

Diabetes Burden in Veterans

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*.

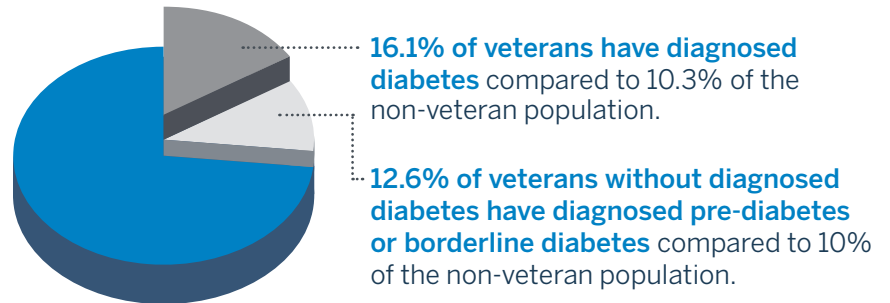
Prevalence^[1]

Roughly **1 in 6** veterans has diagnosed diabetes.



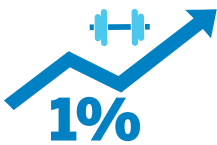
Diabetes is **57% more prevalent** in veterans than the non-veteran population.

Diabetes Prevalence



Risk Factors^[1]

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 have similar rates in veterans and non-veterans. 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 non-veterans:



More of the veteran population engages in leisure time physical activity



More of the veteran population is obese

Cost Burden^[2]

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.



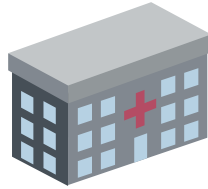
Healthcare dollars are spent treating diabetes and its complications across all populations



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

Additional Information

Research was conducted on several additional topics to help quantify the burden of diabetes in veterans, including: complications, cost burden, healthcare utilization, and mortality rate related to diabetes. However, no publicly available data sources were identified that met the standards of statistical relevance and reliability required. Future studies on these topics could help better illuminate the burden of diabetes for veterans.



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

- 1 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017. Retrieved January 16, 2019, from https://www.cdc.gov/brfss/annual_data/annual_2017.html
- 2 American Diabetes Association (May 2018). Economic Costs of Diabetes in the U.S. in 2017. Retrieved January 16, 2019, from <http://care.diabetesjournals.org/content/41/5/917>