



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
- Implement minority awareness campaigns (African American, American Indian, Asian American/Pacific Islander, Hispanic/Latino) – Summer 1999.
- Convene 2nd Partnership Meeting – May 1999.
- Introduce Diabetes: A Guide for Community Partners – 1999.
- Disseminate business and diabetes document – 1999.
- Disseminate team approach to care document – 1999.

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

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You may also visit the National Diabetes Education Program’s web sites at [http:// ndep.nih.gov/](http://ndep.nih.gov/) or [http:// www.cdc.gov/diabetes/](http://www.cdc.gov/diabetes/) or call 1-800-438-5383 for updates on the programs progress.