

# United States Senate

WASHINGTON, DC 20510

July 23, 2015

Dear Colleague:

The United States is facing a diabetes epidemic. Currently, more than 29 million people are diagnosed with the disease and another 86 million have prediabetes. Diabetes is among the most costly diseases to the health system, costing as much as \$245 billion each year and accounting for one out of every three Medicare dollars spent. It is also the leading cause of kidney failure, lower-limb amputation and new cases of blindness among adults in our country.

Type 2 diabetes-- like many other chronic, non-communicable diseases—can be prevented for some people, and the most common causes of the disease are obesity and physical inactivity. The Prevention and Public Health Fund (PPHF) supports federal programs that are essential for the prevention of diabetes and promote longer, healthier lives for Americans. Diabetes prevention not only saves lives, it also saves taxpayer dollars.

With Prevention and Public Health Fund funding, the Centers for Disease Control and Prevention (CDC) has supported state, local and tribal community diabetes prevention activities through the following programs:

- **National Diabetes Prevention Program**  
The National Diabetes Prevention Program is a one-year, evidence-based lifestyle change program that helps participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills. Participation in the program has proven to reduce an individual's risk of type 2 diabetes by 58 percent. Studies have shown that implementing community-based programs like the National Diabetes Prevention Program nationwide could save \$5.7 billion over 10 years. There are currently 625 organizations offering the program across the country, and it is changing the lives of millions of people.
- **Increasing the use of Diabetes Self- Management Education (DSME)**  
States like New Hampshire and Illinois are leveraging PPHF money to work with Federally Qualified Health Centers to develop a system for referring patients with diabetes to Diabetes Self-Management Education (DSME) programs. DSME is a collaborative effort between a patient and their health care team in which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and related conditions. It can include helping patients with nutrition, medication adherence, physical activity, and general support in coping with the disease. Because of the collaborative efforts between the state and key partners, New Hampshire saw an increase in patient participation in DSME programs from 10,374 encounters in 2012 to 17,059 in 2013.
- **State and Local Public Health Actions Program**  
The State and Local Public Health Actions to Prevent Obesity, Diabetes and Heart Disease program through the CDC is building on work at the state and local level across the country to help prevent obesity, diabetes and heart disease and reduce health

disparities among adults. With the goal of making healthy living easier for all Americans, the program focuses on a combination of community and health system interventions. These community-clinical linkage strategies seek to improve the quality of health care delivery and preventive services to populations with the highest prediabetes disparities.

Federal investment in public health ensures a healthier population and long term fiscal returns. The many programs supported by the PPHF reduce death and disability, improve the health of Americans, and in turn, slow the growth of healthcare spending. We urge you to support the Prevention and Public Health Fund and the critical investments it makes in our communities.

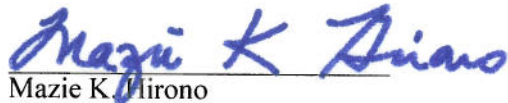
Sincerely,



Jeanne Shaheen  
United States Senator



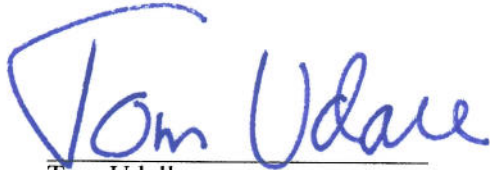
Al Franken  
United States Senator



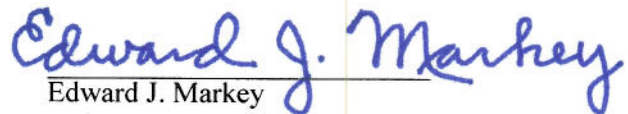
Mazie K. Hirono  
United States Senator



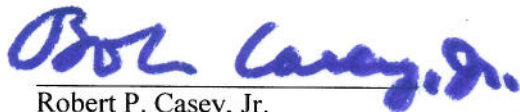
Christopher A. Coons  
United States Senator



Tom Udall  
United States Senator



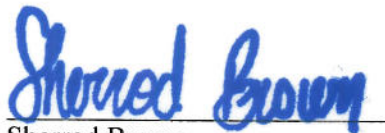
Edward J. Markey  
United States Senator



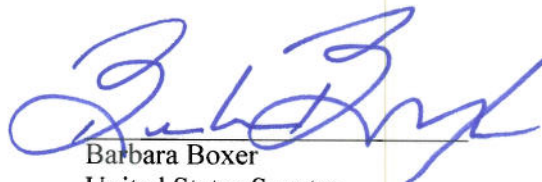
Robert P. Casey, Jr.  
United States Senator



Richard J. Durbin  
United States Senator



Sherrod Brown  
United States Senator

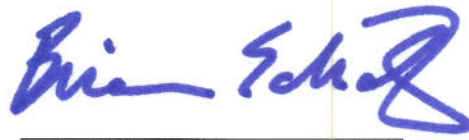


Barbara Boxer  
United States Senator



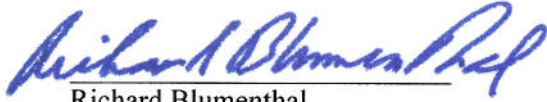
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Benjamin L. Cardin  
United States Senator



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Brian Schatz  
United States Senator



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Richard Blumenthal  
United States Senator



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Patty Murray  
United States Senator