

THE JAPAN DIABETES SOCIETY

THE 5TH “FIVE-YEAR STRATEGIC PLAN FOR THE FIGHT AGAINST DIABETES”

REVIEW

The 4th Five-Year Strategic Plan for the Fight Against Diabetes

In 2020, the Japan Diabetes Society (JDS) launched its 4th Five-Year Strategic Plan with two primary goals:

- To reduce the life expectancy gap between people with diabetes and those without
- To improve the quality of life (QOL) of people with diabetes

To achieve these goals, the plan focused on the following five strategic priorities:

1. Promoting Cutting-Edge Diabetes Research

New diabetes research is driving personalized care through genetic insights and subtype classifications. Advanced therapies and technologies are improving management, with potential cures on the horizon.

2. Building Comprehensive Databases and Generating Real-World Evidence

JDS is advancing real-world evidence generation through the creation of databases like J-DREAMS and TIDE-J, with the former employing data from over 110,000 individuals. These resources support more precise, evidence-based approaches to personalized diabetes care.

3. Fostering Professionals to Lead Future Diabetes Initiatives

JDS is fostering future leaders through grants and fellowships, while strengthening the research ecosystem. It also launched a study to evaluate and secure clinical diabetologists in hospitals.

4. Raising Public Awareness and Disseminating Information

JDS promotes diabetes awareness through National Diabetes Week, advocacy initiatives, and partnerships with the Japan Association for Diabetes Education and Care (JADEC). While progress has been made, efforts continue to improve public understanding, expand educational outreach, and support self-care through accessible, evidence-based resources.



the Kenkoshoku Startbook, A Healthy Eating Guide for Daily Life with Diabetes

5. Strengthening Preparedness for Pandemics and Emerging Health Threats

The COVID-19 pandemic highlighted the severe risks diabetes poses in infectious disease contexts. JDS continues to strengthen pandemic preparedness by promoting the dissemination of accurate information, vaccination, and preventive care.

