



2012

# Texas Business Group on Health *presents*



## Snapshot of Key Diabetes Trends Across Texas

- Prevalence
- Quality of Care
- Economic Burden

Diabetes is a growing epidemic creating a major health care crisis in the U.S., including our Lone Star State. The time is now for employers and the health care stakeholder community to create an “escape fire” through collaboration and optimal care coordination to stop this epidemic from overtaking the U.S. and our health care system.

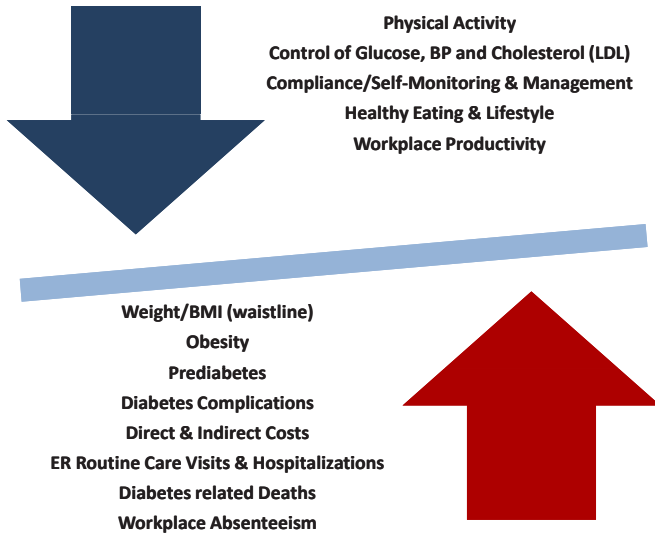
The Texas Business Group on Health (TBGH) is pleased to bring you a Snapshot of Key Diabetes Trends Across Texas – 2012, focusing on the Prevalence, Scope, Quality of Care and the Economic Burden of Diabetes. The Snapshot is intended to compliment other Diabetes Resources including the TBGH Managed Care Digest Series – Texas Type 2 Diabetes Report 2012-2013. Diabetes “course correction” now can save money in the long run for employees living with diabetes or prediabetes, employers and our health care system.

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# Diabetes: Prevalence and Scope

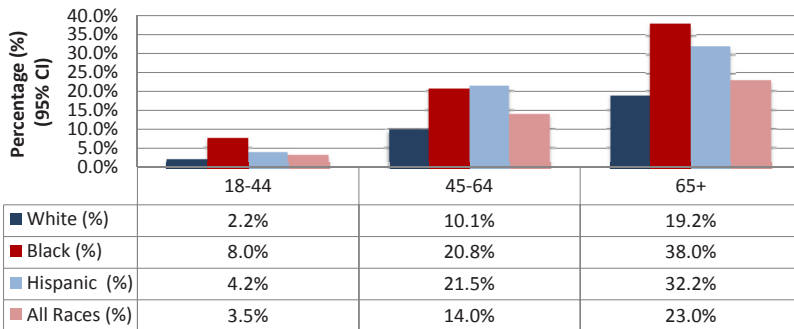
## A1: Diabetes: A Growing Epidemic<sup>1,2,3</sup>



## A2: Diabetes Statistics and Forecasts<sup>3</sup>

	U.S.	TX	D-FW	HOU
<b>2010</b>				
Population	310,233,000	24,648,900	6,555,800	5,954,900
Pre-diabetes	79,016,000	6,278,100	1,669,800	1,516,700
Total (diagnosed + undiagnosed Diabetes)	32,300,000	3,284,300	873,700	804,600
<b>Complications:</b>				
Visual Impairment	3,676,300	373,300	99,300	91,400
Kidney Failure	52,100	5,570	1,480	1,420
Leg Amputations	70,000	7,840	2,040	1,980
Annual Deaths attributable to Diabetes	281,400	29,900	7,950	7,630
<b>2015 Forecasts</b>				
Population	325,540,000	26,585,800	7,221,300	6,552,700
Pre-diabetes	82,915,000	6,771,400	1,839,300	1,669,000
Total (diagnosed + undiagnosed Diabetes)	39,700,000	4,014,200	1,089,600	1,005,500
<b>Complications:</b>				
Visual Impairment	4,709,600	475,400	129,100	119,000
Kidney Failure	63,000	6,700	1,830	1,760
Leg Amputations	78,300	8,740	2,320	2,250
Annual Deaths attributable to Diabetes	341,900	36,200	9,880	9,490

## A3: Prevalence of Diabetes in Texas by Race/Ethnicity and Age Group, 2010.<sup>4</sup>



**Obesity** is linked to the development of diabetes in the U.S. and is also considered a growing epidemic.

**30.4%** Percent of Texas adults are **Obese = BMI ≥ 30** (29.0-31.8), 2011.<sup>5</sup>

**12** States including Texas had a prevalence of 30% or more Obesity, 2011.<sup>5</sup>

- Centers for Disease Control and Prevention. National Diabetes Fact Sheet, 2011. <http://www.cdc.gov/diabetes/pubs/factsheet11.htm?loc=diabetes-statistics> Accessed 11/05/2012.
- National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, National Diabetes Information Clearinghouse (NDIC), National Diabetes Statistics, 2011 <http://diabetes.niddk.nih.gov/dm/pubs/statistics/index.aspx> Accessed 11/05/2012.
- Institute for Alternative Futures Diabetes 2025 Forecasting Model, 2010. <http://www.altfutures.org/diabetes2025> Accessed 11/9/2012.
- Texas Behavioral Risk Factor Surveillance System (BRFSS), 2010. Center for Health Statistics, DSHS. Texas Diabetes Prevention and Control Program – Diabetes Status in Texas, 2012 <http://www.dshs.state.tx.us/diabetes/tcddata.shtm> Accessed 11/5/2012.
- Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System Survey Data (BRFSS), 2011. <http://www.cdc.gov/obesity/data/adult.html> Accessed 11/14/2012.



