



Quality Diabetes Education Initiative

Health Care Focus

Diabetes

Target Audience

Health professionals in the following settings:

- Hospital and hospital outpatient services
- Primary care practices
- Pharmacies

Cost

Free, including free lending library of materials and resources

Dates

Ongoing

RESOURCES

- Visit our website for more information:
<https://dphhs.mt.gov/publichealth/Diabetes/QDEI>
- Learn about DSMES locations and resources in Montana using our Story Map: <https://arcg.is/KnyzG>

CONTACT

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PROGRAM DESCRIPTION

The Montana Diabetes Program aims to increase access to diabetes self-management education and support (DSMES) by increasing the number of qualified diabetes educators and quality education programs. Our initiative offers a self-study and peer-mentoring program for healthcare professionals interested in improving their knowledge and skills in DSMES and has a route of study for preparing for the Certified Diabetes Educator (CDE) exam. Other services include **technical assistance** for developing outpatient DSMES sites and assisting them in becoming recognized or accredited, so that DSMES may be a billable service.

Since 2000, over 140 health professionals have enrolled in the self-study and peer-mentoring program. Montana currently have 90 CDEs, and roughly half of these CDEs provide services in rural or frontier areas. There are 47 recognized/accredited DSMES programs. Furthermore, the Billings Area Indian Health Service has 12 Community-Directed Diabetes Programs that provide diabetes education.

The goals for this initiative are to:

- Enhance the knowledge and skills of diabetes educators to provide high quality DSMES to people with diabetes;
- Support outpatient sites interested in developing high-quality DSMES programs that meet the National Standards for DSMES; and
- Promote sustainability by assisting DSMES programs in pursuing recognition/accreditation so they can bill for DSMES services.

PROGRAM BENEFITS

The Montana Diabetes Program offers the following resources:

- Providing individualized learning routes from beginner to advanced study (mentoring program);
- Access to a lending library of study materials and resources;
- Pairing interested participants with a CDE mentor;
- Technical assistance with developing DSMES programs, and meeting program recognition/accreditation requirements in order to obtain DSMES reimbursement.

DIABETES IN MONTANA

The prevalence of diabetes among adults in Montana increased from 2.8% in 1990 to 7.9% in 2017. In 2017, over 64,000 Montana adults aged 18 years and older, reported having diabetes. Despite the benefits of DSMES, it is highly underutilized. In 2017 only 52% of adults with diabetes reported having ever taken a class in diabetes self-management. (US Census, BRFSS 1990-2017). Nationally, only 6.8% of newly diagnosed persons with diabetes (that have private health insurance) participated in DSMES in the 12 months after being diagnosed (MMWR Moral Wkly Rep.2014). Furthermore, only 4% of those with Medicare participated in DSMES.

Diabetes education is a recognized part of diabetes care and is covered by Medicare, MT Medicaid, and most health insurance plans when it is offered through an accredited diabetes education program. ***To receive insurance coverage for diabetes education, a provider referral is required.***

The key times to access DSMES are: at diagnosis, annually (like a checkup), when there are any changes in diabetes care, treatment, or other co-existing health conditions, and when there are changes in living situations or health insurance.