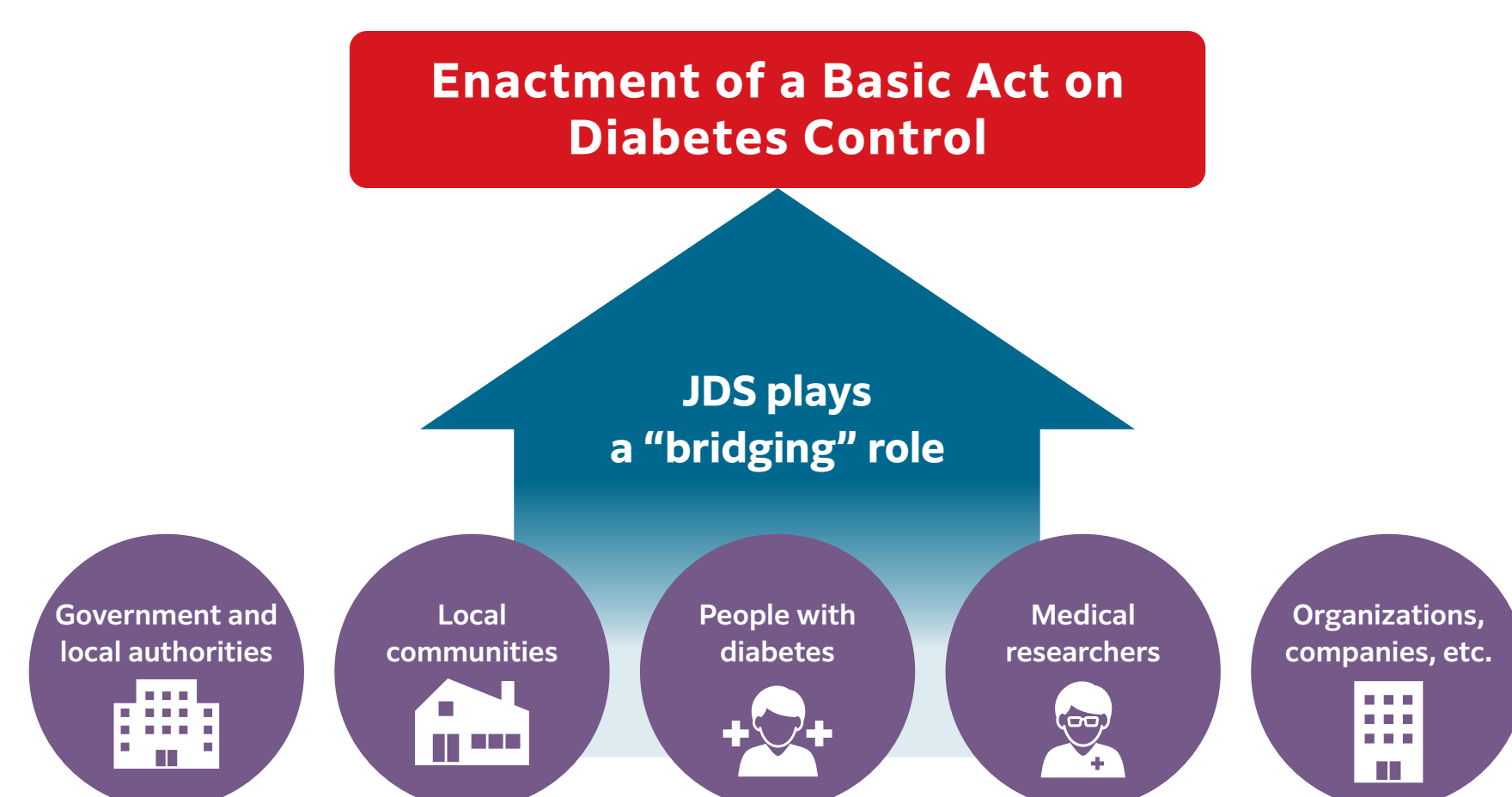
TOWARD

The 5th Five-Year Strategic Plan for the Fight Against Diabetes

Diabetes remains a major public health challenge in Japan, affecting more than 11.5 million people, and this number is expected to grow. Genetic and lifestyle factors play complex roles in type 2 diabetes, making the development of tailored treatment strategies essential. At the same time, research into type 1 diabetes continues to advance, bringing new possibilities for therapies such as islet transplantation and immunotherapy.

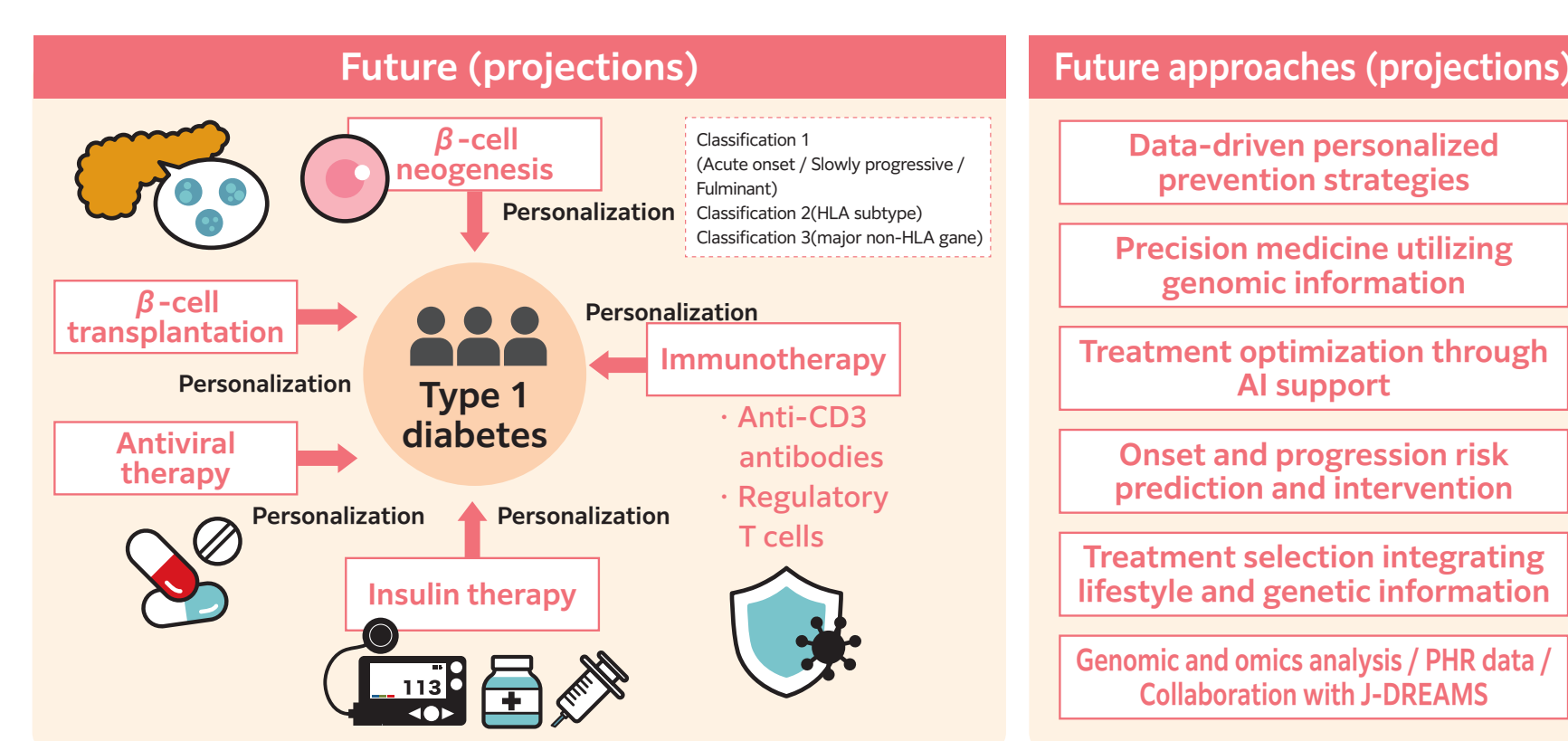
Establishing a Basic Act on Diabetes Control

