

Diabetes self-management education (DSME) improves the quality of life of people with diabetes and helps prevent diabetes-related complications. In New Hampshire, adults with diabetes who have an intellectual or developmental disability (IDD) are less likely than adults without IDD to get DSME. Many adults with IDD also do not get needed health care for their diabetes.

**Among adults with IDD and diabetes:****Only 1 in 5 get DSME****Only 1 in 5 get all recommended diabetes care**

Recommended diabetes care means seeing a health care provider regularly to check on:

- blood sugar;
- blood pressure;
- cholesterol;
- kidney function;
- eye exams.

**Strategies to Improve the Health of Adults with IDD and Diabetes:**

- Offer accessible diabetes self-management education (DSME) and recruit adults with IDD to attend;
- Provide educational materials in plain language, and use multiple formats for user-friendliness; and
- Educate health care providers about the need for better diabetes-related health care for adults with IDD.