



RESEARCH SPOTLIGHT ON

Diabetes

Diabetes is the **seventh leading cause of death** in the United States. Americans spent more than \$176 billion on medical costs directly related to diabetes in 2012, the Centers for Disease Control and Prevention estimates. If not treated properly, diabetes can lead to kidney failure, loss of sight, stroke, nerve damage, and amputation.

29.1 MILLION

Number of Americans
with diabetes

86 MILLION

Number of Americans estimated
to have prediabetes

Source: Centers for Disease Control and Prevention

Research Addressing Questions That Matter

PCORI funds **comparative clinical effectiveness research (CER)** to determine which healthcare options work best for which patients, based on their needs and preferences. CER produces evidence that helps people make better-informed healthcare choices.



PATIENT

My 8-year-old daughter has been diagnosed with type 1 diabetes. What are some

of the strategies we can use to improve her blood sugar control so that her entire life isn't dominated by her condition?



CLINICIAN

As a doctor serving a largely Hispanic population, I need to know what is the best way to

encourage my overweight and obese patients to lose weight and reduce their risk of developing diabetes?

STUDY SPOTLIGHTS

Assessing Whether Daily Blood Sugar Monitoring Leads to Better Outcomes

Many people with type 2 diabetes do daily finger sticks to monitor the sugar levels in their blood. This study assessed the impacts of three self-monitoring approaches among people with type 2 diabetes who do not use insulin to manage their condition. It found no differences in keeping blood sugar levels under control among the group that did no self-monitoring and those that did. This is useful information for patients because of the time and out-of-pocket costs associated with self-monitoring. The study was led by Katrina Donahue of the University of North Carolina Chapel Hill.

Improving Outcomes among Native Americans with Diabetes and Cardiovascular Disease

Diabetes is the fifth leading cause of death among American Indians and Alaskan Natives. Heart disease, a common complication of diabetes, is the first. This study aims to improve health outcomes among American Indian and Alaskan Native adults who have both conditions. The project will compare the outcomes of patients who receive education, case management, and advanced practice pharmacy services to those who receive standard care to manage their health. The study is led by Joan O'Connell of the University of Colorado in Denver.

Building Capacity for Patient-Centered Research

PCORI is investing in people and infrastructure to support high-quality patient-centered research for years to come. **PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of 100 million Americans. It is building capacity for research and other studies by supporting patient-driven networks and helping them connect with researchers who are studying similar topics, including diabetes.

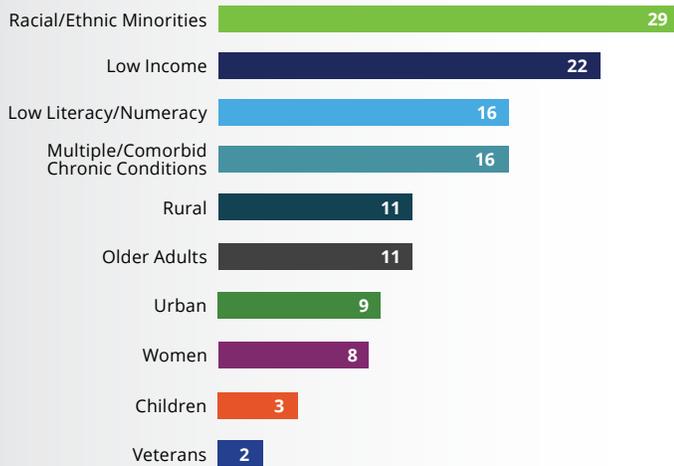


As of August 2019, PCORI has awarded more than
\$78 MILLION TO FUND 33

comparative clinical effectiveness research studies related to diabetes.

BY THE NUMBER OF PROJECTS

Populations of Interest Studied Most



Areas of Care Addressed

