



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

DIABETES PREVENTION AND CONTROL PROGRAM APPROPRIATIONS FACT SHEET

FY 2007	President's Budget	FY 2008 Suggested
\$62,806,000	\$62,806,000	\$82,806,000

Currently all states are grossly underfunded to address the epidemic of diabetes through prevention and control. The proposed increase will enable more states to expand their efforts and have statewide implementation programs. This request will also allow CDC to fund related activities that support the success of state-based programs.

Basic Facts about Diabetes

- Diabetes is now the sixth leading cause of death.
- More than 20.8 million Americans have diabetes, and 6.2 million of them don't know that they have the disease. An estimated 54 million U.S. adults aged 20 or older have million people are estimated to have pre-diabetes (elevated blood sugar levels but not high enough to be classified as having diabetes), which places them at increased risk of developing diabetes.
- Type 2 diabetes, once believed to affect only adults, is now frequently diagnosed among children and adolescents.
- American Indians, African Americans, Hispanics and Alaska Native adults are 2 times more likely than whites to get diabetes.
- The increasing prevalence of obesity has and will continue to have a profound effect on the number of people who develop diabetes in the future. Other risk factors for diabetes include age, family history, ethnicity, and history of gestational diabetes.
- From 1980 through 2004, the number of Americans with diabetes more than doubled and is expected to double again by 2050.

Cost of Diabetes to the American Health Care System

- Each year, diabetes contributes to over 200,000 deaths and costs more than \$132 billion in direct and indirect costs. \$92 billion in direct medical costs and \$40 billion in indirect costs (disability, work loss and premature death).
- The average annual health care costs for a person with diabetes is \$13,243 compared to the annual health care costs for a person without diabetes is \$2,560.

Physical Impact of Diabetes

- Diabetes is the leading cause of kidney failure and new blindness in adults. More than 60% of leg and foot amputations unrelated to injury occur in people with diabetes
- Heart disease and stroke cause about 65% of deaths among people with diabetes.

Diabetes is Preventable and Controllable

- **Research has shown that targeted interventions for modest lifestyle changes in people at highest risk can prevent or delay the onset of type 2 diabetes.** Studies have found that better blood sugar control reduces the risk for eye disease, kidney disease and nerve disease by 40% in people with type 1 or type 2 diabetes.

- Blood pressure control reduces the risk of heart disease and stroke among people with diabetes by 33-50%. Detecting and treating early diabetic kidney disease by lowering blood pressure can reduce the decline in kidney function by 30-70%.
- Improved control of blood cholesterol levels can reduce cardiovascular complications by 20-50%.

CDC's Diabetes Program

The backbone of the CDC Program is support for state and territorial Diabetes Prevention and Control Programs that work to prevent diabetes and its complications. These programs identify high-risk populations, improve the quality of diabetes care, ensure access to diabetes care by improving outreach and expanding services, and involve communities in improving diabetes care. CDC and state programs work with partners across healthcare to help improve care for people with diabetes - improving quality of life and saving healthcare dollars. Utilizing new science CDC and the state-based programs work with multiple partners to develop practical strategies to prevent or delay type 2 diabetes in people at high risk.

With an additional \$20 million CDC will be able to elevate between 8 and 10 states to the basic implementation level. The increase in funding will also allow CDC to provide additional resources to all states for secondary prevention and begin efforts in primary prevention.

*For more information visit www.cdc.gov/diabetes

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