

Information for Action # 2012-1

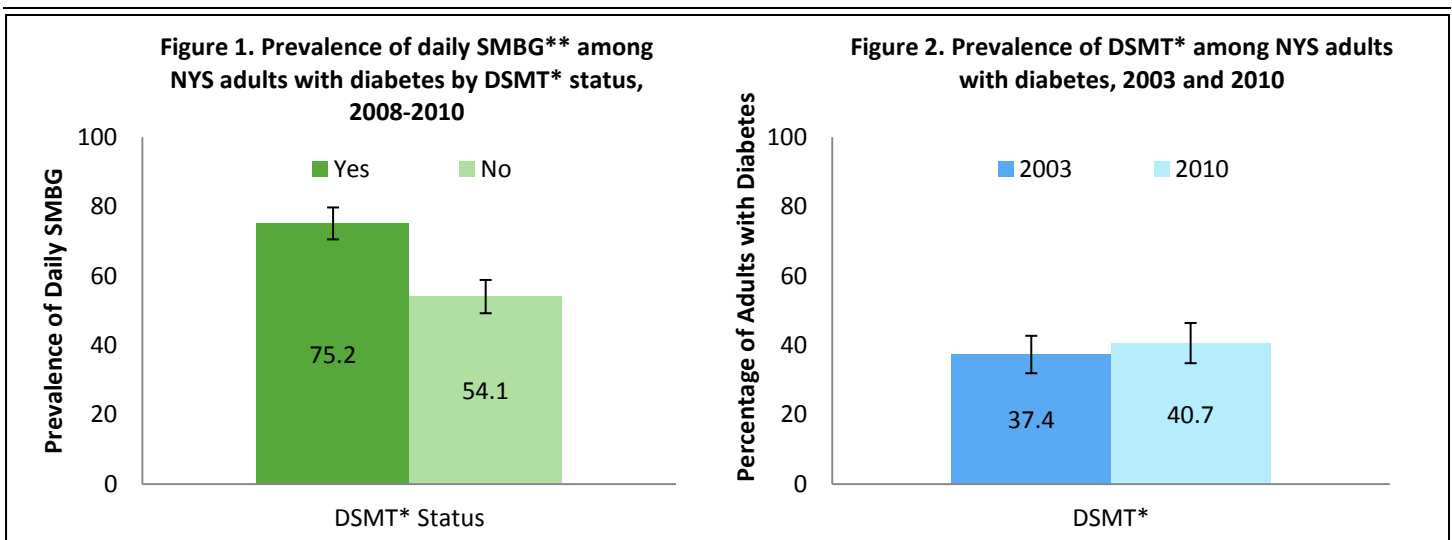
Participation in diabetes self-management training promotes self-care behaviors among adults with diabetes.

Quick facts:

- In New York State (NYS), adults with diabetes who participated in diabetes self-management training (DSMT), by taking a class or course on how to manage their diabetes, were more likely to monitor their blood glucose levels daily (75.2%) than those who did not (54.1%) (see Figure 1).
- Between 2003 and 2010, participation in DSMT remained constant, with only 40% of adults with diabetes participating (see Figure 2).
- In 2009, the NYS Medicaid Program began covering DSMT as a reimbursable service for Medicaid beneficiaries diagnosed with diabetes.

Public health importance:

- The combination of DSMT and daily self-monitoring of blood glucose (SMBG) for people with diabetes has been shown to improve glycemic control (the maintenance of blood sugar levels within appropriate ranges) and reduce the risk of complications.¹
- In 2008, NYS Medicaid program expenditures totaled approximately \$4.6 billion for the nearly 307,000 beneficiaries with diabetes.²
- As the diabetes burden continues to increase, DSMT can play a vital role in controlling costs, improving clinical care outcomes and preventive practices, and encouraging self-care behaviors such as daily SMBG.³



Data Source: NYS Behavioral Risk Factor Surveillance System.

*DSMT defined as ever having taken a course or class in how to self-manage diabetes.**Daily SMBG defined as self-monitoring blood glucose at least one or more times per day.

PUBLIC HEALTH OPPORTUNITY

Increasing provider enrollment in the NYS Medicaid DSMT benefit and promoting DSMT among people with diabetes, especially Medicaid beneficiaries, improves access to an important and effective component of diabetes care.

Contact:

For more information about the data included and their specific implications for action, please send an email to DCDIPIFA@health.state.ny.us with IFA # 2012-1 in the subject line.

References:

¹. Boutati EI, Raptis SA. Self-monitoring of blood glucose as part of the integral care of type 2 diabetes. *Diabetes Care*, 2009;32(S2):S205-10.

². NYS Medicaid Program, 2008.

³. Balamurugan A, Ohsfeldt R, Hughes T, Phillips M. Diabetes self-management education program for Medicaid recipients: a continuous quality improvement process. *Diabetes Educator*. 2006;32(6):893-900.

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