



# Diabetes in Oregon

Since 1995, diabetes among Oregon adults has doubled, increasing from 4% to 8% in 2014.

Approximately  
**283,000**  
adults

in Oregon have diabetes, and an estimated 1 million have prediabetes.



According to the American Diabetes Association, diabetes costs Oregonians nearly \$3 billion each year due to health care costs and reduced productivity.

People with diabetes are 2 to 4 times more likely to have heart disease or a stroke.

Certain risk factors can worsen diabetes and diabetes-related complications, and contribute to the development of other chronic diseases like heart disease and stroke.

## Among Oregon adults with diabetes:

- 2 in 5 are obese.
- 1 in 5 smokes cigarettes.
- 2 in 3 have high blood pressure.
- 1 in 2 has high cholesterol.
- 1 in 5 is physically inactive.

## DIABETES affects some communities more than others.

Compared to adults with a college degree, adults with less than a high school education are:

**3x**  
as likely to  
have diabetes.

Compared to non-Latino whites, African American, American Indian, Alaska Native and Latino people are:

**2–3x**  
as likely to  
have diabetes.