# 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)

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### Common care practices for managing diabetes

- **Monitoring blood glucose (sugar) levels** and **taking insulin** to help control blood glucose levels.

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### 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.

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### 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.

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### Foot Exams

- **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.

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### Eye Exams

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

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### Diabetes Self Management and Education Services (DSMES)

- DSMES provide an evidence-based approach to help participants reduce the complications related to their diabetes and decrease health care costs.

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### 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.

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Additional DSMES benefits and information can be found at:

To find DSMES services near you, visit: [https://arcg.is/KnyzG](https://arcg.is/KnyzG)

Visit the Montana Diabetes Program website for more information and additional resources: [diabetes.mt.gov](http://diabetes.mt.gov)

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Updated: 3/2021

Data from the 2019 Montana Behavioral Risk Factor Surveillance System