Everyone with Diabetes Counts

The Centers for Medicare & Medicaid Services (CMS) has challenged the nation to improve community health through effective prevention and treatment of chronic disease and by promoting safer care for people living with diabetes. Working in our local communities, Mountain-Pacific Quality Health is striving to reduce disparities in diabetes care among Medicare beneficiaries through the Everyone with Diabetes Counts program and the Diabetes Empowerment Education Program (DEEP)™ curriculum.

Specifically, Mountain-Pacific strives to…

- **provide** peer-led self-management education to people at risk for diabetes, to people living with diabetes and to their families—especially those living in rural areas or in areas with higher incidence of diabetes;
- **partner** with health care providers, certified diabetes educators and community workers to provide the necessary skills and knowledge to improve quality of life;
- **encourage** the development of collaboration and discussion within communities to bridge service gaps, to foster continuity of care where needed and to support self-management principles and practices;
- **support** the utilization of local professional diabetes educators, recognized/accredited diabetes education programs and diabetes prevention programs.

Diabetes Empowerment Education Program (DEEP)™

The primary goal of DEEP is to **empower Medicare beneficiaries with self-management education**. It supports—not replaces—professional diabetes self-management training. Trained peer facilitators, supported by licensed medical professionals, generally provide six, free sessions per class. DEEP class participants are encouraged to communicate regularly with their health care teams and to continue diabetes education through collaboration between their providers and/or certified diabetes educator or recognized diabetes program.

Choosing to partner with Mountain-Pacific means together we can…

- improve quality of life and self-management skills for those at risk for or living with diabetes;
- improve collaboration through learning and action networks that focus on sharing education, successes, evidence-based tools and sustainable strategies;
- prevent complications resulting from diabetes;
- achieve healthier populations;
- reduce disparities in diabetes care in our communities.

**Questions?** Contact your local Mountain-Pacific Quality Health representative.

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PROGRAM DESCRIPTION
The Montana Diabetes Program aims to increase access to diabetes self-management education (DSME) by increasing the number of qualified diabetes educators and quality education programs. Our initiative offers a self-study and peer-mentoring program for diabetes educators interested in improving their knowledge and skills in DSME and preparing for the Certified Diabetes Educator (CDE) exam. Technical assistance on becoming recognized or accredited is provided to DSME programs.

Since 2000, over 130 health professionals have enrolled in the self-study and peer-mentoring program. Montana currently has 87 CDEs, and roughly half of these CDEs provide services in rural or frontier areas. There are 37 recognized/accredited DSME programs. Furthermore, the Indian Health Service has 12 Community-Directed Diabetes Programs that provide diabetes education.

**The goals of this initiative are to:**
- Enhance the knowledge and skills of diabetes educators to provide high quality DSME to people with diabetes;
- Support outpatient sites interested in developing high-quality DSME programs that meet the National Standards for DSME;
- Assist DSME programs in pursuing recognition/accreditation so they can bill for DSME services.

PROGRAM BENEFITS
The Montana Diabetes Program offers the following resources:
- Providing individualized learning routes from beginner to advanced study;
- Access to a lending library of study materials and resources;
- Pairing interested participants with a CDE mentor;
- Technical assistance with meeting program recognition/accreditation requirements in order to obtain DSME reimbursement.

DIABETES IN MONTANA
The prevalence of diabetes among adults in Montana increased from 2.8% in 1990 to 8.8% in 2014. It is estimated that over 70,000 adults in Montana had diagnosed diabetes in 2014. Despite the benefits of DSME, it is highly underutilized. While 59% of adults with diabetes had ever taken a class in diabetes self-management, only 11% had a visit for DSME in 2013 (US Census; BRFSS 1990-2014).

RESOURCES
Visit this website for more information:
http://dphhs.mt.gov/publichealth/diabetes

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