

Most Adults with Diabetes Have Never Taken a Course or Class on Diabetes Self-Management



Diabetes is a chronic disease that results in blood sugar (glucose) levels that are above normal. In 2022, diabetes affected 11.3% or 1.8 million New York State adults.¹

Diabetes is a complex and costly disease that can be overwhelming to manage in everyday life. Diabetes self-management education and support (DSMES) is an evidence-based program covered by Medicare, New York State Medicaid, and commercial health insurance. Participation in DSMES can help people build the confidence to manage their diabetes, prevent or delay complications, and live longer and healthier lives.²

Despite the benefits of DSMES, six out of ten (61%) New York State adults with diabetes reported never taking a course or class to manage their diabetes (Figure 1). Adults with diabetes living in New York City were less likely to report ever having taken a course or class on diabetes self-management than adults with diabetes living in the rest of New York State (Rest of State) (Figure 2).

FIGURE 1. Six out of ten New York State adults with diabetes reported **never** taking a course or class on diabetes self-management*

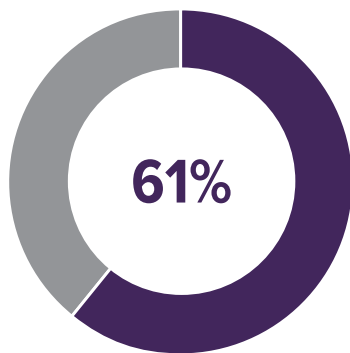
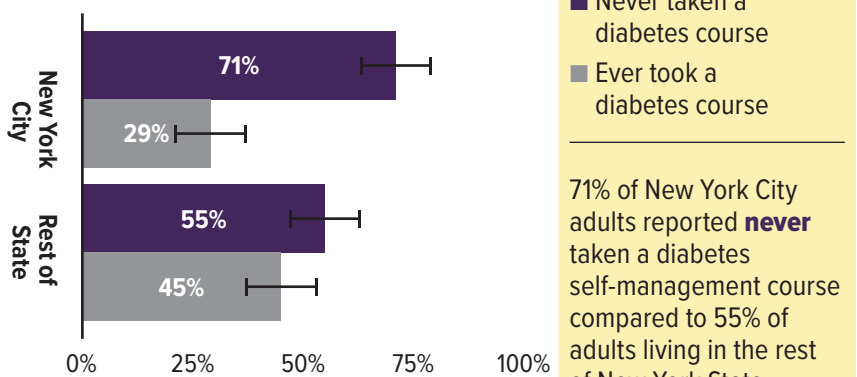


FIGURE 2. Percentage of New York State adults by Region who reported **never** vs. **ever** taking a course or class on diabetes self-management*



Data Source: New York State Behavioral Risk Factor Surveillance System, 2022.

*When was the last time you took a course or class in how to manage your diabetes yourself?

Public Health Opportunity

- Participating in a DSMES program can help people with diabetes prevent or delay serious complications like heart disease, kidney disease, amputations, and vision loss.³
- DSMES can help people with diabetes build confidence to manage their diabetes including choosing healthy foods, exercising safely, and checking blood sugar levels.³
- Healthcare providers can recommend and refer patients to participate in DSMES programs.

For more information, please send an e-mail to BCDER@health.ny.gov with IFA #2024-30 in the subject line.

To access other Information for Action reports, visit the New York State Department of Health website:

health.ny.gov/statistics/prevention/injury_prevention/information_for_action.

1. New York State Behavioral Risk Factor Surveillance System, 2022.

2. Diabetes Self-Management Education and Support (DSMES) Toolkit: Background and Benefits of DSMES. Centers for Disease Control and Prevention. Updated May 15, 2024. Accessed December 5, 2024. cdc.gov/diabetes-toolkit/php/about-dsmes/background-dsmes.html.

3. About Diabetes Self-Management Education and Support. Centers for Disease Control and Prevention. Updated May 15, 2024. Accessed December 5, 2024. cdc.gov/diabetes/education-support-programs.

