Diabetes Self-Management Education and Support (DSMES) is an evidence-based intervention that strengthens the knowledge and skills of people with diabetes to optimize their ability to self-manage their disease.

DSMES teaches participants how to eat healthy, be active, monitor blood sugar levels, take medication, problem solve, reduce risk for other health conditions, and cope with their disease. It is evidence-based and improves clinical outcomes, health status and quality of life.

THE PROBLEM

By most recent estimates, almost 400,000 Coloradans have diabetes. Diabetes is a condition that requires an individual to make many complex self-monitoring and self-management decisions throughout the day. This disease increases the risk of severe complications such as blindness, kidney failure, heart disease, stroke, and lower-limb amputations. And, it is one of the most expensive chronic conditions to manage.

DSMES PATIENTS CAN ACHIEVE AN IMPROVED A1C OF UP TO -1.7% CHANGE.

Type 2 diabetes is a progressive disease that disproportionately affects people of low socio-economic status and older adults aged 65+.

- **19,000** adult Coloradans were newly diagnosed with diabetes in 2017.
- **92%** of Coloradans with diabetes had 1+ other chronic health conditions.

Diabetes is the 8th LEADING CAUSE OF DEATH among Colorado adults.
DSMES achieves better diabetes control which can reduce its economic burden.

Medical costs for people with diabetes are **2.3 TIMES HIGHER** than for those without diabetes.

Diabetes costs the U.S. an estimated **$327 BILLION** annually due to increased medical costs and lost wages.

Clients who participate in DSMES **COST AN AVERAGE 5.7% LESS** than those who do not.

**DSMES SAVES MONEY**

**WHICH PATIENTS TO REFER:**

In order for a patient to qualify for DSMES coverage, he or she must have a diagnosis of type 1, type 2 or gestational diabetes and a written referral from a physician or other qualified medical provider.

**ABOUT THE CLASSES:**

Accredited DSMES classes are educational programs, taught by skilled health professionals, in group settings or one-on-one. DSMES classes are most often held at a hospital, clinic, pharmacy or community setting.

Certified diabetes educators utilize DSMES curricula to educate and engage participants in informed decision-making, reinforce self-care, and teach problem-solving and collaborative behaviors with their healthcare providers to improve clinical outcomes.

**ACCREDITATION:**

There are two accrediting organizations: The American Diabetes Association’s Education Recognition Program (ERP) and the American Association of Diabetes Educators’ Diabetes Education Accreditation Program (DEAP).

Accredited DSMES organizations utilize an evidence-based education program that engages participants in informed decision-making, and reinforces self-care, problem-solving behaviors and a collaborative approach with their healthcare providers to improve clinical outcomes.

**WHEN TO REFER PATIENTS TO DSMES:**

There are four critical times to assess, provide and adjust Diabetes Self-Management Education and Support (i.e.: the algorithm of care).

2. Annually for health maintenance and prevention of complications.
3. When new complicating factors influence self-management.
4. When transitions in care occur.

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**LEARN MORE:** www.colorado.gov/cdphe/diabetes-self-management