

## **Diabetes Patient Education**

- Participation in a diabetes education course can increase knowledge and compliance in diabetes self-management, resulting in reduced complications.
- In 2006, 53.4% of adult Virginians with diabetes reported participating in a course or class on how to manage their diabetes.
- Females were slightly more likely than males to report participating in a diabetes education program.

### **Participation in a Diabetes Education Program by Gender in Virginia, 2006**

<b>Gender</b>	<b>Percent Participating</b>
<b>Male</b>	52.6%
<b>Female</b>	54.2%

- Blacks were significantly more likely to report participating in a diabetes education program.

### **Participation in a Diabetes Education Program by Race in Virginia, 2006**

<b>Race</b>	<b>Percent Participating with Diabetes</b>
<b>White</b>	52.0%
<b>Black</b>	67.4%
<b>Hispanic</b>	55.3%
<b>Other</b>	Sample size too small.

#### Healthy People 2010 Objective:

(5-1) Increase the proportion of persons with diabetes who receive formal diabetes education to 60%.

Source: BRFSS, VA 2006

Data Note: Percents are weighted towards annual population estimates.