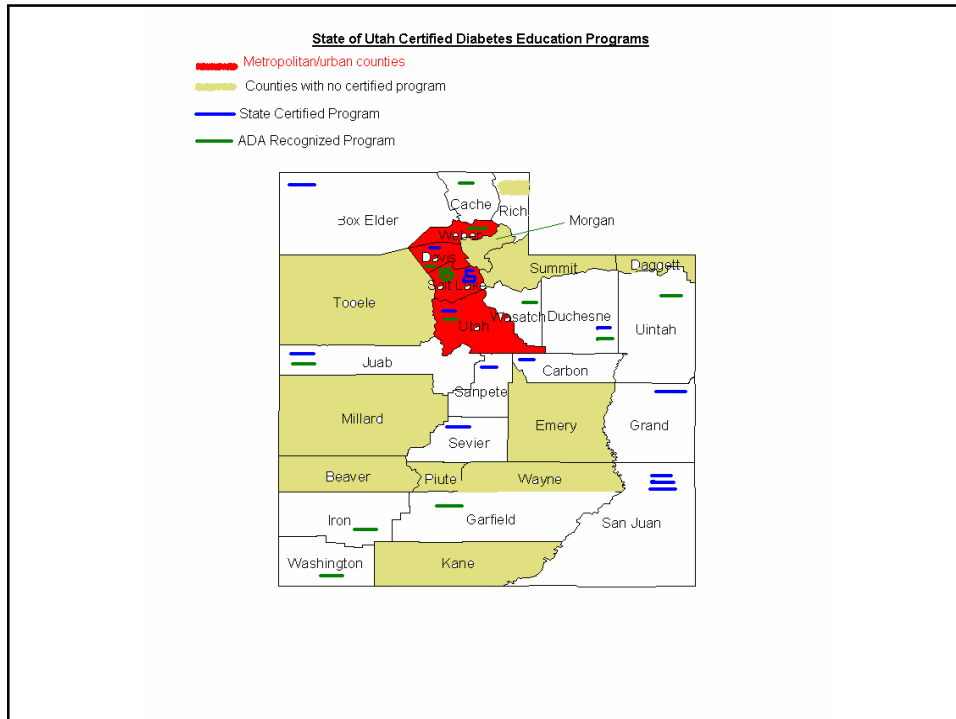


Diabetes Self-Management Education (DSME)

Richard Bullough, PhD
Utah Diabetes Prevention and Control Program
Utah Department of Health
801-538-9291
Rbullough@utah.gov

Utah State Certified DSME Programs

- Currently 18 Utah state certified Diabetes Self-Management Education Programs, and 35 ADA recognized programs
- Serve a broad demographic group (including American Indian), rural and urban

