

## BURDEN FACTS

- Diabetes increases the risk of heart disease, stroke, kidney failure, influenza, and pneumonia. It also can lead to blindness, amputations, and pregnancy complications.
- In 2016, about 65,000 Montana adults aged 18 years and older reported having diagnosed diabetes.
- Screening for gestational diabetes is often missed or delayed because women do not receive adequate prenatal care.
- A person with diabetes has about 2.3 times the average annual health care cost of a person without diabetes.

## CONTACT

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## MISSION

- The **Montana Diabetes Program** commits to:
  - Reduce diabetes-related disease and death rates.
  - Prevent or delay type 2 diabetes among Montanans at high risk.
  - Improve the quality of life of all Montanans with diabetes.

## ACTIVITIES

- Partner with key stakeholders through the **Montana Diabetes Advisory Coalition** and coordinate with other **Chronic Disease Prevention and Health Promotion** programs to share resources and increase the scope and effectiveness of our work.
- Organize, train, and support community partners in implementing the **National Diabetes Prevention Program (DPP)**. Lifestyle coaches support adults in making sustainable healthy lifestyle changes to prevent or delay cardiovascular disease and type 2 diabetes.
- Offer the **Quality Diabetes Education Initiative**, which provides a self-study and peer-mentoring program to diabetes educators to increase their skills. It also provides technical assistance and support to assist outpatient settings to develop and become a recognized/accredited diabetes self-management education and support (DSMES) program.
- Offer **Quality Improvement** assistance to health care facilities (hospitals, primary care practices and DSMES programs) to promote guidelines-based care, track quality measures, and improve health outcomes for Montanans with diabetes.
- Engage **community pharmacists** and **community health workers** in the provision of medication- and self-management for people with diabetes.
- Assist **schools and early childhood education centers** with guidelines, policies, training, tools and resources to ensure that students with diabetes are safe at school and have the same opportunities as other children.
- Provide continuing education and networking opportunities to health professionals with the **Annual Montana Diabetes Professional Conference**.
- Implement and report progress for a national workplan through a cooperative agreement with the **Centers for Disease Control and Prevention** Division of Diabetes Translation.

## RESOURCES

- Visit our [website](http://www.diabetes.mt.gov) for more information: [www.diabetes.mt.gov](http://www.diabetes.mt.gov)
- Learn about resources in Montana using our [Story Map](http://arcg.is/0jWKiT): <http://arcg.is/0jWKiT>