The 5th Five-Year Strategic Plan emphasizes the prompt enactment of a Basic Act on Diabetes Control in Japan. This proposed legislation aims to establish a unified national vision for diabetes management, enabling strengthened cross sector collaboration, improved healthcare systems, prevention initiatives, and enhanced support services. It also seeks to combat stigma and promote societal inclusion for people with diabetes.



Advancing Diabetes Therapies and Personalized Care

In type 1 diabetes, research is increasingly exploring disease prediction, immunotherapies such as teplizumab, and regenerative strategies including iPS-derived β -cells and islet transplantation, with the long-term goal of delaying onset and advancing toward cures. In type 2 diabetes, genomics-driven precision medicine enables tailored care, while new drugs like GLP-1 agonists and SGLT2 inhibitors support both glycemic and weight control, with more innovations expected.



Digital Innovation and the Future of Diabetes Care



Digital technology is reshaping diabetes care through AI, wearables, and telemedicine, providing more precise and personalized support. These digital health tools are rapidly advancing, using multimodal data streams and large datasets to improve clinical decision-making. Telemedicine and connected devices enable real-time data sharing and ongoing communication, empowering people with diabetes to manage their condition more easily and improving their overall quality of life (QOL).

The Vision of the 5th Five-Year Strategic Plan for the Fight Against Diabetes

The 5th Five-Year Strategic Plan prioritizes enacting a Basic Act on Diabetes Control to ensure equitable care and a stable medication supply. Emphasizing personalized medicine, the plan aims for early prediction and intervention to support long, fulfilling lives with diabetes. Achieving this vision requires collaboration across sectors and active involvement from people with diabetes, guided by data-driven and inclusive strategies.

