



General Assembly of the Commonwealth of Pennsylvania  
**Joint State Government Commission**  
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*Short Summary of the Staff Study in Response to House Resolution 936 of 2014*  
**DIABETES IN PENNSYLVANIA: PREVENTION AND MAINTENANCE PROGRAMS**  
*Fourth Biennial Report*

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This is the fourth in a series of reports by the Joint State Government Commission (JSGC) in response to the mandate of 2014 House Resolution 936 (Pr.'s No. 4098), which provides for an ongoing study of the public health problem posed by diabetes in Pennsylvania. The Commission's task is to describe, evaluate, and make recommendations to improve the Commonwealth's response. This report briefly describes new approaches to diabetes treatment that have emerged nationally and globally and focuses on the relevant programs of the Commonwealth agencies charged with implementing public health policy and with assisting individuals with diabetes. The broad purposes of public health policies aimed at controlling diabetes and preventing the disease are "to reduce the incidence of diabetes, improve diabetes care, and control complications associated with diabetes."<sup>1</sup>

The introduction contains the latest available data regarding prevalence of diabetes and obesity in Pennsylvania and the economic costs of diabetes in the United States and in the Commonwealth. Special attention is given to insulin cost increases, which have emerged as a major problem in the past few years, adversely affecting treatment and causing growing concern among patients and their families, medical community, and policymakers.

The first chapter includes the definition and classification of diabetes mellitus.

The second chapter is devoted to new developments in diabetes research and therapeutic approaches promoted by the American Diabetes Association (ADA) and the

European Association for the Study of Diabetes (EASD). A key recommendation is patient-centered care. This chapter also contains a brief discussion of a resurgence in diabetic complications in the past few years and the need to address these challenges.

The third chapter lists the programs administered by the Department of Health, which is the lead agency on public health issues. The two main programs are the Diabetes Prevention Program (DPP) and the Diabetes Self-Management Education and Support Program (DSMES).

The fourth chapter covers the programs administered by the Department of Aging: the Health & Wellness Program, the Chronic Disease Self-Management Program, the Diabetes Self-Management Program, and the Pharmaceutical Assistance Contract for the Elderly (PACE).

The fifth chapter outlines the diabetes-related activities of two offices of the Department of Human Services: the Office of Medical Assistance Programs and the Office of Long-Term Living.

The sixth chapter describes YMCA's Diabetes Prevention Program.

The report concludes with three appendices and a list of recommendations aimed at improving access to care and quality of care, acknowledging the individual health care needs of people with diabetes, and expanding evidence-based prevention programs and diabetes self-management education and support.

**The full report is available on our website**  
<http://jsg.legis.state.pa.us/>

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<sup>1</sup> HR No. 936 of 2014.