

# Diabetes in America & COVID-19

Diabetes is becoming more common in the United States, with more than 34 million Americans currently diagnosed with this chronic condition.[1] While this underlying health issue does not increase the risk of contracting COVID-19, people with diabetes may have a higher risk of complications.[2]

## Diabetes by the Numbers

Type 2 diabetes is the most common form making up about 90% of all cases.[3]

Around 88 million adults in the United States have prediabetes.[3]

Adult diabetes cases have more than doubled since 2000.[1]

1 in 5 adult cases remain undiagnosed.[1]

Incidence of diabetes increases with age, with about 27% of older adults having the condition.[3]

## Diabetes Costs in the United States

The estimated cost of diagnosed diabetes is $327 billion a year.[4]

Health care costs are over 2 times greater for people with diabetes.[4]

Annual per person savings exceed $2,670 each year for people who do not transition from prediabetes compared to those with diabetes.[5]




## Possible COVID-19 Complications

Studies show that people with diabetes may be at higher risk of serious complications from COVID-19.[2] Importantly, people with diabetes who have well-controlled blood glucose levels may require fewer medical interventions and are more likely to recover from a COVID-19 infection.[6]

To help better manage blood glucose levels, healthy nutrition, activity, managing stress, and restful sleep are key. Avoid added sugars. Watch for hidden carbohydrates in various fruits and vegetables. Chose lean meats. Start or stay active with daily walking and follow treatment recommendations from your health care provider.[7]


[1] Centers for Disease Control and Prevention, 2020, https://www.cdc.gov/diabetes/basics/diabetes.html
[2] American Diabetes Association, 2020, https://www.diabetes.org/coronavirus-covid-19
[3] Centers for Disease Control and Prevention, 2020, https://www.diabetesresearch.org/file/national-diabetes-statistics-report-2020.pdf
[4] American Diabetes Association, 2018, https://www.diabetes.org/resources/statistics/cost-diabetes
[5] Population Health Management, 2017, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5649409/
[6] American Association for the Advancement of Science, 2020, https://www.eurekalert.org/pub_releases/2020-05/cp-fpw050120.php
[7] Centers for Disease Control and Prevention, 2020, https://www.cdc.gov/diabetes/managing/index.html



©2020 UnitedHealth Group. All rights reserved.


UNITEDHEALTH GROUP®