

Burden of Diabetes and the Feasibility of Reducing Out-of-Pocket Expenditure through Generic Medicines: A Survey

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Abstract: Diabetes mellitus has emerged as a major non-communicable disease in India, significantly affecting the health, finances, and productivity of the working population. This study examines the Burden of Disease (BOD) of diabetes in Odisha using the DALYs approach and evaluates the potential of reducing Out-of-Pocket Expenditure (OOPE) through generic medicines. Based on primary data from 500 respondents (including 269 diabetic patients), the findings indicate a higher burden in terms of years lived with disability rather than years of life lost, reflecting a “living longer but sicker” trend. High OOPE, largely driven by treatment and diagnostic costs, contributes to treatment non-adherence and reduced productivity. The study highlights that substituting branded drugs with generics can significantly lower treatment costs. Improved access to affordable generic medicines is essential for enhancing adherence, promoting employee wellness, and supporting sustainable healthcare and organizational outcomes.

Keywords: Diabetes Mellitus; Disability-Adjusted Life Years; Out-of-Pocket Expenditure (OOPE); Generic Medicines; Employee Well-being

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