State-Certified Self-Management Training Programs in Utah

Utah Department of Health, Diabetes Prevention and Control Program

Authors: Brenda Bodily, BS, Brenda Ralls, PhD, and Nancy C. Neff, MS

www.health.utah.gov/diabetes

Introduction

Healthy People 2010 (Objective 5-1):
Increase the proportion of persons with diabetes who receive formal diabetes education

Background

Benefits

> Reimbursement from health plans and Medicaid

> The DPCP provides free material, technical assistance, reimbursement assistance and consultation

> The DPCP works closely with state-certified programs to assist them in becoming ADA-recognized

Education Programs in Utah

> Programs may be ADA-recognized or state-certified, or both

> Currently, there are 16 state-certified diabetes education programs in Utah. This number fluctuates as programs start or close, or "graduate" to ADA-recognition

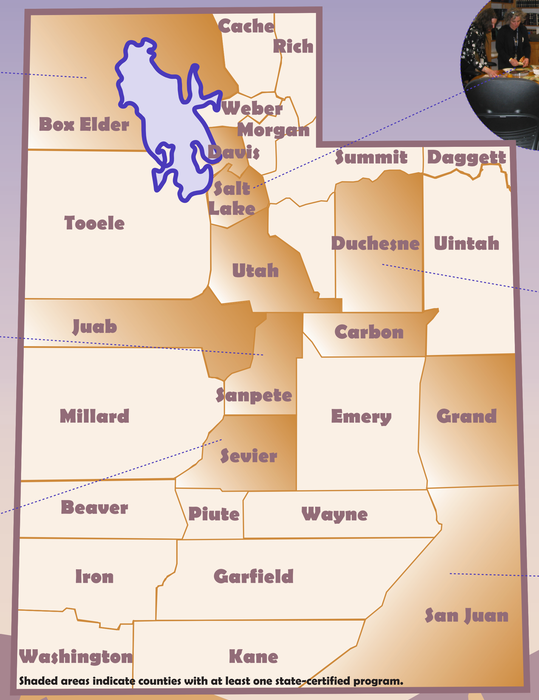
> In 2001, just over 1,400 persons with diabetes participated in a state-certified education course

> This number nearly doubled by 2004, with almost 2,700 clients participating

What are we working on?

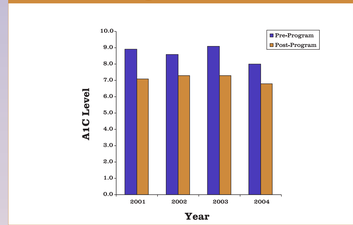
> Installing and training on Chronic Disease Electronic Management System (CDEMS) for reporting

> Standing orders for A1C exams with results sent to Certified Diabetes Educator (CDE)



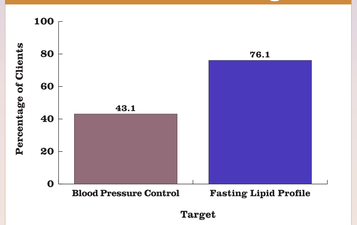
State Certified Programs Are Effective

Changes in Pre- and Post-Program A1C Levels



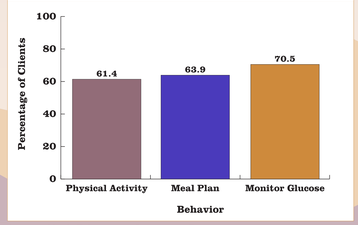
Source: Utah Education Outcomes Report 2004.

Percentage of Clients Who Had Met Criteria for Clinical Targets



Source: Utah Education Outcomes Report 2001-2004.

Percentage of Clients Participating in Healthy Behaviors



Source: Utah Education Outcomes Report 2004.

> "A number of studies have demonstrated that diabetes education leads to a reduction in A1C levels among people with diabetes."

Susan L. Norris, Joseph Lau, S. Jay Smith, Christopher H. Schmid, and Michael M. Engelgau. Self-Management Education for Adults With Type 2 Diabetes A meta-analysis of the effect on glycemic control. Diabetes Care 25:1159-1171, 2002

Diabetes Prevention & Control Program
UTAH DEPARTMENT OF HEALTH