

New cases of diagnosed diabetes have decreased 35 percent in the U.S. – from 1.7 million new cases/year in 2008 to 1.3 million new cases/year in 2017. NIH-supported research on prevention and treatment has been instrumental in this decline.

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.



34.2 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.



1 in 7 health care dollars is spent treating diabetes and its complications.

People with diabetes are **more likely to suffer** from stroke, heart disease, high blood pressure, kidney failure, gum disease, 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 reducing the daily burden of the disease.

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 and manage type 2 diabetes.
- **Uncovering the fundamental cellular and molecular pathways** underlying the development of diabetes and its complications.

Sources: Centers for Disease Control. (2019). Retrieved from www.cdc.gov/media/releases/2019/p0529-diabetes-cases-decline.html; 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; National Institutes of Health (2019). Retrieved from www.nih.gov/news-events/news-releases/artificial-pancreas-system-better-controls-blood-glucose-levels-current-technology

The decline in new diagnoses is a sign that efforts to stop the nation's diabetes epidemic are working. But continued progress depends on NIH funding growing reliably every year.