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Detailed Strategies

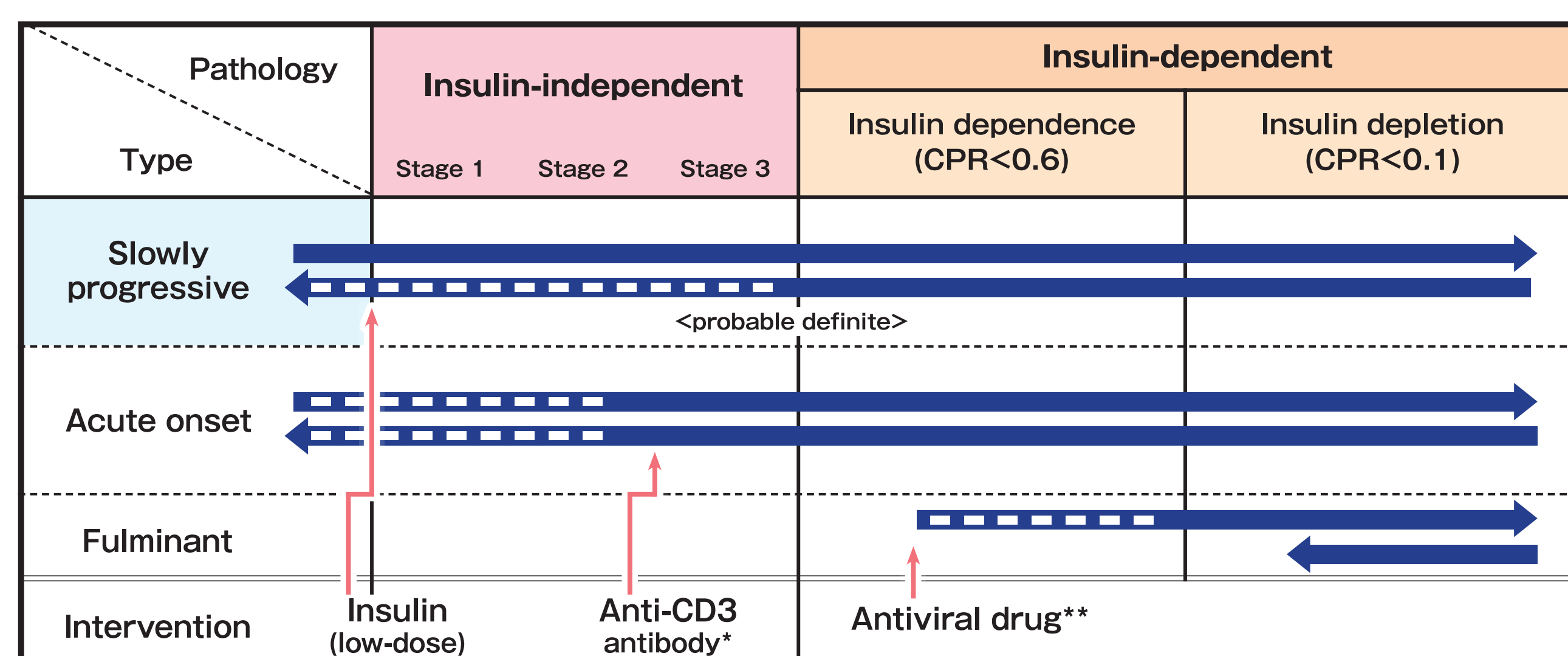
Diabetes is no longer merely a matter of individual health management—it has become a pressing societal issue that demands coordinated action across all levels of healthcare, policy, and community engagement.

Advancing Knowledge

Fostering Innovation in Basic and Clinical Diabetes Research

Advances in genetics, stem cell therapy, immunotherapy, and digital health are transforming diabetes care. Research is enabling earlier diagnosis and personalized treatment for both type 1 and type 2 diabetes. Technologies like continuous glucose monitoring (CGM) and AI-driven tools support better management. JDS promotes collaboration and ethical innovation to translate scientific progress into practical, equitable improvements in care and quality of life.

Current Status and Future Prospects of Type 1 Diabetes Treatment



The rightward arrow indicates the progression of β -cell destruction over time. The leftward arrow, though rare, indicates the potential for β -cell function to recover.

