

# Special Diabetes Program for Indians

*Saving lives in Washington and providing a strong return on federal investment.*



## History

Congress established the Special Diabetes Program for Indians (SDPI) in 1997 to address the growing epidemic of diabetes in American Indian and Alaska Native (AI/AN) communities. This program has grown and become the nation's most strategic and effective federal initiative to combat diabetes. SDPI is currently authorized through fiscal year 2017.

## SDPI Outcomes

SDPI funding supports over 300 diabetes treatment and prevention programs in 35 states, and the results have been extraordinary. The structure of the grant program has allowed Tribes to collect data and document that this investment is both saving lives and saving the federal healthcare system money. For example, according to the United States Renal Data System, there has been a remarkable decline in diabetes incidence rates among AI/ANs since 1998 that has resulted in **a 54% decline, more than any other race**, in prevalence rates of end-stage renal disease (ESRD) – a costly complication often linked with diabetes. ESRD requires expensive treatments and is the single largest driver of Medicare costs. The Medicare cost per year for hemodialysis (a common ESRD treatment) exceeded \$84,000 per patient in 2013.

According to the Centers for Disease Control and Prevention (CDC), in 2015, approximately 226,000 people in Washington – **7.7% of the population** – had diagnosed diabetes, and many suffered from serious diabetes related conditions such as heart disease, neuropathy, and eye, foot and skin complications. In addition to the human toll diabetes places on the people of Washington, it also places a large financial burden on the state's healthcare system. In 2013, the staggering estimate of direct and indirect cost of diabetes in Washington was approximately \$1.19 billion.

## FY 2017 SDPI funding in Washington supported 27 Community-Directed Grant Programs at:

- Conf. Tribes of Yakama
- Cowlitz Indian Tribe
- Kalispel Tribe of Indians
- Lummi Nation
- Muckleshoot Indian Tribe
- Nooksack Indian Tribe
- Puyallup Tribal Health
- Quinault Indian Nation
- Seattle Indian Health
- Skokomish Indian Tribe
- Squaxin Island Tribe
- The NATIVE Project
- Tulalip Tribes
- Conf. Tribes of Colville
- Jamestown S'Klallam
- Lower Elwha Klallam
- Makah Indian Tribe
- Nisqually Indian Tribe
- Port Gamble S'Klallam
- Quileute Tribal Council
- Samish Indian Nation
- Shoalwater Bay Tribe
- Spokane Tribe of Indians
- Swinomish Indian Tribe
- Suquamish Indian Tribe
- Upper Skagit Tribe

## Renewal is Vital

Since the beginning of SDPI, blood sugar levels in AI/ANs have decreased, the risk of cardiovascular disease has been reduced, and diabetes-related kidney disease progression has slowed. **Congress must renew this critical program** to ensure that the SDPI funded programs can continue their important work.

National Indian Health Board



For more information, visit [www.nihb.org/SDPI](http://www.nihb.org/SDPI)



*"The Healthy Heart Program has given us a new confidence in our overall health."*

Buddy & Les Hoptowit  
Yakama Indian Health Center