Type 2 diabetes can be prevented. Reducing obesity will save money by reducing type 2 diabetes and its costs

Total cost of diabetes in Alaska
- Total direct and indirect costs associated with diabetes amounted to more than $418.8 million in 2007.1

Alaska Medicaid expenditures2
Alaska children with diabetes:
- In SFY 08, $2.5 million could have been saved if type 2 diabetes had been prevented among Alaska Medicaid recipients <19.
  - The annual added cost of type 2 diabetes care has nearly doubled since SFY 04, when it was $1.3 million.
  - In SFY 08, 42% of Alaska Medicaid recipients < 19 with diabetes had type 2 diabetes, a preventable disease.

Adult Alaskans with diabetes:
- In SFY 08, $42.9 million could have been saved if type 2 diabetes had been prevented among adult Alaska Medicaid recipients.
  - The annual added cost of type 2 diabetes has increased by more than 50% since SFY 04, when it was $28.0 million.
  - Between SFY 04 and SFY 08, the number of adult Medicaid recipients with type 2 diabetes increased by 46.4%.

Social costs of diabetes in Alaska
- Lost productivity: Nearly 10% of Alaskans with diabetes were unable to work, more than four times the percentage (2%) of those without diabetes.3
- Disabilities: 46% of Alaskans with diabetes had a disability, more than twice the percentage (20%) of Alaskans without diabetes.3
- Deaths: Since 1996, diabetes has been the 7th leading cause of mortality in Alaska.4

2000-2007 Trends in percentages of adult Alaskans with obesity or diabetes

Notes: (a) These percentages are age-adjusted three-year averages. (b) The indicated year is in the middle of each interval (i.e., 2001 represents the 2000-2002 period). (c) Obese = BMI ≥ 30.

Obesity and diabetes in Alaska
Obesity increased 23% among Alaska high school students between 1999 and 20075 and 17% among adults between 2001 and 2007.3

Among Alaska youth:
- 18% of Anchorage School District students (K-12) were obese in the 2007-2008 school year.6
- 75% of obese children become obese adults.7

Among Alaska adults:
- In 2006, the prevalence of diabetes among obese Alaskans (12.0%) was six times higher than among normal weight Alaskans (1.8%); 3.9% of overweight Alaskans had diabetes.4
- In 2006, an estimated 27,155 Alaskans had diabetes, up 63% since 2001.4
  - 60.7% of Alaskans with diabetes were obese.

Obesity and diabetes - a costly combination
For adults with diabetes, research suggests:
- Health care for those who are obese costs about one-third more than health care for those with normal weight (or nearly $2,000 more per person per year).8
- A 1.0% change in weight corresponds to a 3.1% change in total per capita health care costs.9

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