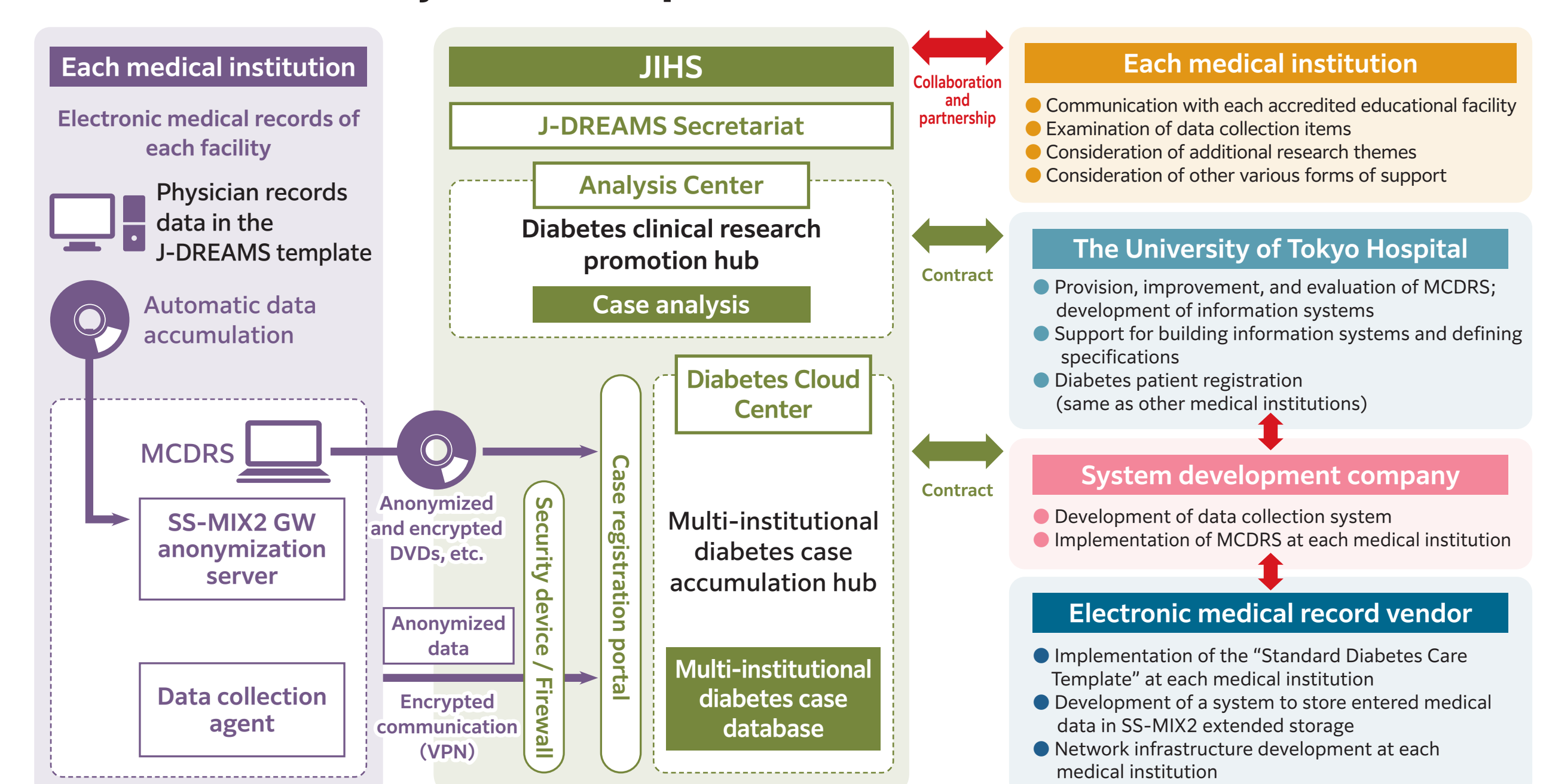
* : Clinical trial phase ** : Research phase

Orchestrating Intelligence

Building Comprehensive Databases and Integrating Device-Generated Health Data

Japan is advancing data-driven diabetes care through AI, IoT, and digital health tools. Initiatives like J-DREAMS and data integration efforts aim to improve personalized treatment. While challenges in data standardization and technology adoption remain, ongoing research, CGM use, and app-based interventions are shaping a more precise, equitable, and connected healthcare system for diabetes management.

