



Changing the Way Diabetes Is Treated

Purpose

The National Diabetes Education Program is a federally-sponsored initiative that involves public and private partners to improve the treatment and outcomes for people with diabetes, to promote early diagnosis, and to prevent the onset of diabetes.

Sponsors

The U.S. Department of Health and Human Services' National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH) and the Division of Diabetes Translation of the Centers for Disease Control and Prevention (CDC) jointly sponsor the program with the participation of over 200 partner organizations.

Need

Current scientific evidence demonstrates that much of the morbidity and mortality of diabetes can be prevented or delayed by aggressive treatment with diet, exercise, and new pharmacology approaches to normalize blood glucose levels, blood pressure, and lipids. Further, research now shows that type 2 diabetes can be prevented or delayed in the 41 million people with pre-diabetes—about 40 percent of U.S. adults, ages 40-74 -- who are at high risk for the disease through modest weight loss and regular physical activity.

Unfortunately, a wide gap still exists between current and desired diabetes care and practices. Public awareness about the seriousness of diabetes and its treatment is low, despite the fact that the disease is one of the leading causes of death and disability in the United States—affecting an estimated 18 million Americans, including 5.9 million who are undiagnosed.

Goal

The goal of the program is to reduce the illness and deaths associated with diabetes and its complications.

Objectives The National Diabetes Education Program's objectives are:

- To increase awareness of the seriousness of diabetes, its risk factors, and strategies for preventing diabetes and its complications among at risk groups.
- To improve understanding about diabetes and its control and to promote better self-management behaviors among people with diabetes.
- To improve health care providers' understanding of diabetes and its control and to promote an integrated approach to care.
- To promote health care policies that improve the quality of and access to diabetes care.
- To reduce disparities in health in racial and ethnic populations disproportionately affected by diabetes.

Audiences The National Diabetes Education Program's target audiences include:

- People with diabetes and their families, with special attention to Hispanics/Latinos, African Americans, Asian Americans, Pacific Islanders, and American Indians
 - People at risk for type 2 diabetes, especially those with pre-diabetes
 - Health care providers
 - Health care payers, purchasers, and policy makers
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Strategies The National Diabetes Education Program is:

- Creating program partnerships with other organizations concerned about diabetes and the health status of their constituents.
- Developing and implementing ongoing diabetes awareness and education activities.
- Identifying, developing, and disseminating educational tools and resources for people with diabetes and those at risk, including materials that address the needs of special populations.
- Disseminating guiding principles that promote quality diabetes care.
- Promoting policies and activities to improve the quality of and access to diabetes care.

Steering Committee The program's Steering Committee organizations include:

American Academy of Family Physicians • American Academy of Nurse Practitioners • American Academy of Physician Assistants • American Association of Clinical Endocrinologists • American Association of Diabetes Educators • American Association of Health Plans • American College of Physicians/American Society of Internal Medicine • American Diabetes Association • American Dietetic Association • American Health Quality Association • American Pharmaceutical Association • American Podiatric Medical Association • Association of American Indian Physicians • Association of Asian/Pacific Community Health Organizations • Diabetes Council (State Diabetes Prevention and Control Programs) • Diabetes Research and Training Centers • Endocrine Society • Juvenile Diabetes Research Foundation International • The Links, Inc. • Lions Clubs International • National Council of La Raza

Federal agency liaisons to the NDEP Steering Committee include:

Agency for Healthcare Research and Quality • Centers for Medicare and Medicaid Services • Indian Health Service • Office of Minority Health, DHHS • Veterans Health Administration

Getting Involved

The program is forming partnerships with organizations concerned about diabetes and the health status of their constituents. Partners can work with the National Diabetes Education Program in a variety of ways. You can adopt the program's messages and tailor them for your members or constituents. You can disseminate information to the media, coordinate education activities, and share resources with other partner organizations. You can also work with the program to influence the health delivery system to improve quality and access.

For More Information To learn more about the National Diabetes Education Program, please contact:

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You may also visit the National Diabetes Education Program's web site at www.ndep.nih.gov for updates on the program's progress or call 1-800-438-5383 to obtain diabetes education materials for patients and health care providers.

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