

Diabetes Care and Self Management

Montana, 2019

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

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

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

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.

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

Blood Glucose Checks

Over **six out of every 10 (62%)** Montana adults with diagnosed diabetes reported checking their blood glucose levels at least once per day.

Insulin Usage

One in three (34%) Montanans with diagnosed diabetes reported currently taking insulin.

Of these, **85%** reported monitoring their blood glucose levels at least once per day.

Foot Exams

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.

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.

Eye Exams

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

Diabetes Self Management and Education Services (DSMES) provide an evidence-based approach to help participants reduce the complications related to their diabetes and decrease health care costs.

DSMES

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.



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