Questions and Answers on Federal Diabetes Programs

**What are the major federal agencies that oversee diabetes research and prevention activities?**
The National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK) at the National Institutes of Health (NIH) is the lead federal agency for the nation’s diabetes research efforts, and the Division of Diabetes Translation (DDT) at the Centers for Disease Control and Prevention (CDC) is responsible for coordinating diabetes prevention and surveillance efforts. Together, the NIDDK and the DDT are on the front lines in the continuing effort to stop the diabetes epidemic.

**What Congressional Committees fund federal diabetes programs?**
Diabetes programs at the NIDDK and the DDT are funded by the House and Senate Appropriations Committees, specifically by the House and Senate Labor, Health, and Human Services (LHHS) Appropriations Subcommittees. There are other appropriations subcommittees that fund some diabetes research and prevention programs, including the Defense, Interior, and Military Construction and Veterans Affairs Appropriations Subcommittees.

**What is the American Diabetes Association doing to increase funding for NIDDK, DDT, and NDPP?**
ADA works with policymakers at all levels of government, including Congress, NIH and the CDC, organizations and ADA volunteers to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Additionally, the ADA mobilizes grassroots diabetes advocates across the country to educate their Members of Congress about the importance of increased investment in the NIDDK, DDT, and the NDPP to them and others affected by diabetes. ADA maintains that a greater federal investment in diabetes research and public health initiatives together will result in improved health outcomes and will educate Members of Congress of the importance of increased funding for the NIDDK, DDT and NDPP.

**How does the NIDDK help advance diabetes research?**
NIDDK is the primary federal agency conducting research to find a cure for diabetes and improve diabetes care. It is a part of the National Institutes of Health. NIDDK research continues to move the nation forward in the treatment, enhanced detection, and prevention of diabetes.

Thanks to research supported by NIDDK, individuals with diabetes can take advantage of the latest advancements in treating diabetes. NIDDK-funded breakthroughs include: new drug therapies for type 2 diabetes; the advent of modern treatment regimens that have reduced the risk of costly complications like heart disease, stroke, amputation, blindness and kidney disease. Additionally, NIDDK-funded studies have led to breakthroughs such as the development of insulin pumps and blood glucose monitoring devices that make it easier for people with diabetes to manage the disease and avoid complications. To learn more about the NIDDK, click here.

**Is all of NIDDK’s research work conducted in Washington, DC?**
The NIDDK does conduct some research at its headquarters in suburban Washington, DC, but the vast majority of NIDDK’s research is conducted at academic institutions and research facilities across the country in almost every state. To learn more about NIDDK research studies in your state, click here.
What research is currently underway at NIDDK?
NIDDK is continuing to advance the development of the artificial pancreas, a closed looped system that combines continuous glucose monitoring with insulin delivery. Additionally, NIDDK is supporting ongoing studies to identify environmental triggers of disease that could identify an infectious cause of type 1 diabetes and lead to a vaccine, and studies that show how insulin-producing beta cells develop and function, with an ultimate goal of creating therapies for replacing damaged or destroyed beta cells in people with type 1 diabetes or severe type 2 diabetes. To learn more about NIDDK’s research activities, click here.

What research will the NIDDK be able to support with additional funding this year?
Diabetes researchers across the country are poised to expand the base of knowledge of diabetes in order to make new discoveries that will transform diabetes prevention and care. For example, with additional funding, NIDDK will be able to support a new comparative effectiveness clinical trial testing different medications for type 2 diabetes. This type of research will be instrumental in finding the most effective treatments.

Additionally, NIDDK will be able to launch a new study to identify genes or gene regions that may indicate type 2 diabetes risk in multiple ethnic groups. This will help to tailor prevention efforts to better reach individuals at disproportionate risk for the disease. NIDDK will be able to support a clinical trial testing vitamin D in the prevention of type 2 diabetes.

What is the role of the CDC’s Division of Diabetes Translation in preventing diabetes?
The Division of Diabetes Translation is a part of the CDC’s National Center for Chronic Disease Prevention and Health Promotion. DDT leads the government’s effort to provide comprehensive diabetes prevention, education and awareness programs in communities throughout the country. DDT brings together federal, state, and local governments, health care providers, and patient organizations to eliminate the preventable burden of diabetes through proven educational programs, best practice guidelines, and research activities.

What will DDT be able to support with additional funding this year?
DDT has made great strides in improving diabetes outcomes and preventing the disease and its complications, but given the magnitude of the epidemic, these diabetes prevention programs need additional support to expand the impact of these essential, life-saving interventions. Prioritizing the investment in diabetes prevention programs through DDT would provide the resources to build upon the innovative state- and nationally-based prevention and education programs and research studies already developed by CDC and allow for further, much-needed program expansion.
To learn more about the work of the DDT, click here.

