



STATS AND FACTS: Diabetes in Oregon

Choosing healthy foods can help prevent diabetes.

Diabetes & Prediabetes ¹

Approximately 382,200 Oregonians (9.1%) have been diagnosed with diabetes.

Over the past 20 years, the prevalence of diabetes among adults in Oregon has more than doubled.

Diabetes was the eighth leading cause of death in Oregon in 2022.

The Centers for Disease Control and Prevention (CDC) reports that an estimated 1.5 million (38%) adults in Oregon have prediabetes, and most do not know it.

Only 54% of adults aged 45 and older, who do not already have diabetes, have had a blood sugar test within the past three years, despite the American Diabetes Association's recommendation to screen for prediabetes and diabetes once every three years.

Approximately 14.2% of Oregon Health Plan (OHP) members have been diagnosed with diabetes, compared to 7.7% of adults with employer-provided health insurance.

Costs²

In 2017, the total cost of diabetes in Oregon was approximately \$4.3 billion (\$3.1 billion from direct medical expenses, and \$1.2 billion from lost productivity).

In Oregon and nationally, medical expenses for people with diabetes are approximately 2.3 times higher than those who do not have the disease.

(1) Oregon Behavioral Risk Factors Surveillance System 2022; Oregon Vital Statistics Annual Report Volume 2

(2) American Diabetes Association

For more information, visit the OMA.org/SteeringTowardHealth