ACT for NIH

DIABETES

New cases of diagnosed diabetes in the U.S. decreased by 35 percent between 2009 and 2017 – 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.

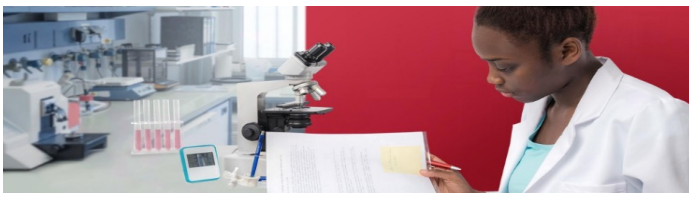
38.4 million Americans have diabetes. (~1 out of 10)

352,000 American youth (age 20 or younger) live with diabetes.

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

Americans spend **more than $412B 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.



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.[2]
- **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.[3]

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. (2024). https://www.cdc.gov/diabetes/about/?CDC_AAref_Val=https://www.cdc.gov/diabetes/basics/index.html;
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4. National Institutes of Health (2019). Retrieved from: www.nih.gov/news-events/news-releases/artificial-pancreas-system-better-controls-blood-glucose-levels-current-technology
5. American Diabetes Association (2023). Retrieved from: https://diabetes.org/about-diabetes/statistics/about-diabetes#:~:text=Diagnosed%20and%20undiagnosed%3A%20Of%20the,seniors%20(diagnosed%20and%20undiagnosed).

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.