What are some of the key programs at the DDT that help people living with, or at risk for, diabetes?
Funding for DDT programs allows the CDC to address the diabetes epidemic comprehensively through prevention programs, research studies, and education and awareness campaigns at the local, state, and national levels. For example, in partnership with the NIDDK, DDT develops and disseminates diabetes-related materials through the National Diabetes Education Program (NDEP). NDEP gets up-to-date information on the prevention and treatment of diabetes out to communities all across the country.
with the help of over 200 partner organizations, including the ADA and other patient and provider groups. NDEP materials serve as the guiding principles for improving outcomes for people with, and at risk for, diabetes. Additional support for vital programs like the NDEP would assist DDT in efforts to further prevent diabetes and its complications.

**How does the DDT help prevent diabetes in my state and local community?**
As the cornerstone of DDT’s work, basic funding is provided to all 50 states and Washington, D.C. through the State Public Health Approaches to Chronic Disease Prevention program (SPHA). The SPHA includes state programming for diabetes, obesity, heart disease and stroke, and school health. Also through SPHA, thirty-two states receive enhanced funding to expand the reach of evidence-based diabetes interventions and conduct more comprehensive evaluation. States work with health departments, hospitals, health clinics, and providers to reach individuals with, and at risk for diabetes. To learn more about your state’s diabetes prevention activities, [click here](#).

**What kind of research is underway at DDT to improve the prevention of diabetes?**
DDT translates key diabetes research findings into practice, bringing more effective ways to prevent and treat diabetes to the community. For example, the Search for Diabetes in Youth study, a collaboration between DDT and NIDDK, is designed to determine the impact of type 2 diabetes in youth so prevention activities aimed at young people can be improved. DDT also coordinates the Translating Research into Action for Diabetes (TRIAD) study with NIDDK. The TRIAD study is a national, multicenter research effort that will provide practical information on how to improve care of individuals with diabetes in managed care settings.

**How is the DDT addressing the disparities in diabetes?**
The DDT established the National Program to Eliminate Diabetes Related Disparities in Vulnerable Populations. This effort funds community-based programs in urban and rural areas to reduce risk factors for diabetes in populations that bear a disproportionate burden of the disease. The program coordinates with the NDEP, and the Native Diabetes Wellness Program, a DDT program that focuses on American Indian/Alaskan Native and Pacific Islander populations that are most impacted by diabetes.

**With nearly 115 million individuals affected by diabetes across the country, how does DDT track the diabetes epidemic?**
Through the National Diabetes Surveillance System, DDT maintains vital diabetes data at the state and national levels, which is used by CDC, state and local health officials, and policymakers to determine how best to deploy prevention tools and other resources to address diabetes in the most appropriate and cost-effective way.

**What is the National Diabetes Prevention Program?**
The National Diabetes Prevention Program is a Centers for Disease Control and Prevention program that has been found to dramatically reduce the risk of developing type 2 diabetes. The National Diabetes Prevention Program ensures availability of a low cost, highly successful diabetes prevention program in local communities across the country.

The program is based on the highly successful clinical research trial, the Diabetes Prevention Program (DPP), which was funded by the NIDDK. The National Diabetes Prevention Program is based on research which showed that weight loss of 5 to 7 percent of body weight, achieved by reducing calories and increasing physical activity to at least 150 minutes per week, reduced risk of developing type 2 diabetes by 58 percent in people at high risk and by 71 percent for those over 60 years old. Translating the
clinical trial to a community setting showed these results can be replicated for a cost of about $400 per participant.

Why is the National Diabetes Prevention Program needed?
The number of Americans with prediabetes is overwhelming and must be addressed immediately. 86 million Americans have prediabetes, a condition in which individuals have higher than normal blood glucose levels and may develop diabetes if we do not take action. According to the CDC, people with prediabetes have an increased risk of developing type 2 diabetes, heart disease and stroke. Additionally, 37% of U.S. adults aged 20 years or older and 51% of adults aged 65 years or older have prediabetes.

How will the National Diabetes Prevention Program help to stop diabetes?
Funding for the National Diabetes Prevention Program supports the nationwide expansion of a proven approach to diabetes prevention. There are several important components to the initiative. First, the program includes community-based diabetes prevention sites where trained staff will provide those at high risk for diabetes with a cost-effective, group-based lifestyle intervention.

Second, the program includes a national training and recognition initiative coordinated by CDC to establish evidence-based standards for participating intervention sites, and provide the training and quality monitoring to ensure success. Third, the National Diabetes Program includes public and provider education campaigns to provide trustworthy information on the availability of high quality diabetes prevention programs in communities so people understand what they need to do when they are diagnosed with prediabetes. Finally, the program establishes informed referral networks so healthcare providers can refer patients with prediabetes to the local intervention sites.

Does my town have a National Diabetes Prevention Program?
There are National Diabetes Prevention sites across the country. To see a list of programs, please the DDT’s National Diabetes Prevention Program webpage by clicking here.

What can I do to help ADA advocate for increased funding for DDT, NIDDK, and the National Diabetes Prevention Program?
The first step is signing up to become a Diabetes Advocate. For more information about becoming a Diabetes Advocate and getting involved with advocacy efforts at the American Diabetes Association, visit www.diabetes.org/advocate.