



Fact Sheet: Diabetes in Minnesota

Diabetes Burden

- One in five Minnesota has or is at high risk of developing diabetes. 294,000 Minnesotans have diabetes, 971,000 have a form of pre-diabetes. Every year, 15,000 Minnesotans are newly diagnosed with diabetes.
- The prevalence of diabetes in Minnesota has increased by nearly 50% over the past decade.
- Diabetes is the 6th leading cause of death in Minnesota and the leading cause of end-stage renal failure, adult blindness, and lower-extremity amputations. It is also associated with increased risk for stroke, heart disease, circulatory problems, and digestive problems.
- The annual cost of diabetes in Minnesota in terms of medical costs, disability, lost work, and premature death is estimated at over \$2.3 billion.
- 1 in 3 children born in the U.S. in the year 2000 will develop diabetes during their lifetime
- Nationally, diabetes is among the 10 leading medical conditions driving health care cost growth. Nearly half of the health care cost growth expenditure associated with diabetes is due to the increased prevalence of diabetes.

Risk Factors

- There are a number of modifiable risk factors associated with diabetes. These include: Being overweight or obese; having a sedentary lifestyle; using tobacco; having high blood cholesterol; having high blood pressure.

QCare

QCare Standard	80% of patients will receive optimal care by 2010.
Baseline:	6% of patients receive optimal care in 2005.
Agreed Upon Best Care:	Institute of Clinical Systems Improvement (ICSI) Guidelines
Measure Outcomes:	To achieve optimal care all five targets must be met: <ol style="list-style-type: none">1) a A1c blood sugar level below or equal to 7 percent.2) LDL (bad) cholesterol below 130.3) Blood pressure below 130/80.4) Daily aspirin use if over 40.5) No tobacco use.
Transparency:	Information will be reported on www.minnesotahealthinfo.org & www.mnhealthcare.org
Incentive Program:	In 2005, the Bridges to Excellence program paid clinics that achieved 10% optimal care (state average is 6%) for treating diabetics a \$100 bonus per diabetic. Nine clinics in Minnesota received this reward.

Q-Care Cost Savings

If the Q-Care goal is met, there will be an estimated annual cost savings of approximately \$66 million in health care cost in Minnesota and a 31% reduction in the risk of complications from diabetes.

