

Diabetes Prevention

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Susan Laird] Hi. Welcome to Beyond the Data, a podcast that gets to the heart of our monthly Public Health Grand Rounds and goes *beyond the data* to give you scientifically accurate, up-to-date, actionable information from CDC and our partners.

[John Iskander] I'm your host, Dr. John Iskander, Scientific Director for Public Health Grand Rounds. Joining me today is Dr Ann Albright, Director of the Division of Diabetes Translation at CDC. Thanks for joining me, Ann.

[Dr. Ann Albright] Hi John, it's a pleasure to be here.

[Dr. John Iskander] We know that Diabetes is a serious public health problem. Can you tell us more about it?

[Dr. Ann Albright] There are 34 million Americans that have diabetes, which is a condition in which your blood sugar is elevated. There are multiple forms of diabetes. We have type 1 which means your body's attacked the cells that actually make insulin and people have to take insulin. Type 2 diabetes which is the most common form of the disease is a condition in which people are resistant to their insulin, so they will make more insulin to try to compensate but ultimately they often need to be on medication.

We also have 88 million Americans, adults that have prediabetes and this is a condition in which your blood sugar is elevated but not it's not yet high enough to be diabetes but it does put you at high risk for type 2 diabetes and also heart attack and stroke

[Dr. John Iskander] What's new in diabetes research and treatment?

[Dr. Ann Albright] Fortunately there are a number of things that are new and supportive and encouraging. Following a nearly 20-year increase in the number of people who are living with diabetes and also new cases of diagnosed diabetes we have note an overall plateau in that number of people living with diabetes and a reduction in the new cases of diabetes so good news there. And that's something again we haven't seen in over two decades so we got some positive news. It should cause us to though to be very focused on continuing to improve the outcomes of people with diabetes and very much focused on preventing new cases of type 2 diabetes. So good news but we can't rest on our laurels.

[Dr. John Iskander] What do we think is causing this plateau?

[Dr. Ann Albright] We can't say specifically but there are certainly are some contributors. Some of those contributors may include increased awareness and emphasis on type 2 diabetes prevention so that again is very, very important. It also could be attributed to changes in diet and physical activity and also changes in the diagnostic and screening practice, so all those things are likely to be contributors and other things that we still all are trying to understand.

Dr. John Iskander] What do our listeners need to know?

[Dr. Ann Albright] While new cases of diabetes are declining in the US there are still really are far too many Americans that remain at risk. Fortunately, adults can take a one-minute risk test at DoIHavePrediabetes.org and learn really helpful tips about making those healthy lifestyle changes.

[Dr. John Iskander] So how can public health professionals and clinicians help?

[Ann Albright] Everybody can spread the word about pre-diabetes. We need more people knowing where they stand, we need folks knowing their risk so that they can be empowered to take action to make healthy lifestyle changes. And our clinician colleagues, public health colleagues, if you are in a position to screen patients, please, please do that. This is an opportunity to identify more people at pre-diabetes and then refer them to the CDC-recognized program. The National Diabetes Prevention Program is a proven way to prevent or delay type 2 diabetes, and there are many program or organizations for delivering that program around the country and that is a really a very effective way to prevent or delay type 2 diabetes.

[Dr. John Iskander] As you know, CDC is a data driven agency. We like to close our segment with the CDC number's game. What's your number, Ann?

[Ann Albright] 88 million represents the number of U.S. adults over the age of 18 who are living with prediabetes. That's 34.5% of the adult US population. And how about another number? More than 8 in 10 of those with prediabetes don't know they have it. So if you are concerned that you may be at risk, please visit www.DoIHavePrediabetes.org and take a quick one-minute prediabetes risk test.

[Dr. John Iskander] That's all our time for today. Thanks, Ann.

[Susan Laird] Thanks for listening to *Beyond the Data*. Please join us next time. Be sure to visit the Public Health Grand Rounds website at cdc.gov/grandrounds and sign up for our mailing list. If you have questions, please email us at grandrounds@cdc.gov.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.