We Must Work Together to Address the Threat

Access to and increased utilization of cost effective, quality Diabetes Self-Management Education and Support (DSMES) and National Diabetes Prevention Programs (DPPs) is key for addressing the burden. These programs provide the foundation to equip people with diabetes or prediabetes to navigate daily self-management and lifestyle decisions and activities. Evidence shows that participation in:

- Accredited or recognized DSMES programs improve diabetes outcomes and reduce health care costs.  
- Structured lifestyle change programs such as CDC-recognized National DPPs and modest weight loss can cut the risk of developing type 2 diabetes in half for persons with prediabetes.

Despite the proven benefits, utilization of these services remains low. Addressing barriers to access is also key.

Sources
Tracking Progress for Collective Action in Kentucky

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<tbody>
<tr>
<td>Nationally Recognized Diabetes Prevention Program (DPP) Organizations</td>
<td>2 (DPP providers before recognition program existed)</td>
<td>6</td>
<td>20</td>
<td>35</td>
<td>55</td>
<td>57</td>
<td>44</td>
<td>34 In Person 8 Offer Distance Learning</td>
<td><strong>Up</strong></td>
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<tr>
<td>• Counties Covered by Recognized/Pending DPP Organizations</td>
<td>2</td>
<td>3</td>
<td>43</td>
<td>53</td>
<td>87</td>
<td>82</td>
<td>78</td>
<td>62 In Person 120 Distance Learning</td>
<td><strong>Up</strong></td>
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<tr>
<td>• Participants Annually in Recognized/Pending DPP Cohorts (Numbers reflect the previous year participation in 12 month program)</td>
<td>Not Available</td>
<td>267</td>
<td>548</td>
<td>216</td>
<td>1,605</td>
<td>1,356</td>
<td>1,772</td>
<td>2,540</td>
<td><strong>Up</strong></td>
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<tr>
<td>Nationally Recognized or Accredited Diabetes Self-Management Education and Support (DSMES) Programs/Branches</td>
<td>42</td>
<td>Not Available</td>
<td>43</td>
<td>42</td>
<td>56*</td>
<td>72</td>
<td>95</td>
<td>90 In Person 1 Offers Telehealth</td>
<td><strong>Up</strong></td>
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<tr>
<td>• Counties Covered by Recognized/Accredited DSMES Programs/Branches</td>
<td>27</td>
<td>Not Available</td>
<td>39</td>
<td>46</td>
<td>66*</td>
<td>83</td>
<td>88</td>
<td>80 In Person 120 Telehealth</td>
<td><strong>Up</strong></td>
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<tr>
<td>• Participants Annually in Recognized/Accredited DSMES Programs/Branches</td>
<td>13,071</td>
<td>14,545</td>
<td>8,875</td>
<td>8,796</td>
<td>8,132</td>
<td>9,524</td>
<td>9,471</td>
<td>10,278</td>
<td><strong>Down</strong></td>
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</table>

Data retrieved from CDC’s National DPP website listing and from listings of the Kentucky Diabetes Prevention and Control Program National DPP Providers, the Association of Diabetes Care and Education Specialist’s Diabetes Education Accreditation Programs and the American Diabetes Association (ADA) Education Recognition Programs. Participant numbers are from CDC’s Division of Diabetes Translation. *The Association of Diabetes Care and Educational Specialists and ADA started listing branches of the parent organization. These branches are incorporated in the numbers from 2016 and beyond.

Improved Access or Participation
Less Access or Participation

For listings of Kentucky programs, see the Kentucky Diabetes Resource Directory: https://prd.chfs.ky.gov/KYDiabetesResources/Search.aspx

Join in State and Local Efforts

Everyone can play a part in diabetes prevention and management

RAISE AWARENESS about diabetes and prediabetes
PROVIDE PROGRAMS for DPP and DSMES
SHARE INFORMATION about DPP and DSMES
PROMOTE DPP and DSMES as covered health benefits - waive deductibles and copayments
ENCOURAGE PARTICIPATION including referral to local programs

For more information, see https://chfs.ky.gov/agencies/dph/dpq/dpþb/Pages/diabetes.aspx