



## FACT SHEET Diabetes Self-Management Education

# Diabetes education

can help your patient  
learn to monitor

# blood sugar levels

correctly,

# avoid highs and lows,

and

# plan meals.

## Diabetes Self-Management Education (DSME) Can Help You Help Your Patient

- Diabetes can be one of the **most challenging** health conditions to treat.
- Diabetes is **costly**. One of every five health care dollars is spent on diabetes health care.
- Only **60%** of adults with diabetes have ever received diabetes education.
- Diabetes education **reduces the risk** of hospitalization for diabetes complications.
- A meta-analysis showed that people who participate in diabetes education, on average, decrease their A1C levels by **0.76%**.
- Every percentage point drop in A1C reduces the risk for microvascular complications by **37%**.
- Every percentage point drop in A1C can reduce the risk for any diabetes complications by **21%**.
- Each percentage drop in A1C also reduces the risk of diabetes-related death by **21%**.
- Every percentage point drop in A1C leads to substantial cost savings. For example, a drop from **8.0% to 7.1%** can save payers about **\$500** per patient per year.

View our list of **Diabetes Self-Management Education** providers in Utah at [www.choosehealth.utah.gov/healthcare/physician-resources/dsme.php](http://www.choosehealth.utah.gov/healthcare/physician-resources/dsme.php)

### References

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2. Narayan, KMV, Boyle JP, Geiss LS, Saddine JB, Thompson TJ. Impact of recent increase in incidence of future diabetes burden: U.S., 2005-2050. *Diabetes Care* 2006; 29: 2114-2116.
3. Gilmer TP, O'Connor PJ, Manning WG, Rush WA. The cost to health plans of poor glycemic control. *Diabetes Care* December 1997 20:1847-1853; doi:10.2337/diacare.20.12.1847
4. Stratton IM, Adler AI, Neil HA, Matthews DR, Manley SE, Cull CA, Hadden D, Turner RC, Holman RR. Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study. *BMJ*. 2000 Aug 12;321(7258):405-12.
5. Norris SL, Lau J, Smith S, Schmid CH, Engelgau MM. Self-Management Education for Adults with Type 2 Diabetes: A Meta-Analysis of the Effect on the Glycemic Control. *Diabetes Care* 2002, 25: 1159-1171

# FACT SHEET

# Diabetes Self-Management Education

View more detailed information on this list of **Diabetes Self-Management Education** providers in Utah at [www.choosehealth.utah.gov/your-health/lifestyle-change/dsme.php](http://www.choosehealth.utah.gov/your-health/lifestyle-change/dsme.php)

City	Site/Program Name	Address	Phone
American Fork	American Fork Hospital	98 North 1100 East, St 302	(801) 855-3471
Bountiful	Bountiful Clinic	390 North Main Street	(801)-314-4755
Bountiful	Lakeview Hospital	630 East Medical Drive	(801) 299-6868
Brigham City	Brigham City Hospital	950 South 500 West	(435) 734-4339
Cedar City	Valley View Medical Center	110 West 1325 North, St 100	(435) 868-5576
Gunnison	Gunnison Valley Home Care	45 East 100 North	(435) 528-3955
Heber City	Heber Valley Medical Center	1485 South Highway 40	(435) 654-2509
Hyde Park	North Cache Valley Clinic	4088 North Highway 91	(435) 563-4900
Layton	Diabetes Care Centers of Utah at Davis Hospital	1600 West Antelope Drive	(801) 807-7360
Logan	Intermountain Budge Clinic	1350 North 500 East	(435) 792-1682
Logan	Intermountain Logan Clinic	412 North 200 East	(435) 713-2700
Logan	Intermountain Logan Regional Hospital	1400 North 500 East	(435) 716-5439
Mapleton	Maple Mountain Pharmacy	724 South 1600 West	(801)-515-6048
Moab	Moab Regional Hospital	450 Williams Way	(435)719-3660
Montezuma Creek	UNHS, Inc.	East Hwy 262	(435) 678-3601
Mt. Pleasant	Sanpete Valley Hospital	1100 South Medical Drive	(435) 462-2441
Murray	Comprehensive Care Clinic	5171 South Cottonwood Street	(801)-507-9390
Murray	Cottonwood Endocrine and Diabetes Center	5770 South 250 East, Suite 310	(801) 314-4500
Murray	Intermountain Medical Center, Diabetes Education, Eccles Outpatient	5121 South Cottonwood Street	(801) 314-4755
Nephi	Central Valley Medical Center	48 W 1500 N	(435) 623-3108
Ogden	Endocrine and Diabetes Clinic	4403 Harrison Boulevard, #3630	(801) 387-7900
Ogden	McKay-Dee Hospital Outpatient Diabetes Education	4401 Harrison Boulevard	(801) 387-7520
Orem	Timpanogos Regional Hospital	750 West 800 North Suite 350	(801)-714-6330
Panguitch	Garfield Memorial Hospital	200 North 404 East	(435) 676-8811
Payson	Mountain View Hospital	1000 East 100 North	(801) 465-7045
Providence	South Cache Valley Clinic	190 South Highway 165	(435) 755-3300
Provo	Central Utah Clinic	1055 North 500 West, Suite 212	(801) 374-2362
Provo	Utah Valley Regional Medical Center	1134 North 500 West, Suite 103	(801) 357-7546
Richfield	Diabetes Self-Management Education Program	1100 North Main Street	(435) 893-0371
Salt Lake City	Avenues Specialty Clinic	324 10th Avenue	(801) 314-4500
Salt Lake City	Memorial Health Center	2000 South 900 East	(801) 314-4500
Salt Lake City	Primary Children's Medical Center	81 North Mario Capecchi Drive	(801) 213-3599
Salt Lake City	Salt Lake Clinic	333 South 900 East	(801) 314-4500
Salt Lake City	St. Mark's Diabetes Center	1200 East 3900 South	(801) 268-7358
Salt Lake City	Utah Diabetes and Endocrinology Center	615 Arapeen Drive, Suite 100	(801) 581-7761
Sandy	Internal Medicine Associates	9844 South 1300 East, Suite 200	(801) 314-4500
Santaquin	Santaquin Pharmacy & Diabetes Center	27 West Main, C1	(801) 754-1141
St. George	Dixie Regional Medical Center Diabetes Clinic	348 East 600 South	(435) 251-2888
Taylorsville	Taylorsville Health Center	3845 West 4700 South	(801)-314-4500
Tooele	Birch Family Pharmacy	493 North Main Street	(435)-882-7775
Tremonton	Intermountain Bear River Valley Hospital	905 North 1000 West	(435) 716-5439
Vernal	Ashley Regional Medical Center	150 West 100 North	(435) 781-6874
West Jordan	Diabetes Care Centers of Utah at Jordan Valley Hospital	3580 West 9000 South	(801) 562-4263