

**New cases of diagnosed diabetes in the U.S. decreased by 35 percent since a peak in 2009 – a sign that efforts to stop the nation’s diabetes epidemic are working. This decline is due in part to NIH-supported research on diabetes prevention and treatment.**

**Diabetes** is a disease that occurs when your pancreas does not produce enough insulin to allow your body to capture and use glucose for energy and your blood sugar is too high.

**Type 1 Diabetes:** Typically diagnosed in children and young adults.

**Type 2 Diabetes:** Most common among middle-aged and older adults and accounts for 90-95% of cases nationwide.



**37.3 million Americans** have diabetes.  
(~1 out of 10)



**210,000 American youth** (age 20 or younger) live with diabetes.



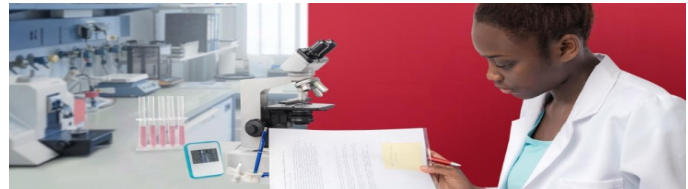
**African Americans and Hispanics are >50% more likely** to have diabetes than non-Hispanic whites.



Americans spend **more than \$327B annually** on treating diabetes.

People with diabetes are **more likely to suffer** from stroke, heart disease, high blood pressure, kidney failure, gum disease, complications from the coronavirus, depression, and other illnesses.

American Diabetes Association.  
Fast Facts Data and Statistics About Diabetes. (2020)



Decades of NIH-funded discoveries have helped prevent and manage diabetes. These include:

- **Glucose monitors and insulin pumps** that deliver rapid-acting insulin allow individuals with type 1 diabetes to live longer and healthier lives.
- **The identification of over 400 genetic regions that may affect risk** for type 2 diabetes.
- **Evidence that type 2 diabetes can be delayed or prevented** by basic lifestyle interventions, such as weight loss and exercise, **and type 1 diabetes can be delayed** with early preventative treatment.
- **An artificial pancreas system** that improves type 1 diabetes management by helping control blood glucose levels and reduce the daily burden of the disease.<sup>3</sup>

Today, NIH-funded researchers are:

- **Studying genetic and environmental factors** that contribute to diabetes progression.
- **Identifying new methods** to improve blood glucose monitoring and insulin delivery in type 1 diabetes.
- **Examining behavioral approaches** to prevent type 2 diabetes and enhance self-management.
- **Uncovering the fundamental cellular and molecular pathways** underlying the development of diabetes and its complications.

Sources: 1. Centers for Disease Control. (2022). [www.cdc.gov/diabetes/basics/index.html](https://www.cdc.gov/diabetes/basics/index.html)

2. National Institute of Diabetes and Digestive and Kidney Disease. Retrieved from: [www.niddk.nih.gov/about-niddk/strategic-plans-reports/niddk-recent-advances-emerging-opportunities](https://www.niddk.nih.gov/about-niddk/strategic-plans-reports/niddk-recent-advances-emerging-opportunities);

3. National Institutes of Health (2019). Retrieved from: [www.nih.gov/news-events/news-releases/artificial-pancreas-system-better-controls-blood-glucose-levels-current-technology](https://www.nih.gov/news-events/news-releases/artificial-pancreas-system-better-controls-blood-glucose-levels-current-technology)

4. American Diabetes Association, <https://diabetesjournals.org/care/article/41/5/917/36518/Economic-Costs-of-Diabetes-in-the-U-S-in-2017>

Diabetes technology has continually evolved to improve quality of life and ease of care for affected individuals. But future progress depends on NIH funding growing reliably every year.