Healthcare Leaders and Diabetes Education (Updated May 2022)

Some facts:

- In 2019, about 8% of Montana adults - and about 18% of Native American Montanan adults - reported having ever been diagnosed with diabetes.
- Rates of diagnosed diabetes have tripled since the 1990s.
- By 2050, about one third of adults in the U.S. likely will have diabetes.

Cost of Diabetes to Individuals & Healthcare Systems

- **25% of U.S. healthcare spending** is from people with diabetes, an estimated $327 billion annually. This amount doesn't include costs from diabetes-related complications.
- A person with diabetes has **personal healthcare costs 2.3 times higher** than someone without diabetes.
- **34% of Montanans with diagnosed diabetes** reported currently taking insulin. Meanwhile, **1 in 4 people with diabetes** who use insulin reported rationing their insulin due cost. **Insulin prices** have tripled since 2012.

Diabetes Self-Management Education and Support (DSMES) in Montana

- is evidence-based, proven to reduce diabetes-related health complications and significantly improve A1c levels.
- reduces patient healthcare spending, including admissions and readmissions.
- is required in Montana to be covered by all insurance plans up to $250.
- is widely available throughout Montana in both in-person and telehealth formats.
- yet **42% of Montana adults with diagnosed diabetes** have never taken diabetes self-management.

Return-on-Investment for DSMES is **$4.34 to $1**

- cost effective
- improves patient and provider experiences
- helps meet quality metrics
- improves patient outcomes

Improved Care and Outcomes

- Educators who provide DSMES are team-members who help patients develop efficacy with common self-care practices to improve their outcomes:
- **28% of Montana adults** reported that they have not had a dilated eye exam within the past year. DSMES empowers patients to remember these exams.
- Of Montanans with diabetes, **63% report checking their feet for any sores or irritations; 7% report never checking their feet, and 22% report their feet were not checked by a healthcare professional within the past 12 months.**
- DSMES teaches patients to check their feet daily and remind their providers about foot check.
Notes:

- Data from the 2019 Montana Behavioral Risk Factor Surveillance System, the most recent data available.
- 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