

Diabetes in Oregon



287,000

The number of adults in Oregon that have diabetes. Over 1 million adults may have prediabetes.








3 billion

The cost of diabetes to Oregonians 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, about

-  1 in 2 is obese.
-  1 in 4 smokes cigarettes.
-  2 in 3 have high blood pressure.
-  1 in 2 have high cholesterol.
-  1 in 4 is physically inactive.

Diabetes affects some communities more than others.

Adults with less than a high school education are:
2x
more likely to have diabetes.

African American, American Indian, Alaska Native and Latino people are:
2 to 3x
more likely to have diabetes.