

Diabetes risk factors, such as physical inactivity and obesity, increase the odds of getting diabetes and the chance of diabetes-related complications. These risk factors are more common in African Americans. Other risk factors, such as access to healthy food, affordability of healthcare, and diabetes awareness, are hard to quantify and vary by region but are also significant factors in the risk of diabetes. Relative to the total population:



### Limitations

Statistics included in this material are sourced from publicly available data sources and do not belong to Milliman. Milliman performed a cursory review of these data sources to ensure their validity and relevance to this subject matter. However, underlying defects in the data could not be identified. For more information on the source of these statistics, see the references section below.

### References

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