

What is diabetes?

Diabetes is a chronic, often life-threatening disease in which the body either does not make enough insulin or cannot use it as well as it should. Diabetes affects more than 37 million Americans from all backgrounds. Endocrinologists provide care to patients with diabetes and endocrine scientists are researching to find better treatments and cures.

There are two types of diabetes:

- **Type 1 diabetes** occurs when the pancreas stops making insulin. It is usually seen in children and teens but may occur later in life. People with type 1 diabetes need insulin to survive.
- **Type 2 diabetes** is the most common type of diabetes. With type 2 diabetes, the body does not produce enough insulin and it becomes resistant to insulin's effects. It occurs more often in adults, many of whom are overweight or obese. However, younger people can also develop type 2 diabetes. Not all people with type 2 diabetes need to take insulin.

Where can I find information about the prevalence and impact of diabetes in my state?

The Centers for Disease Control and Prevention (CDC) recently launched [State Diabetes Profiles](#). These profiles show the Division of Diabetes Translation's (DDT) direct funding nationally and in all 50 states and Washington, DC. They also show key diabetes statistics including diabetes prevalence, economic impact, and key program outcomes. Click on your state in the map to learn more.

What is the Special Diabetes Program (SDP)?

The Special Diabetes Program (SDP) is a federal program comprised of two programs— the Special Diabetes Program for Type 1 Diabetes and the Special Diabetes Program for Indians. Congress created these programs in 1997 to advance research for type 1 diabetes at the National Institute of Diabetes and Digestive and Kidney Disorders (NIDDK) and to provide treatment and education programs for type 2 diabetes among American Indians and Alaska Natives (AI/AN). The Special Diabetes Program for Type 1 Diabetes has used this funding to advance research to delay the full onset of type 1 diabetes, better understand the underlying causes of the disease, and prevent, treat, and reverse complications associated with the disease. To learn more about the successes of the Special Diabetes Program for Type 1 Diabetes, read this [fact sheet](#). For more information about latest improvements in diabetes outcomes for AI/AN people as a result of the Special Diabetes Program for Indians, read this [fact sheet](#).

Despite the SDP's success and bipartisan support, the program is in jeopardy. Funding for SDP will expire on September 30, 2023, unless Congress passes legislation to reauthorize the program. The Endocrine Society urges Congress to pass a long-term extension with the highest funding possible.

What diabetes prevention programs are important?

The prevalence of diabetes and prediabetes increases costs to our healthcare system. Medical costs for people with diabetes are more than twice as high compared to people without diabetes and the total cost of diabetes and prediabetes is estimated to be \$327 billion in the United States. Consequently, diabetes prevention is crucial.

The Division of Diabetes Translation (DDT) is housed in the CDC's Chronic Care Center (NCCDPHP) and focuses on programs to prevent type 2 diabetes and reduce diabetes related disparities. One of the most successful programs provided is the National Diabetes Prevention Program (DPP) which is an evidence-based lifestyle intervention program that has shown tremendous success in delaying the onset of type 2 diabetes. The National DPP has successfully demonstrated that a 5-7 percent weight loss can reduce the risk of developing diabetes by 58 percent.

The Endocrine Society urges Congress to fully fund the CDC's Chronic Care Center (NCCDPHP), the Division of Diabetes Translation (DDT) and the National Diabetes Prevention Program (DPP).

What are the latest scientific advances in diabetes research?

Within the National Institutes of Health (NIH), the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is leading the field by providing research support and funding for basic and clinical research on diabetes. Studies supported by the NIDDK have led to scientific advances, such as:

- A treatment that will [help delay the onset of type 1 diabetes](#) in patients at risk of developing diabetes. In November 2022, the FDA approved the medication for eligible patient groups.
- Findings that a [personalized approach to kidney disease screening for people with type 1 diabetes](#). This research will promote earlier detection of chronic kidney disease and could reduce patient burden, save costs, and pave the way to more personalized care for T1D.
- A [device known as a bionic pancreas](#), which uses next-generation technology to automatically deliver insulin and is more effective at maintaining blood glucose levels within normal range than standard-of-care management among people with type 1 diabetes,

The Endocrine Society calls on Congress to provide NIH with at least \$51 billion in fiscal year 2024, or an increase of 7.3%, applied proportionally to each of the NIH Institutes and Centers.

What is diabetes technology?

Diabetes technology is the term used to describe the hardware, devices, and software that people with diabetes use to help manage their condition. Today, there are many different technologies available that can help a patient manage their diabetes and prevent health crises.

Historically, diabetes technology has been divided into two main categories: insulin administered by syringe, pen, or pump (also called continuous subcutaneous insulin infusion [CSII]), and blood glucose as assessed by continuous glucose monitoring (CGM). More recently, diabetes technology has expanded to include hybrid devices that both monitor glucose and deliver insulin, some automatically, as well as software that serves as a medical device, providing diabetes self-management support. [Learn more here.](#)

Is there a Diabetes Caucus in Congress that my boss can join?

Yes! The Congressional Diabetes Caucus helps educate members of Congress and their staff about diabetes and supports legislative activities that would improve diabetes research, education, and treatment. There is an opportunity for your boss to join the [Congressional Diabetes Caucus](#). Your boss's membership in this caucus will be critical to improving the lives of the 37 million Americans with diabetes. Interested members can contact nimit.jindal@mail.house.gov in Rep. DeGette's (D) office, Colleen.Malloy.White@mail.house.gov in Rep. Bilirakis's (R) office, Vic.Goetz@shaheen.senate.gov in

Sen. Shaheen's (D) office or Maria.Olson@collins.senate.gov in Sen. Collins (R) office. (Note: Members that were a part of the Diabetes caucus in the 117th Congress do not need to rejoin. A full list of members can be found [here](#).)

Other Diabetes Resources:

- [Report to Congress on Leveraging Federal Programs to Prevent and Control Diabetes and Its Complications | National Clinical Care Commission](#)
- [Good Health and Wellness in Indian Country | CDC](#)
- [Advancing Health Equity | Diabetes | CDC](#)
- [Promoting Health and Wellness in Indian Country | Diabetes | CDC](#)
- [Division of Diabetes Translation At A Glance | CDC](#)
- [Diabetes and Prediabetes | CDC](#)
- [Chronic Diseases and Military Readiness | CDC](#)
- [Health and Economic Benefits of Diabetes Interventions | Power of Prevention \(cdc.gov\)](#)

Please contact advocacy@endocrine.org if we can provide your office with additional information or answer questions about diabetes, prevention, treatment, and research.

About Endocrine Society

Endocrinologists are at the core of solving the most pressing health problems of our time, from diabetes and obesity to infertility, bone health, and hormone-related cancers. The Endocrine Society is the world's oldest and largest organization of scientists devoted to hormone research and physicians who care for people with hormone-related conditions.

The Society has more than 18,000 members, including scientists, physicians, educators, nurses, and students in 122 countries. To learn more about the Society and the field of endocrinology, visit our site at www.endocrine.org. Follow us on Twitter at [@TheEndoSociety](https://twitter.com/TheEndoSociety) and [@EndoMedia](https://twitter.com/EndoMedia).