

# SNAPSHOT OF SUCCESS



NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.



## Vital Diabetes Education Comes to Mississippi Medicaid Beneficiaries

### Public Health Issue

- Diabetes education helps people with diabetes learn how to control their blood sugar and stay well.
- Controlling blood sugar can save health care dollars because it results in fewer hospital and doctor visits.
- Mississippi Medicaid was the only health care plan in the state that did not provide reimbursement for diabetes self-management education even though the state has the second highest diabetes prevalence in the nation.

### Program Action

- The Mississippi State Department of Health (MSDH) worked with members of the Diabetes Coalition of Mississippi to reinvigorate the Coalition, adding more members representing patient and health care organizations in the state.
- The Coalition and MSDH worked together to increase availability and use of diabetes self-management programs in Mississippi communities.
- The Coalition developed a formal proposal using MSDH data and submitted it to the Mississippi Division of Medicaid. The proposal asked the Division of Medicaid to begin coverage for individual and group diabetes self-management education sessions (also called diabetes self-management training). The Coalition provided the important justification for taking this action.

### Impact

- In response to the proposal, the Mississippi Division of Medicaid adopted a new rule extending coverage of diabetes self-management training to programs that meet specific requirements.
- Beginning in April 2015, an estimated 19,000 Medicaid beneficiaries with diabetes in Mississippi will have coverage for diabetes self-management training to help them stay well and avoid costly diabetes complications such as heart attacks and kidney disease. This estimate is based on the number of adults enrolled in January 2015 combined with the Mississippi diabetes rate.
- Mississippi is helping to move the U.S. closer to reaching a Healthy People 2020 objective to “increase the proportion of persons with diagnosed diabetes who receive formal diabetes education.” HP 2020 is a set of health objectives for the nation. They are also moving toward reaching a similar objective in the 2015 Mississippi Diabetes Action Plan.

Dietrich Taylor, RN, CDE

Mississippi State Department of Health  
601-206-1559 · Dietrich.Taylor@msdh.ms.gov