National Diabetes Month — November 2019

November is National Diabetes Month. In the United States, 30 million adults aged ≥18 years are living with diabetes and 84 million with prediabetes (*1*). Among persons aged ≥65 years, one in four is estimated to have diabetes, and one in two has prediabetes (*1*). Persons with prediabetes are at risk for developing type 2 diabetes, heart disease, and stroke (*2*). However, type 2 diabetes can be prevented or delayed through a structured lifestyle change program that promotes weight loss, healthy eating, and increased physical activity (*2*). A report on diabetes among Medicare beneficiaries is included in this issue of *MMWR* (*3*).

CDC plays a crucial role in preventing type 2 diabetes and diabetes complications. The National Diabetes Prevention Program (National DPP) (https://www.cdc.gov/diabetes/prevention/index.html) is a public-private partnership building a nationwide system to deliver an affordable, evidence-based lifestyle change program to prevent or delay type 2 diabetes. In 2018, the National DPP lifestyle change program became a covered service for Medicare beneficiaries with prediabetes. The first national prediabetes awareness campaign, DoIHavePrediabetes.org, done in collaboration with partners, encourages persons to learn their prediabetes risk. CDC also works to increase access to diabetes self-management education and support services to help persons with diabetes manage their daily diabetes care (https://www.cdc.gov/diabetes/dsmes-toolkit/index.html). More information is available at https://www.cdc.gov/diabetes.

References

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Diabetes Prevalence and Incidence Among Medicare Beneficiaries — United States, 2001–2015

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Diabetes affects approximately 12% of the U.S. adult population and approximately 25% of adults aged ≥65 years. From 2009 to 2017, there was no significant change in diabetes prevalence overall or among persons aged 65–79 years (*1*). However, these estimates were based on survey data with <5,000 older adults. Medicare administrative data sets, which contain claims for millions of older adults, afford an opportunity to explore both trends over time and heterogeneity within an older population. Previous studies have shown that claims data can be used to identify persons with diagnosed diabetes (*2*). This study estimated annual prevalence and incidence of diabetes during 2001–2015 using Medicare claims data for beneficiaries aged ≥68 years and found that prevalence plateaued after

Continuing Education examination available at https://www.cdc.gov/mmwr/cme/conted_info.html#weekly.

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