



Dear Colleagues,

I hope you had a wonderful Thanksgiving holiday filled with joy and good, nutritious food. I also hope that you enjoyed time well spent with family and friends to reflect on all the things to be thankful for.

As you know, there's a lot going on in the diabetes landscape, and we wanted to bring some especially important new science to your attention. Today in [\*JAMA Pediatrics\*](#), CDC/Division of Diabetes Translation (DDT) released a new article, "[\*Prevalence of Prediabetes among Adolescents and Young Adults in the United States: National Health and Nutrition Examination Survey, 2005-\*](#)

[\*2016\*](#)." This study, which included a sample of 2,606 adolescents and 3,180 young adults, found that nearly 1 in 5 adolescents aged 12-18, and 1 in 4 young adults aged 19-34, are living with prediabetes. As we all know, prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Rising rates of prediabetes in youth could lead to increased risk of type 2 diabetes, heart disease and stroke, and increased diabetes complications at younger ages.

Other findings from the study show that the percentage of adolescents and young adults living with prediabetes was higher in males and participants with obesity. And the researchers found that adolescents and young adults with prediabetes, compared to those with normal glucose tolerance, had significantly:

- higher non-HDL "bad" cholesterol levels
- higher systolic blood pressure
- higher abdominal fat, and
- lower insulin sensitivity

As we've already been seeing increased rates of type 2 diabetes and diabetes-related complications in youth and young adults, these new findings are further evidence of a growing epidemic and a tremendously worrisome threat to the future of our nation's health. Additional research is needed to support the development of interventions for youth and increasing access to programs that we know work for young adults, like the CDC-led [\*National Diabetes Prevention Program\*](#) (National DPP).

To reduce the impact of prediabetes and type 2 diabetes, CDC leads the National DPP, which provides the framework for type 2 diabetes prevention efforts in the U.S. Based on the landmark Diabetes Prevention Program research findings funded by the National Institutes of Health (NIH),

the National DPP includes an evidence-based, year-long, intervention for people 18 years and older to help make lifestyle changes such as healthier eating, increased physical activity, and stress reduction to significantly reduce their risk of type 2 diabetes. CDC also has several new and ongoing research initiatives (e.g. SEARCH for Diabetes in Youth Study, Diabetes in Young Adults, and the Burden of Diabetes by Type in Children, Adolescents and Young Adults) that assess the trends of type 1 and type 2 diabetes among children, adolescents, and young adults. Through our sister divisions, CDC also works on multiple initiatives to prevent and reduce childhood obesity, a common risk factor for prediabetes and type 2 diabetes, as well as policy, system and environmental changes to reduce population-wide risk.

In DDT we are committed to stemming the tide of diabetes in our nation and addressing the needs of all populations. As we continue to research and identify new trends that are affecting youth and young adults, it is important for us all to remain focused and diligent in our efforts to prevent or delay type 2 diabetes and diabetes complications by all means possible. Thank you for sharing in that commitment with us.

Kind regards,  
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