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://arcgis/KnyzG

Citations:

Contact
Chronic Disease Prevention & Health Promotion Bureau
1-844-MT-HLT-4-U (1-844-684-5848)
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Resources
Visit the Montana Diabetes Program website for more information and additional resources:
diabetes.mt.gov