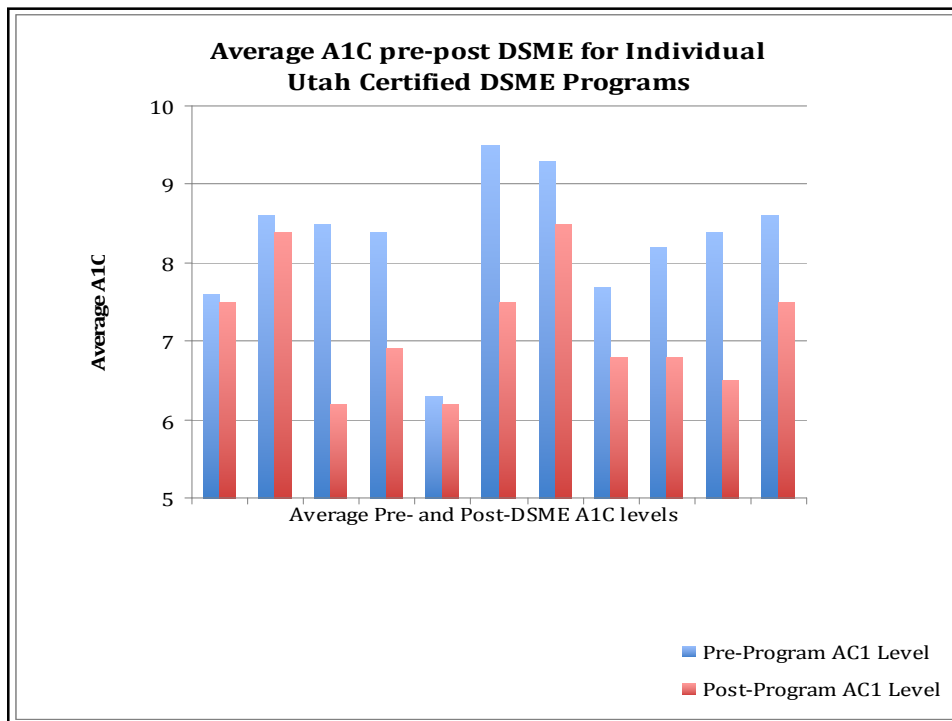



Key Points of DSME

- Evidence Based
- Cornerstone of care for those with diabetes who want to achieve successful health outcomes
- National Standards
- Reimbursable
- Focuses on long-term management and behavior change strategies

Key Clinical Indicators Improved Through DSME

- A1C
- Hypertension
- Lipids
- Foot Exams
- Eye Exams
- Microalbumin Screening






AHRQ
Agency for Healthcare Research and Quality
Advancing Excellence in Health Care • www.ahrq.gov


AHRQ Diabetes Cost Calculator for Employers

Version 1.0, October 2007


Diabetes Calculator



1: Run Scenario



2: View Results



**3: View
Additional Data**

The Agency for Healthcare Research and Quality (AHRQ) makes the Diabetes Cost Calculator for Employers (The Calculator) available under the following conditions:
 The Calculator may be downloaded for specific individual applications by organizations and personal use, providing the following notice is included: The Calculator or any modifications or adaptations may not be reproduced, sold, or used for commercial purposes without the specific permission of AHRQ.

AHRQ is not responsible for any decisions made by organizations using The Calculator. AHRQ expects that information derived from The Calculator will be considered as potential contributions to broader organizational decisionmaking processes and that organizations will consult other sources in formulating their decisions. AHRQ makes no warranty, expressed or implied, regarding the completeness, accuracy, or currency of any information provided through The Calculator. In no event will AHRQ, The Lewin Group, Inc., or any organization partnering in the dissemination of The Calculator be liable for any decision that is made based solely on the information contained in or provided by The Calculator. AHRQ, The Lewin Group, Inc., and any organization partnering in the dissemination of The Calculator are not liable for any damages, including consequential, special, punitive, or exemplary damages resulting from use of The Calculator or any of the information contained therein.

The Calculator was funded by AHRQ and developed by researchers at The Lewin Group, Inc. under AHRQ Contract No. 290-04-0011.

[Welcome](#) /
 [Assumptions and Sources](#) /
 [Cost Indices](#) /
 [Family](#) /
 [Minority](#) /
 [Est. Diabetes Cases](#) /
 [Wages](#) /
 [Calculator](#) /
 [Repo](#)

Estimated Annual Cost Savings for Improved A1C

- Utilized AHRQ tool
www.ahrq.gov/populations/diabcostcalc
- 680 persons with diabetes across 11 centers
- Average A1C improved from 8.1 to 6.8%
- Initial total costs (medical and lost productivity at A1C = 8.1%) = \$4,510,300
- Post DSME total costs (at A1C = 6.8%) = \$3,331,000
- **Estimated gross annual savings = \$1,179,300**
(\$1,730 per person with diabetes)

4

Other Evidence of Cost Savings

- National study of 18,000 low-income patients with diabetes
- Compared patients with and without DSME
- Study spanned 4.7 years after completion of DSME
- Those with DSME had average savings of \$11,571 in hospital charges over study period (\$2,462 per year)
- *Diabetes Care 31 (4), April 2008*

Summary

- Diabetes Self-Management Education is guided by national standards, is reimbursable, and is proven to improve health outcomes and reduce medical costs
- Utah has programs in place, but there is opportunity for expansion, particularly in rural areas of the state
- While DSME is reimbursable, it is not readily available to the uninsured