



what Congress needs to know

- **Diabetes is serious.**
Diabetes is the one leading disease where the death rate continues to climb.¹
- **Diabetes is skyrocketing.**
More than 24 million Americans suffer from diabetes and 57 million more have pre-diabetes.²
- **Diabetes can cripple our economy.**
The direct and indirect costs of diabetes and pre-diabetes total \$218 billion a year.³
- **Diabetes can often be prevented.**
Lifestyle interventions resulting in moderate weight loss through diet and regular physical activity for those with pre-diabetes can reduce the development of diabetes by 58%.⁴
- **Diabetes spending is not well coordinated.**
The federal government spends nearly \$80 billion annually to treat people with diabetes and care for its complications. Though 18 out of 21 government agencies have their own individual diabetes programs, there is a lack of alignment and coordination across agencies.⁵

what Congress needs to do

- **Change the health care system and provide incentives** to support chronic care treatment and improve patient adherence to therapy.
- **Step up diabetes prevention efforts** to slow the rate of new cases of diabetes.
- **Pro-actively screen those most at-risk for diabetes** to identify the undiagnosed and those with pre-diabetes who could delay or avoid the onset of the disease through preventative steps.
- **Invest in the delivery of appropriate care from a team of health care providers and educators** to help prevent, detect and slow the progression of serious and costly complications.

¹Centers for Disease Control and Prevention. (2007)

²Centers for Disease Control and Prevention. (2008)

³Commissioned by the National Changing Diabetes® Program from The Lewin Group Inc. (2008). Economic Costs of Diabetes in the U.S. in 2007. Diabetes Care, 59:6-615

⁴Centers for Disease Control and Prevention. (2007)

⁵Commissioned by the National Changing Diabetes® Program from Mathematica Policy Research, (June, 2007)

Changing health care means changing diabetes.

True health care reform can't happen without confronting the diabetes crisis in America. Federal leadership can help reverse the trajectory of diabetes and set the nation on a path for a healthier life.

Please visit NCDP.com to learn how you can change diabetes.

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