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.

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.

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.