The Burden of Diabetes in Utah

- About 142,000 Utah adults (about 7.1%, or one in 14) has been diagnosed with diabetes.
- Diabetes is the seventh leading cause of death in Utah. In 2013, diabetes was the underlying cause of death for more than 550 Utah residents.
- If not well controlled, diabetes can lead to a number of serious complications, including blindness, amputation, cardiovascular disease, and kidney failure.
  » **Blindness.** Diabetes is the leading cause of blindness among adults aged 25 to 74.
  » **Amputation of the toe, foot, or leg.** Over than half of all non-traumatic, lower-extremity amputations occur in people with diabetes. In Utah, there are about 250 hospital discharges for lower-extremity amputations among people with diabetes each year.
  » **Heart attack and stroke.** Diabetes increases the risk of these life-threatening events by two to four times. In Utah, there are about 4,500 hospital discharges for cardiovascular complications related to diabetes every year.
  » Diabetes rates are generally higher for members of most minority racial and ethnic groups.
  » More than one in 10 Pacific Islanders and one in 10 Native American/Alaskan Native adults in Utah have been diagnosed with diabetes.
  » An estimated 45,000 more Utahns have diabetes but have not yet been diagnosed.