Diabetes Self-management Education Project
Focuses on Quality of Life

Unmanaged diabetes can have serious and debilitating consequences

Diabetes is the most common cause of blindness, kidney failure and amputations in adults, as well as a leading cause of heart disease and stroke. People with diabetes spend 2.3 times more on health care costs than others without the disease. In the United States nearly 13 percent of adults age 20 and older have diabetes, according to the National Institutes of Health and the Centers for Disease Control and Prevention. Nearly one-third of persons 65 years and older have diabetes.

A Community-Based Approach

TMF Health Quality Institute has partnered with the Arkansas Foundation for Medical Care, Primaris in Missouri and the Quality Improvement Professional Research Organization, Inc. in Puerto Rico to form the TMF Quality Innovation Network Quality Improvement Organization (QIN-QIO), under contract with Centers for Medicare & Medicaid Services (CMS). The TMF QIN-QIO encompasses Arkansas, Missouri, Oklahoma, Puerto Rico and Texas. We are working to improve health outcomes and reduce issues of health disparities among people with diabetes. Our Health for Life project, as part of the national Everyone with Diabetes Counts initiative, seeks community partners to help teach Diabetes Self-management Education (DSME) classes in underserved populations and help improve a person’s ability to manage their diabetes and quality of life. African-Americans, Hispanics and Native Americans are nearly twice as likely as Caucasians to be diagnosed with diabetes.

Participating Health Care Practitioners

By working with health care providers, practitioners, certified diabetes educators (CDE™) and community health workers, the TMF QIN-QIO seeks to improve the quality of life for persons with diabetes by preventing and lessening the severity of complications resulting from the disease.

Our Successes

DSME is a proven intervention for empowering persons with diabetes to take an active role in managing their disease. It has been shown that DSME classes significantly reduce serious complications such as heart disease, amputations of lower limbs, kidney failure and blindness.

Through DSME classes in previous projects, TMF has already improved the lives of nearly 17,000 persons with diabetes, with more than 60 percent being Medicare beneficiaries. TMF has also trained more than 1,100 new diabetes educators to go out into the communities and teach the proven life-saving and life-enhancing skills to people with diabetes. Increasing the number of diabetes educators spreads the reach and establishes the sustainability of the initiative as the diabetes population continues to increase.

Better Living and Lives Saved

through

Diabetes Self-management Education Programs

DSME is an effective intervention for people with diabetes or at high risk

- **High-risk person’s chance of diabetes**: 11% LESS
- **Body weight**: 7% LOSS
- **Chance of serious complications**: 8% LESS
- **Chance of dying from diabetes**: 2.3% LESS

Almost 5,400 lives could be saved each year

Strategic Goals:
- Improve clinical outcomes for HBA1c, Lipids, Blood Pressure and Weight control
- Decrease number of beneficiaries who require lower extremity amputation due to complications from poorly controlled diabetes
- Improve health literacy of Medicare and dual-eligible beneficiaries with diabetes

Source: American Association of Diabetes Educators
In addition to teaching people with diabetes self-management skills and the importance of seeking regular screenings by health care providers, the TMF QIN-QIO works directly with physician offices and providers to make diabetes screening a routine process. Patient education and routine screening by physicians reduces complications from diabetes and associated costs such as emergency department visits for uncontrolled diabetes.

Our Goals

The Health for Life Network seeks to expand the reach of effective diabetes education and self-management programs through the participation of health care practitioners in the QIN-QIO region. We aim to improve the quality of life for all persons with diabetes by expanding the opportunities for diabetes self-management education and extensively spreading this approach throughout the states within the QIN-QIO region.

Key Strategies & Interventions

Benefits to Participating Providers

By increasing the participation of health care practitioners and facilitating the exchange of best practices, the Health for Life Network will expand the reach of effective diabetes education programs to persons with diabetes as well as reduce health care disparities.

This initiative offers free education tools and resources, webinars, conferences and recorded events that can help educators and providers better care for people with diabetes. Participation in this initiative offers your organization additional benefits and opportunities at no cost, including:

- Training on evidence-based diabetes curriculum
- Education materials and program resources
- Marketing of the DSME program and services
- Support for existing community resources and relationships
- Assistance with data collection and analysis and standards of diabetes care
- Assistance with obtaining accreditation for your diabetes program
- Guidance in preparing for the CDE™ exam

Join the Health for Life Network

Visit the TMF QIN-QIO website and locate the Health for Life – Everyone with Diabetes Counts Network, under the Networks tab, to learn more about this initiative. http://www.tmfqin.org.

Contact Us

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