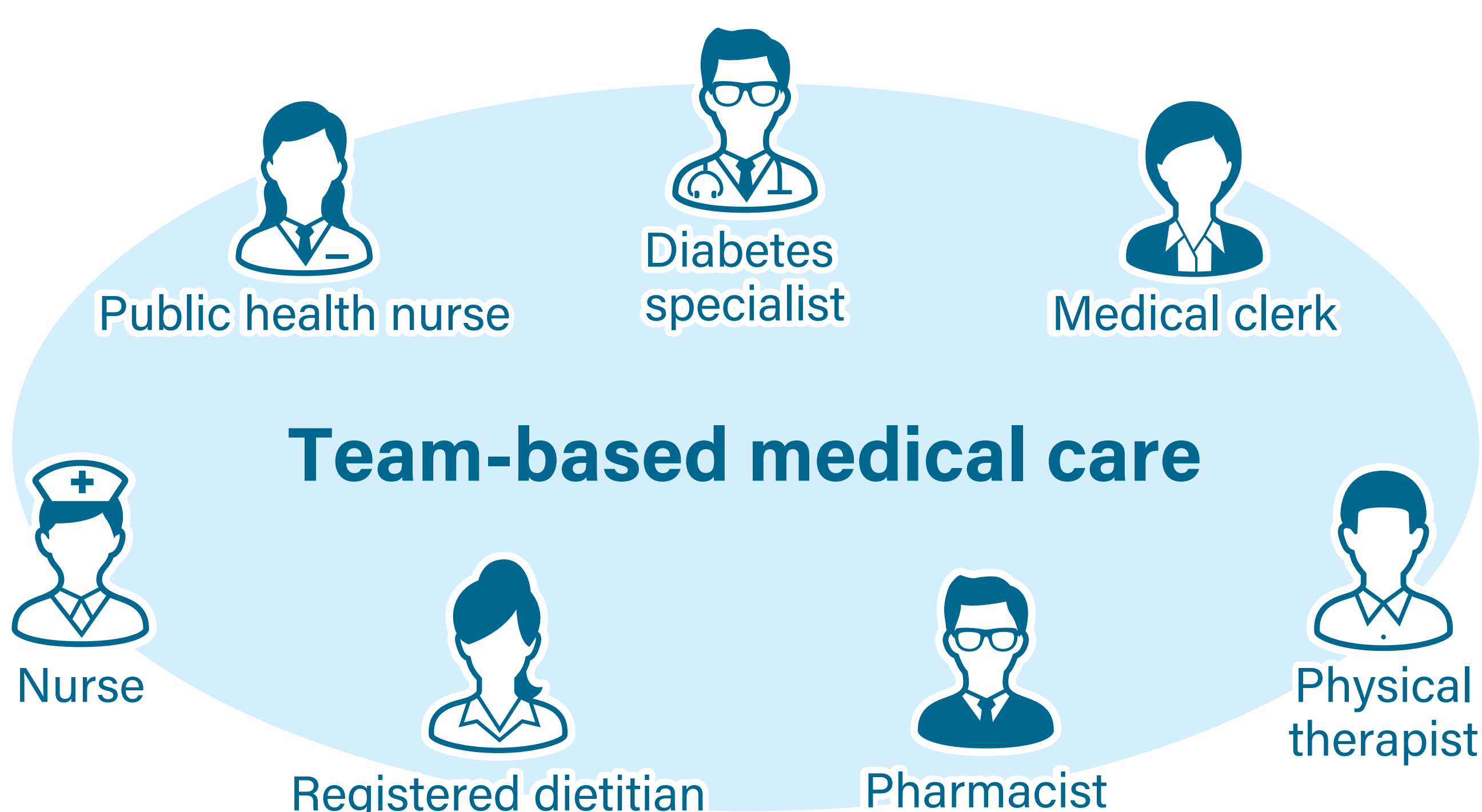
J-DREAMS Project Concept



Nurturing Teams

Cultivating the Next Generation of Leaders in Diabetes Care and Research

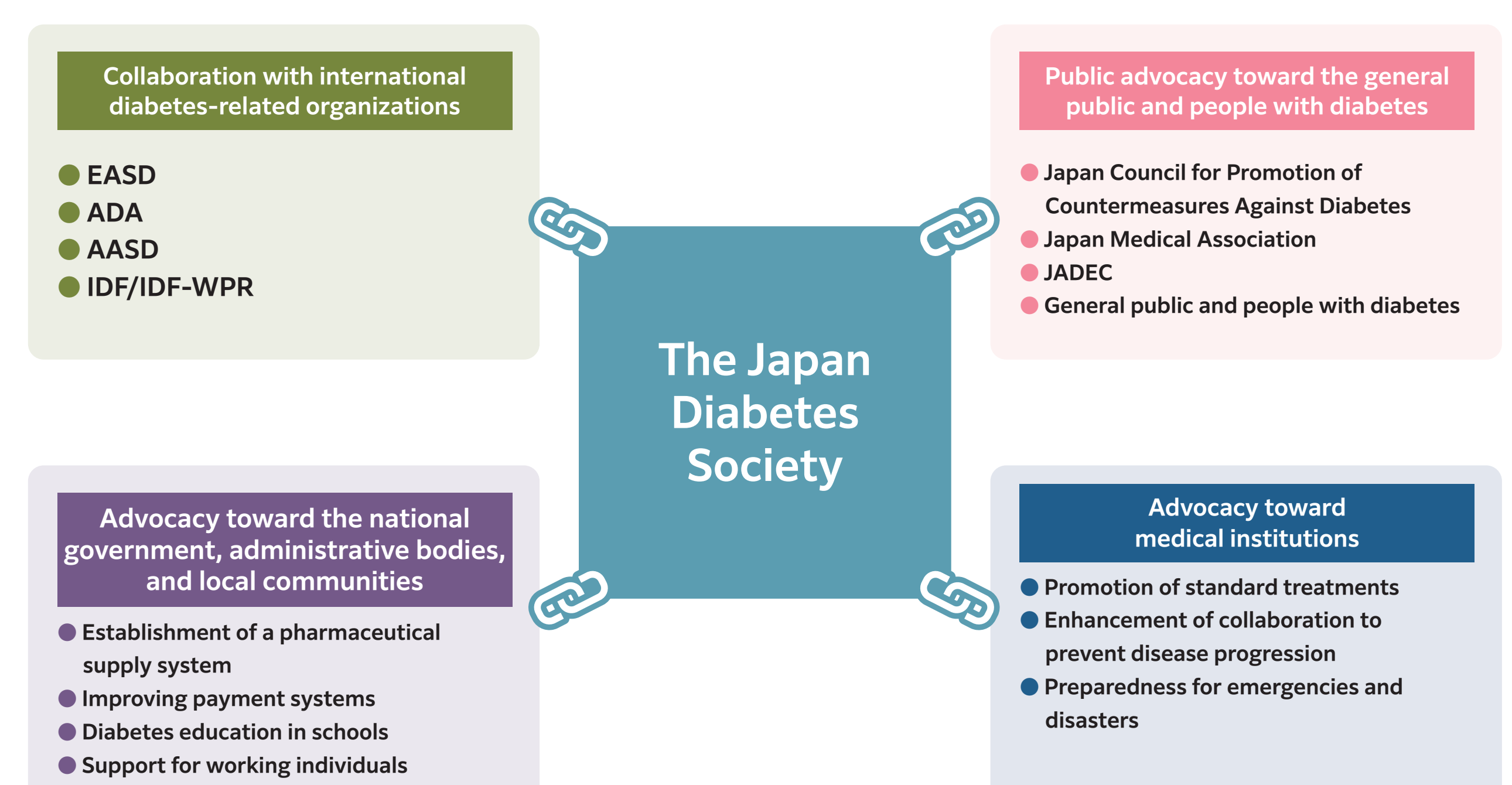
JDS is strengthening the future of diabetes care through workforce development, training programs, and support for young researchers. Key efforts include expanding team-based care, promoting diversity, enabling task shifts, and enhancing digital integration. These initiatives aim to build a resilient, inclusive system where clinicians, educators, and scientists can thrive and deliver high-quality, personalized diabetes care.



Engaging Communities

Engaging in Two-Way Communication with the Public, Society, and the Global Community

JDS is committed to improving diabetes care through public advocacy, education, stigma reduction, disaster response, and global partnerships. Guided by its 5th Five-Year Strategic Plan, it promotes early intervention, sustained treatment, and inclusive dialogue. By engaging healthcare providers, policymakers, and people with diabetes, JDS aims to build a society where individuals can live with dignity, safety, and support.



Shaping Systems

Fostering Collaboration with Other Disciplines, Communities, and Society

JDS promotes sustainable diabetes care through strengthening reimbursement frameworks, interdisciplinary collaboration, and regional equity. To achieve this, efforts focus on improving payment systems, standardizing care with academic partners, and addressing specialist shortages by promoting the effective use of clinical guidelines and digital tools, thereby supporting general practitioners and advancing more equitable diabetes care across regions.

Preparing for the Future

Infectious Disease Threats and Diabetes: Responding to Future Pandemics

People with diabetes face higher risks during infectious disease outbreaks and disasters. JDS promotes preventive strategies, telemedicine, and system resilience to ensure uninterrupted care. Through research, partnerships, and preparedness initiatives, the 5th Five-Year Strategic Plan aims to build an adaptive healthcare system—protecting lives and enabling people with diabetes to live safely, even in times of crisis.