



Healthcare Leaders and Diabetes Education



- In 2023, about **9 percent of Montana adults** - and about **14 percent of Native American Montana 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 United States will likely have diabetes.



Cost of Diabetes to Patients and Healthcare Systems

25 percent of U.S. healthcare spending is from people with diabetes, about \$327 billion annually. This amount doesn't include costs from diabetes-related complications.

A person with diabetes has **personal healthcare costs 2.5 times higher** than someone without diabetes.

38 percent of Montanans with diagnosed diabetes reported currently taking insulin. Meanwhile, **one in four people** with diabetes who use insulin **reported rationing their insulin** due cost. Insulin prices were capped in 2024 at \$35 per month for most insurance plans. The impact of this policy change on rationing is still being assessed.

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



- is evidence-based and proven to reduce diabetes-related health complications and significantly improve A1c levels.
- reduces patient healthcare spending, including admissions and readmissions.
- is required to be covered by most insurance plans up to **20** visits the first year after diagnosis & up to **12** visits in subsequent years.
- is widely available throughout Montana in both in-person and telehealth formats.

Yet **49 percent of Montana adults with diagnosed diabetes have never taken a diabetes self-management class.**

Return-on-Investment



\$4.34:\$1

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

Improved Care and Outcomes



Educators who provide DSMES are healthcare team-members who help patients develop common self-care practices to better manage their eye and kidney health.



31 percent of Montana adults reported that they have not had a dilated eye exam within the past year, putting them at risk for diabetes-related eye disease. DSMES empowers patients to remember these exams.



Overall, Montana's rate of chronic kidney disease (CKD) is **3 percent**, but in Montanans 65-years-old and older, the rate is **5 percent**. DSMES teaches patients how to monitor their diet, exercise, medications, and other chronic conditions to better manage their kidney health.



Data from the Montana Behavioral Risk Factor Surveillance System (2023) and America's Health Rankings (2022).

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