

**Diabetes Self-Management Among Michigan Adults with Diabetes  
(2015 and 2017)**

**Adults with Diabetes who Reported Having Taken a Diabetes Self-Management Course or Class<sup>a</sup>**

Selected Characteristics	Reported Having Taken a Course or Class	
	Percent	95% CI
<b>Overall</b>	56.9	(54.4-59.4)
<b>Gender</b>		
Male	52.9	(49.3-56.6)
Female	60.9	(57.5-64.2)
<b>Age Group</b>		
18-44 yrs	64.9	(55.8-73.0)
45-64 yrs	57.7	(53.8-61.5)
65 yrs and older	54.2	(50.8-57.6)
<b>Race/Ethnicity</b>		
White	57.8	(55.0-60.6)
Black	54.9	(48.3-61.4)
Other <sup>b</sup>	51.9	(40.7-62.9)

<sup>a</sup> 2015 and 2017 combined Michigan BRFSS

<sup>b</sup>Other – American Indian/Alaska Native, Asian/Pacific Islander, and Multiracial

95% CI – 95 % Confidence Interval

**Diabetes Self-Management Practices among Adults with Diabetes who Reported Having Taken or Not Taken a Diabetes Self-Management Course or Class<sup>a</sup>**

Self-Management Practices (Past 12 Months)	Overall		Reported Having Taken a Course or Class		Reported Never Taking a Course or Class	
	Percent	95% CI	Percent	95% CI	Percent	95% CI
Self-Monitored Feet	67.0	(63.5-70.4)	68.1	(63.6-72.3)	65.5	(59.5-70.9)
Self-Monitor Glucose	73.3	(70.0-76.4)	76.8	(72.6-80.6)	68.4	(62.7-73.6)
Diabetes-related Check-up	89.5	(87.4-91.3)	91.6	(88.9-93.7)	86.7	(83.0-89.6)
Influenza Vaccination	55.2	(51.8-58.6)	54.5	(49.9-59.0)	56.6	(51.4-61.7)
Pneumonia Vaccination (65 years and older)	81.7	(77.9-84.9)	85.1	(80.4-88.9)	77.2	(70.9-82.5)
At Least One Annual A1C Measurement	94.2	(92.0-95.8)	96.6	(93.8-98.2)	90.7	(86.7-93.6)
At Least Two Annual A1C Measurements	78.3	(75.3-81.1)	81.1	(77.2-84.5)	74.2	(69.3-78.6)
Annual Eye Examination	74.3	(71.2-77.1)	80.3	(76.5-83.7)	66.4	(61.3-71.1)
Annual Foot Examination	80.7	(77.8-83.3)	87.1	(83.6-90.0)	72.4	(67.6-76.8)

<sup>a</sup>2017 Michigan BRFSS  
95% CI – 95 % Confidence Interval

**Data Sources**

Michigan Behavioral Risk Factor Surveillance System (MiBRFSS). Lifecourse Epidemiology and Genomics Division, Michigan Department of Health and Human Services ([www.michigan.gov/brfs](http://www.michigan.gov/brfs)).

**Definitions**

**Prevalence (Percent):** The total number of cases in a specified population at a given time.

**Confidence Interval (CI):** A range about a measurement that expresses the precision of the measurement. A 95% CI can be interpreted as the following: if we selected 100 random samples from the population and used these samples to calculate 100 different confidence intervals, approximately 95 of the intervals would cover the true population estimate and five would not. The wider the interval means the more imprecise the measurement, the narrower the interval the more precise the measurement.

## Methods and Limitations

**Diabetes Indicator:** Adult respondents (18 years and older) were asked whether a health professional had ever told them they had diabetes. To exclude gestational diabetes, women were asked whether they had been told they had diabetes other than during pregnancy. Adult respondents who answered “yes” were considered being diagnosed with diabetes.

**Diabetes Self-Management Course Indicator:** Among those diagnosed with diabetes, respondents (18 years and older) were asked whether they had ever taken a course or class in how to manage their diabetes. Adult respondents who answered “yes” were considered to have taken a course or class.

**Self-Management Practices in Past 12 Months:** See Diabetes Optional Module in [2015 and 2017 MIBRFSS questionnaires](#).

The MiBRFSS comprises annual, state-level telephone surveys of the non-institutionalized adult population, 18 years and older. The MiBRFSS provides self-reported information on behavioral risk factors for disease and on preventive health practices within the state. Diabetes affects over one million of the Michigan adult population; however, CDC estimates that about one quarter of adults is undiagnosed, which may result in part to an underestimate in the MiBRFSS diabetes prevalence. Estimates reported were not age-adjusted.