

Emerging Issues

Diabetes

Issues you may wish to consider include:

- Diabetes self-management education (DSME) is available as a benefit through most forms of health insurance but is underutilized. Some regions have assessed DSME access to improve referrals and quality of care.
- Short-term outcomes, including cost savings, may be more quickly achieved with interventions that decrease HbA1c levels in people with diagnosed diabetes. Implementing interventions that prevent diabetes, particularly with those experiencing prediabetes, may also help achieve long term cost reduction.
- New interventions, such as group self-management support or engagement of community health workers outside of a medical setting, may be more effective with some populations than older models of self-management education. However these new models are either not covered by health insurance or not paid for equally.
- Evidence in both clinical trials and translational studies finds that the onset of type 2 diabetes can be prevented or delayed with lifestyle change support by trained coaches and peer groups over the course of one year. As of April 2018, Medicare began to cover qualified Diabetes Prevention Programs (DPP) for eligible enrollees. Programs in Washington State are beginning to meet criteria to qualify. A list of [current suppliers](#) can be found by searching for “WA” on the CMS Medicare Diabetes Prevention Programs website.
- Other insurers in Washington State, including those providing benefits for state and higher-education employees and retirees, cover DPP but not all DPP programs have contracts in place with the insurers and employers.