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Glycemic Status Assessment for Patients with Diabetes (GSD-AD)

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People with Diabetes Survey (2024)

- Report a lack of education that meets **individual needs**
- Want **video content** and **print materials (in clinic)** most
- 1 in 3 prefers to receive education at **clinical office visits**
- People with type 1 prefer **peer-led** while people with type 2 prefer **health professional-led** discussions

Among 5,300 respondents living with diabetes:



Top interest: **healthy eating**



Biggest concern: **mental health**



Major barrier: **cost**



Main source of education: **primary care** (for people living with type 2 diabetes)

Survey administered by Thrivable.

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Description of Measure

- Percentage of beneficiaries ages 18 to 75 with diabetes (type 1 and type 2) whose most recent glycemic status was at the following levels during the measurement year:
  - Glycemic Status <8.0%
  - Glycemic Status >9.0%.
- State Collected
- **Data Collection Method:** Administrative, Hybrid, or EHR

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Eligible Population

- Ages 18 to 75 as of December 31 of the measurement year
- There are two ways to identify clients with diabetes:
  - by claim/encounter data
  - by pharmacy data
- The state must use both methods to identify the eligible population, but a client only needs to be identified by one method to be included in this measure.
- Exclusions:
  - Using hospice services anytime in the measurement year
  - Receiving palliative care during the measurement year

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Specifications

	HbA1c Control <8%	HbA1c Poor Control >9%
Numerator		
Denominator	The eligible population as described previously.	The eligible population as described previously.

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Considerations for CCBHCs

From Community Needs Assessment

Check the number of clients with diabetes

Compare the % of clients with diabetes to your local rates of diabetes

If the rates are dramatically different, consider why that might be and if any CCBHC response is warranted.

If clinic rates are higher than the general population, consider additional supports or programming related to diabetes management.	If clinic rates are lower than the general population, consider if this might be due to undocumented diagnoses.

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Poor Control

HbA1c Poor Control >9%
For client with poor control, CCBHCs should establish care pathways

Ensure client is connected with a PCP

CCBHC connects with PCP to discuss diabetes management plan and how the CCBHC can help

Peer support: encouraging client to attend to their physical health, discussing hesitations, addressing barriers

Psych Rehab: practicing care routines, developing grocery lists align with dietary recommendations from PCP, meal prepping

Nutritionist (if available): partners with PCP and client to develop a dietary plan

RN: increased glucose monitoring

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Example Programming

Example

Cuba has a national diabetes program that includes psychoeducation for patients with diabetes:

- Outpatient Day Center service: day admission for 1 or 2 weeks for theoretical-practical classes and adjustment of metabolic control among others.
  - Cooking diet appropriate meals/snacks
  - Showing how to test blood sugar
  - Education on disease management including how to care for feet
  - Goal to stabilize before discharge
  - Nutritionists
  - Labs at center

Could a CCBHC create a similar program with psych rehab, peer, and a medical partner?

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Example Programming

Example

- Diabetes Self Management Education and Support (DSMES)
  - Programming designed to help individuals manage diabetes
  - Medicare covers 10 hours with diagnosis in the past year
  - Other insurance coverage varies
- Ranges from group support to individual 1:1 sessions covering the following topics:
  - Healthy Eating
  - Physical Activity
  - Medication adherence
  - Blood sugar monitoring
  - Emotional well-being
  - Problem Solving

  Consider identifying local DSMES programs for referrals Find Programs

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Resources

- Diabetes Care: Standards of Care in Diabetes 2026, American Diabetes Association
- “From Patients to Partners” panel discussion at Scientific Session 2026
- Patient Education Library
- Your Rights and Care Standards: Guides for People with Diabetes
- Diabetes Food Hub
- Consumer Guide: Navigating Diabetes Care
- American Diabetes Association: Peer Support
- American Diabetes Association

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