

Healthcare Leaders and Diabetes Education (Updated May 2022)

Some facts:

- In 2019, about 8% of Montana adults - and about 18% of Native American Montanan adults - reported having ever been diagnosed with diabetes.
- Rates of diagnosed diabetes have tripled since the 1990s.
- By 2050, about one third of adults in the U.S. likely will have diabetes.

Cost of Diabetes to Individuals & Healthcare Systems

- 25% of U.S. healthcare spending is from people with diabetes, an estimated \$327 billion annually. This amount doesn't include costs from diabetes-related complications.
- A person with diabetes has personal healthcare costs 2.3 times higher than someone without diabetes.
- 34% of Montanans with diagnosed diabetes reported currently taking insulin. Meanwhile, 1 in 4 people with diabetes who use insulin reported rationing their insulin due cost. Insulin prices have tripled since 2012.

Diabetes Self-Management Education and Support (DSMES) in Montana

- is evidence-based, proven to reduce diabetes-related health complications and significantly improve A1c levels.
- reduces patient healthcare spending, including admissions and readmissions.
- is required in Montana to be covered by all insurance plans up to \$250.
- is widely available throughout Montana in both in-person and telehealth formats.
- yet 42% of Montana adults with diagnosed diabetes have never taken diabetes self-management.

Return-on-Investment for DSMES is \$4.34 to \$1

- cost effective
- improves patient and provider experiences
- helps meet quality metrics
- improves patient outcomes

Improved Care and Outcomes

- Educators who provide DSMES are team-members who help patients develop efficacy with common self-care practices to improve their outcomes:
- 28% of Montana adults reported that they have not had a dilated eye exam within the past year. DSMES empowers patients to remember these exams.
- Of Montanans with diabetes, 63% report checking their feet for any sores or irritations; 7% report never checking their feet, and 22% report their feet were not checked by a healthcare professional within the past 12 months.
- DSMES teaches patients to check their feet daily and remind their providers about foot check.

Notes:

- Data from the 2019 Montana Behavioral Risk Factor Surveillance System, the most recent data available.
- Additional DSMES 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>
- Visit the Montana Diabetes Program website for more information and additional resources: diabetes.mt.gov