



Diabetes Care and Self-Management in Montana, 2019

Diabetes Burden

In 2019, approximately **8%** (64,000) of Montana adults reported having ever been diagnosed with diabetes.¹

Diabetes Care

Common care practices for managing diabetes include monitoring blood glucose (sugar) levels and taking insulin to help control blood glucose levels.²

- Over six out of every 10 (62%) Montana adults with diagnosed diabetes reported checking their blood glucose levels at least once per day and one in five (20%) checked their blood glucose levels at least once per week (but not daily).¹
 - This suggests that **nearly one in five** (18%) Montana adults with diagnosed diabetes **do not routinely monitor their blood glucose levels**.¹

Daily blood glucose monitoring is generally indicated for persons taking insulin.²

- **One in three** (34%) Montanans with diagnosed diabetes reported **currently taking insulin**.¹
 - Of these, 85% reported monitoring their blood glucose levels at least once per day. Therefore, **15% of Montana adults taking insulin to help manage diabetes may not be checking their blood glucose as regularly as needed**.¹

Foot and Eye Exams

Two common complications of diabetes include foot damage (due to peripheral neuropathy) and eye damage (retinopathy).³

The CDC recommends that persons with diabetes check their feet daily and have their feet checked by a healthcare professional at least once a year.⁴

- **Only six in 10** (63%) Montanans with diagnosed diabetes reported that they or a friend/family member **checked their feet for sores or irritations daily** and 7% reported never checking their feet.¹
- **Over one in five** (22%) reported that their **feet were not checked for sores or irritations by a healthcare professional** within the past 12 months.¹

It is also recommended that persons with diabetes receive a dilated eye exam once a year to screen for eye damage and retinopathy.⁵

- **Over one in four** (28%) Montana adults reported that they **have not had a dilated eye exam within the past year**.¹



Access to DSMES Services

Approximately 96% of Montanans with diagnosed diabetes reported having some form of health care coverage in 2019.¹

- Still, an estimated 5,300 Montana adults with diagnosed diabetes did not seek needed medical care due to costs and just **over one in 10 (12%)** reported that they **did not see a Health Care Provider for their diabetes in the past 12 months.**¹
- **Far more Montana adults with diagnosed diabetes have not received Diabetes Self-Management Education and Support (DSMES) services** that may help persons with diagnosed diabetes better manage their diabetes.⁶
 - **Over four in 10 (42%)** Montana adults with diagnosed diabetes reported **NEVER** having **taken a course or class on how to better self-manage diabetes.**¹
 - DSMES services provide an evidence-based approach to help participants reduce the complications related to their diabetes and decrease health care costs.⁷
 - Additional benefits and information can be found at:
<https://www.cdc.gov/diabetes/dsmes-toolkit/background/benefits.html>.
 - **To find DSMES services near you, visit:** <https://arcg.is/KnyzG>

Citations:

1. Montana Behavioral Risk Factor Surveillance System (BRFSS). Centers for Disease Control and Prevention (CDC). BRFSS Data [2019]. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, with Montana Department of Public Health and Human Services.
2. Mayo Clinic. (2020, October 30). Diagnosis and Treatment. In *Diabetes*. Retrieved from <https://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451#:~:text=Treatment%20for%20type%201%20diabetes,diabetes%20medications%2C%20insulin%20or%20both.>
3. Mayo Clinic. (2020, October 30). Symptoms and Causes. In *Diabetes*. Retrieved from <https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444>
4. Centers for Disease Control and Prevention. (2019, December 4). Diabetes and Your Feet. In *Diabetes*. Retrieved from <https://www.cdc.gov/diabetes/library/features/healthy-feet.html>
5. Centers for Disease Control and Prevention. (2014, January). Diabetes and You: Healthy Eyes Matter. In *Diabetes*. Retrieved from <https://www.cdc.gov/diabetes/ndep/pdfs/149-healthy-eyes-matter.pdf>
6. Centers for Disease Control and Prevention. (2018, March 6). Background. In *Diabetes Self Management Education and Support (DSMES) Toolkit*. Retrieved from <https://www.cdc.gov/diabetes/dsmes-toolkit/background/background.html>
7. Centers for Disease Control and Prevention. (2018, March 6). How People with Diabetes Benefit from DSMES. In *Diabetes Self Management Education and Support (DSMES) Toolkit*. Retrieved from <https://www.cdc.gov/diabetes/dsmes-toolkit/background/benefits.html>

Contact

Chronic Disease Prevention & Health Promotion Bureau
1-844-MT-HLT-4-U (1-844-684-5848)
chronicdiseaseinfo@mt.gov

Resources

Visit the Montana Diabetes Program website for more information and additional resources:
diabetes.mt.gov