

National Diabetes Month — November 2017

November is National Diabetes Month. Approximately 114 million U.S. persons are living with diabetes (30 million) or prediabetes (84 million) (1). Persons with prediabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke (1). Type 2 diabetes can be prevented through lifestyle changes (e.g., weight loss, healthy eating, and increased physical activity) (1,2). Persons with diabetes can take steps to control the disease and prevent complications (1,3). This issue of *MMWR* includes a report on diabetes-related kidney failure.

Working with partners, CDC plays an important role in preventing or delaying the onset of type 2 diabetes, preventing complications of diabetes, and improving health and quality of life for persons with diabetes. The National Diabetes Statistics Report, 2017 (1) provides the latest statistics about diabetes. With the Ad Council, the American Diabetes Association, and the American Medical Association, CDC has developed public service announcements to encourage persons to take the prediabetes risk test (<https://DoIHavePrediabetes.org>). CDC also joined forces with CBS Television Stations in a television and digital miniseries, “Your Health with Joan Lunden and CDC,” to provide information about diabetes prevention and control (<https://www.cdc.gov/diabetestv/index.html>). More information is available at <https://www.cdc.gov/diabetes>.

References

1. CDC. National diabetes statistics report, 2017. Atlanta, GA: US Department of Health and Human Services, CDC; 2017. <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>
2. Knowler WC, Barrett-Connor E, Fowler SE, et al.; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:393–403. <https://doi.org/10.1056/NEJMoa012512>
3. Venkat Narayan KM, Williams D, Gregg EW, Cowie C, eds. Diabetes public health: from data to policy. New York, NY: Oxford University Press; 2011.

Incidence of End-Stage Renal Disease Attributed to Diabetes Among Persons with Diagnosed Diabetes — United States and Puerto Rico, 2000–2014

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During 2014, 120,000 persons in the United States and Puerto Rico began treatment for end-stage renal disease (ESRD) (i.e., kidney failure requiring dialysis or transplantation) (1). Among these persons, 44% (approximately 53,000 persons) had diabetes listed as the primary cause of ESRD

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

