

Diabetes Self-Management Education and Support

Why Expanding DSMES in Vermont Matters

Diabetes Self-Management Education and Support (DSMES) is an evidence-based service that helps people with diabetes build the knowledge, skills, and confidence needed to successfully manage their condition every day. DSMES is delivered by qualified health care professionals and focuses on practical self-care behaviors such as healthy eating, physical activity, medication management, monitoring, problem-solving, reducing risks, and healthy coping.

DSMES services can be:

- Accredited by the Association of Diabetes Care & Education Specialists (ADCES)
- Recognized by the American Diabetes Association (ADA)
- Eligible for Medicare and many private insurance reimbursements

For additional information on DSMES or becoming and DSMES recognized or accredited organization, please visit the [Vermont DSMES State Strategy](#)

If you need help accessing or understanding this information, contact AHS.VDHPDPDiabetesTeam@vermont.gov

DSMES Matters

People with diabetes spend less than 1% of their time with health care providers. DSMES equips people with the tools and support to manage diabetes the other 99% of the time.

Research consistently shows that DSMES participation can:

- Improve A1C and blood sugar management
- Improve blood pressure and cholesterol control
- Reduce emergency department visits and hospitalizations
- Prevent or delay diabetes complications
- Improve medication adherence and preventive care use
- Increase confidence, quality of life, and healthy coping
- Reduce overall health care costs



DSMES also supports organizational goals related to:

- Population health improvement
- Patient engagement and satisfaction
- Health equity and access to care
- Quality improvement and care coordination



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Vermont Needs More DSMES Sites

Diabetes affects thousands of Vermonters and contributes to significant health care costs, complications, and inequities across the state. However, access to DSMES remains limited, especially in rural and underserved communities.

Key challenges in Vermont include:

- Limited number of accredited or recognized DSMES organizations
- Geographic barriers for rural residents
- Transportation challenges
- Workforce shortages
- Low referral and participation rates
- Less access for people with health disparities



Expanding DSMES services in Vermont can help:

- Increase access to evidence-based diabetes care
- Improve outcomes for Vermonters living with diabetes
- Strengthen local chronic disease services
- Support coordinated community-clinical care
- Reduce preventable complications and health care utilization
- Improve access for rural and underserved populations

Becoming an Accredited or Recognized DSMES Site Makes Sense

Organizations that become accredited or recognized DSMES providers can:

- Offer a high-quality, nationally recognized service
- Improve patient outcomes and satisfaction
- Strengthen chronic disease care infrastructure
- Enhance interdisciplinary team-based care
- Increase opportunities for reimbursement and sustainability
- Demonstrate commitment to quality improvement and community health

A variety of organizations can successfully offer DSMES services, including:

- Hospitals and health systems
- Primary care practices and Federally Qualified Health Centers
- Home health agencies
- Community organizations
- Pharmacies and other nontraditional care settings

Programs can be designed to meet local community needs through in-person, virtual, group, individual, or hybrid delivery models.

Vermont's Goal

The Vermont Department of Health is working with partners across the state to increase the number of DSMES sites and ensure services are accessible, inclusive, and available to all Vermonters living with diabetes.

Your organization can play an important role in improving diabetes outcomes in Vermont.

For more information about becoming an accredited or recognized DSMES provider, visit:

- [Vermont Department of Health DSMES Resources](#)
- [CDC DSMES Toolkit](#)
- [ADCES Accreditation Information](#)
- [ADA Recognition Information](#)



The Vermont Department of Health can support DSMES by offering technical assistance, offering funding to cover the initial registration or accreditation fee, covering the curriculum requirements through My Healthy VT, and offering free tools and resources. Connect with us at AHS.VDHPDPDiabetesTeam@vermont.gov