

UTAH PARTNERS WITH HEALTH CARE PROVIDERS TO DEVELOP DIABETES MANAGEMENT PROGRAMS

Participants learn to control diabetes through diet, medication, regular blood tests and physical activity – reducing the likelihood of complications

Public Health Problem

- Approximately 93,000 Utah residents (4% of the population) have been diagnosed with diabetes. About 40,000 more have diabetes but haven't been diagnosed.
- In Utah, diabetes contributes to over 1,000 deaths and more than 20,000 hospitalizations each year.
- People with diabetes who complete a diabetes self-management education course are more likely to follow treatment recommendations and experience fewer complications such as heart disease, blindness, nerve damage and skin disorders. These courses teach people how to manage diabetes through diet, medication and physical activity.
- Nearly half of Utah adults with diabetes have never taken a self-management course.

Program

- The Utah Diabetes Prevention and Control Program, part of the Utah Department of Health, works with public and private health care providers to develop and manage diabetes self-management courses.
- Program staff provides state certification, ensures that diabetes self-management courses meet national standards, loans computers to educators and offers on-going technical support and training.

Impact

- Sixteen state-certified diabetes self-management programs are operating in Utah.
- People with diabetes who have completed one of the diabetes self-management courses show improved blood sugar control. Over 70% monitor their blood sugar levels regularly and correctly.
- Nearly two-thirds of the participants are following recommended meal plans.
- Nearly two-thirds of the participants report that they exercise regularly.

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