

# WORLD DIABETES DAY 2013

Today is the day for America to tackle one of our biggest challenges.

Every day, diabetes is devastating families and driving healthcare costs up – draining our federal budget. Diabetes now affects nearly 26 million Americans. More than one in three of all U.S. adults have prediabetes, and some 70 percent of them will develop diabetes if nothing is done. A stunning one in three Medicare dollars is spent on people with diabetes.

Today, real solutions exist if we make diabetes a national priority.

In some communities, the National Diabetes Prevention Program – a public-private partnership led by the Centers for Disease Control and based on a National Institutes of Health study – is helping people at the highest risk prevent or delay the onset of type 2 diabetes. With Congress' help, it could be available everywhere.

For those who are already diagnosed, medication and lifestyle changes can help prevent complications like heart disease, visual impairment, amputation and kidney damage – but too many families lack access to quality treatments or self-management training.

Between now and the next World Diabetes Day, Congress and the Administration could do more to empower families to better prevent, detect and manage diabetes. Expanded screening and community prevention programs will help make America healthier.

State governments can also do more. Nine states have adopted Diabetes Action Plans to marshal all available resources in this fight. Patients and taxpayers in every state could benefit from this approach.

Patients, families, and medical professionals know that dealing with diabetes is a marathon, not a sprint. Crossing the finish line starts with leadership.

For the sake of America's families and its fiscal health, we urge governments at every level to take tangible, concrete actions to reverse the trend of this serious and life-altering disease.

Do your part today. Find out more information about elevating diabetes on the national agenda by visiting [www.DiabetesAdvocacyAlliance.org](http://www.DiabetesAdvocacyAlliance.org).

*Academy of Nutrition and Dietetics*

*American Association of Diabetes Educators*

*American Diabetes Association*

*American Association of Clinical Endocrinologists*

*American Podiatric Medical Association*

*Healthcare Leadership Council*

*Medicare Diabetes Screening Project*

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*Pediatric Endocrine Society*

*The Endocrine Society*

*VSP Vision Care*

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world diabetes day

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