



## LIVING WELL WITH DIABETES

Anderson County Health Department

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### Diabetes: Hospital Bills Cost US \$83 Billion a Year

Kaiser Health News, Blaire Briody, July 5, 2012

Diabetes affects nearly 25 million Americans, and that number is expected to grow substantially every year. It's the fifth leading cause of death in America, more than breast cancer and AIDs combined. And according to a report released last week from the Agency for Healthcare Research and Quality (AHRQ), it's a disease that's costing Americans \$83 billion a year in hospital fees — 23 percent of total hospital spending.

"Diabetes continues to increase both in the prevalence and the costs," says one of the authors of the report, Dr. H. Joanna Jiang. "It's a chronic condition, affecting almost the entire body, which can result in a lot of complications and make the patient high risk for hospital care."

Though the report did not distinguish between Type 1 and Type 2 diabetes, there are differences. Type 1 is caused when the body fails to produce insulin, usually diagnosed at an early age; Type 2 is overwhelmingly caused by poor diet and lack of exercise (though it can also be genetic). Ninety-five percent of diabetes cases in America are Type 2, which typically affects the elderly, the obese, and a growing number of children. Both of these demographics rely heavily on Medicare and Medicaid for treatment. In fact, according to the report, Medicare paid 60 percent of the hospital stays for diabetics; Medicaid paid 10 percent.

According to a 2007 study, "Economic Costs of Diabetes in the U.S.," by the American Diabetes Association, the cost of diabetes is even higher: \$174 billion (\$116 billion in total medical expenditures, including drugs and office visits, in addition to the hospital costs, and \$58 billion in reduced national productivity).

- One of every five health care dollars is spent

caring for someone with diabetes.

- Diabetics have medical expenditures that are 2.3 times higher than other victims of chronic disease.
- They have more frequent and longer hospital stays, more doctor and emergency visits, more nursing facility stays, more home health visits, and more prescription drug and medical supply use.



Add to this the costs of the hidden diabetes epidemic: \$18 billion for the estimated 6.3 million people with undiagnosed diabetes, and \$25 billion for 57 million, or one in four, American adults with pre-diabetes. Those with pre-diabetes are likely to develop Type 2 diabetes within 10 years. If the current trend continues, one in three children faces a life with diabetes.

"The burden of diabetes is imposed on all sectors of society — higher insurance premiums paid by employees and employers, reduced earnings through productivity loss, and reduced overall quality of life for people with diabetes and their families and friends," the authors conclude.

With 95 percent of cases being Type 2 diabetes, that's some \$206 billion spent on a disease that can largely be controlled and prevented by diet and exercise. "One of the key messages here is that [these costs] could be prevented," says Burgess of the AHRQ report. "Some of the hospital admissions and costs could be prevented if the patient could take care of their own conditions: monitor their blood sugar level, their behavior or lifestyle — you know, watch their diet and exercise more."



# ANDERSON COUNTY HEALTH DEPARTMENT

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FOR MORE INFORMATION ABOUT THE  
DIABETES SUPPORT GROUP PLEASE  
CONTACT:

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THE ANDERSON COUNTY DIABETES SUPPORT  
GROUP WILL MEET

MONDAY, AUGUST 13 AT 7:00PM

IN THE COMMUNITY ROOM OF THE  
ANDERSON COUNTY HEALTH DEPARTMENT.



**DATE CHANGE for AUGUST  
Support Group will meet  
8/13 (2nd Monday) due to  
a schedule conflict.**

Postmaster, please deliver to:

## Important Dates in August

**2 - Cooper-Clayton Smoking  
Cessation Program**

**13 - Diabetes Support Group**

**14 - Taking Ownership of Your  
Diabetes Program**

**15 - Anderson County Back to School**

**\*School is in session. Please take care  
while driving - especially in school zones!**

## Recipe of the Month

### Grilled Garlic Zucchini

4 servings

#### Ingredients

3 small zucchini  
2 tbsp olive oil  
2 tbsp fresh lemon juice  
2 medium garlic cloves, finely minced  
1/4 tsp black pepper, coarsely ground  
1 pinch salt  
Cooking spray

#### Directions

1. Peel zucchini and cut lengthwise into thin strips.
2. In a medium-sized bowl, combine oil, lemon juice, garlic, pepper, and salt.
3. Toss zucchini with garlic mixture, and let stand for 10 minutes.
4. Lightly coat the grill with cooking spray, and pre-heat to medium.
5. Place zucchini on a piece of foil and transfer foil to grill.
6. Cook 4-5 minutes, or until tender-crisp.

**Nutrition Facts:** Calories: 84.3 Carbs: 4.2g Fiber: 1g Sugars 1.7g Total Fat: 7.2g Sat. Fat: 1g  
Unsaturated Fat: 6.3g Sodium: 35.5mg Potassium: 241.4mg Protein: 1.1g