The National Diabetes Education Program: “Changing the way diabetes is treated”

**Sponsors**
The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) are joint sponsors of the National Diabetes Education Program (NDEP).

**Purpose**
The NDEP 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, ultimately, to prevent the onset of diabetes.

**Need**
Scientific evidence demonstrates that much of the morbidity and mortality of diabetes can be eliminated by aggressive treatment with diet, physical activity, and new pharmacological approaches to normalize blood glucose levels. Unfortunately, a wide gap still exists between current and desired diabetes care and practices. In addition, public awareness about diabetes is very low, despite the fact that the disease is one of the leading causes of death and disability in the United States—affecting an estimated 16 million Americans, including 5.4 million who are undiagnosed.

**Goal**
To reduce the morbidity and mortality associated with diabetes and its complications.

**Objectives**
The NDEP’s objectives are to:

- increase public awareness of the seriousness of diabetes, its risk factors, and potential strategies for preventing diabetes and its complications.
- improve understanding about diabetes and its control and promote better self-management behaviors among people with diabetes.
- improve health care providers’ understanding of diabetes and its control, and promote an integrated approach to care.
- promote policies and activities that improve quality and access to diabetes care.

**Audiences**
*People with diabetes and their families; Health Care Providers; *General public; and, Health Care Payers, Purchasers, and Policy Makers

*Special attention to racial/ethnic minority populations (Hispanic Americans, African Americans, Asian Americans, Pacific Islanders, and American Indians) that have a higher disease burden.

**Strategies**
The NDEP will:

- Establish partnerships to plan, develop and implement NDEP nationwide.
- Conduct NDEP mass media awareness campaigns (TV, radio, print).
- Develop culturally and linguistically appropriate messages, tools and strategies.
- Develop practical guidelines, tools, and resources for community action.
- Influence policies affecting quality and access to diabetes care.
- Provide up-to-date diabetes treatment and management tools and information.
The National Diabetes Education Program

**Partners** An essential component of the NDEP is its national network of public and private sector partners. “Partners are the NDEP.” Partners actively participate in developing all components of the program. There are currently 8 partner-based program development work groups: Community Intervention including 4 minority sub-committees (Hispanic/Latino, African American, American Indian, Asian American/Pacific Islander), Business & Managed Care, Team Approach to Care, Guiding Principles, Diabetes Risk Tables, Children and Adolescents, HCFA Medicare Benefits, and Program Evaluation.

**Getting Involved** NDEP is implemented through a variety of settings. Partners work with the NDEP in a variety of ways: integrate the NDEP messages into programs; promote and utilize the NDEP awareness and education products; involve new partners; collaborate with other organizations to mobilize media participation, conduct community intervention activities, address the needs of minority populations, and influence the health delivery system to improve quality and access.

**Timeline** Key NDEP dates in 1999 are:
- Implement HCFA Medicare Expanded Benefits Campaign – April 1999

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

<table>
<thead>
<tr>
<th>Joanne Gallivan</th>
<th>Faye L. Wong</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director, NDEP (NIH)</td>
<td>Director, NDEP (CDC)</td>
</tr>
<tr>
<td>National Institute of Diabetes &amp; Digestive &amp; Kidney Diseases</td>
<td>Division of Diabetes Translation Centers for Disease Control and Prevention</td>
</tr>
<tr>
<td>National Institutes of Health</td>
<td>National Institutes of Health</td>
</tr>
<tr>
<td>Phone: (301) 496-3583</td>
<td>Phone: 770-488-5037</td>
</tr>
<tr>
<td>Internet: <a href="http://www.niddk.nih.gov/">http://www.niddk.nih.gov/</a></td>
<td>e-mail: <a href="mailto:flw2@cdc.gov">flw2@cdc.gov</a></td>
</tr>
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