



## FACT SHEET

### Diabetes In Utah

# 142,000

Utah Adults Diagnosed

# 7th

Leading Cause of Death

# 1 in 10

Pacific Islanders

# 1 in 10

Native American/  
Alaska Native Adults

# 45,000

Have Not Yet Been Diagnosed  
with Diabetes

## 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.

Sources: Utah Behavioral Risk Factor Surveillance System 2012-2014, Utah Department of Health; Utah Office of Vital Records & Statistics, Utah Department of Health; Utah Hospital Discharge Inpatient Database, Utah Department of Health.