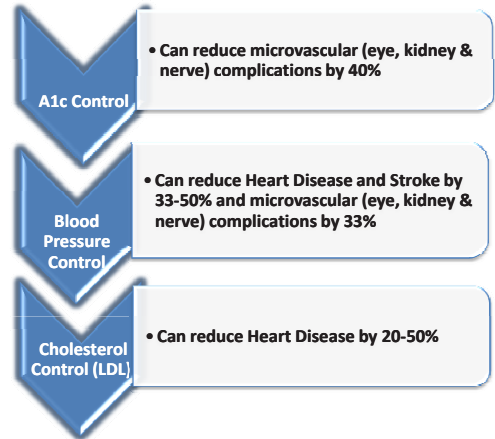
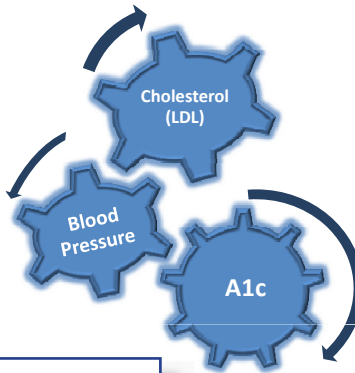
# Diabetes: Quality of Care



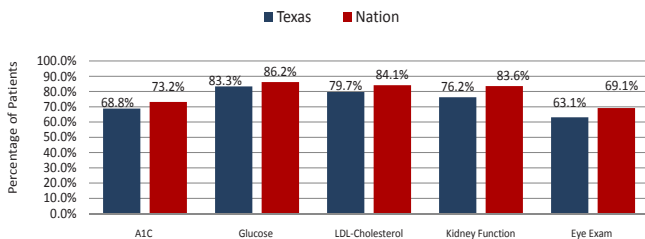
## B1: Quality & Optimal Care Management<sup>2</sup>

**Cost Drivers: Poor control of the ABCs of Diabetes**

**Better management and control reduces costly complications.**



## B2: Testing Rates – Percentage of Type 2 Diabetes Patients, By Service, 2011.<sup>6</sup>

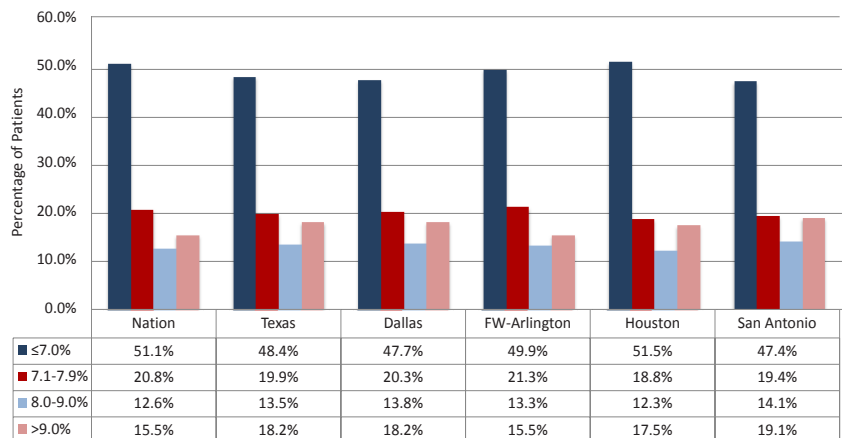


- Texas was below average across the board with Standards of Care recommended tests and type 2 diabetes patients are more likely to receive sub-optimal care.

**68%** Percent of Texas adults aged ≥18 years with diabetes reported receiving an annual Foot Exam, 2009-2010.<sup>7</sup>

- Texas lagged behind **43+** states with this Preventive Care Practice

## B3: Percentage of Type 2 Diabetes Patients, By A1c Level Range, 2011.<sup>6</sup>



**<50%** of Texas type 2 diabetes patients had well-controlled A1c levels, potentially increasing their risks of costly microvascular (eye, kidney and nerve) complications.

6. IMS Health © 2012. Managed Care Digest Series \* TBGH Texas Type 2 Diabetes Report 2012-2013 <http://tbgh.org/>

- Figures reflect the charges generated for Type 2 diabetes patients by the facilities that delivered care. Facility charge data include charges for all services rendered, including prevention and charges associated with the treatment of other diseases. The data also reflect the average amounts charged in Type 2 diabetes patient claims, not the amount the claims paid.
- Professional charges are those generated by the providers delivering care to Type 2 diabetes patients in various settings\*
- Combined a + b

7. Centers for Disease Control and Prevention. Diabetes Report Card 2012. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2012. <http://www.cdc.gov/diabetes/pubs/reportcard/preventive-care.htm> Accessed 11/6/2012.

8. Centers for Disease Control and Prevention. Diabetesatwork.org Fact Sheet. <http://www.cdc.gov/diabetes/pubs/factsheets/atwork.htm> Accessed 11/6/2012.

9. Not Me DPCA Fact Sheet. <http://notme.com/dpca/diabetesFacts.html> Accessed 11/5/2012.





# Diabetes: Economic Burden

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## C1: Economic Burden

Average medical costs for those with diagnosed diabetes is **2.3 times** higher compared to those without diabetes.<sup>2</sup>



Diabetes costs of care = an average **\$11,700** as compared to **\$4,400** for someone without diabetes.<sup>9</sup>

Diabetes in the U.S. affects the workplace and your companies' bottom line.<sup>8</sup>

### Absenteeism

**15 Million**  
work days

**\$2.6 Billion**

### Reduced Productivity

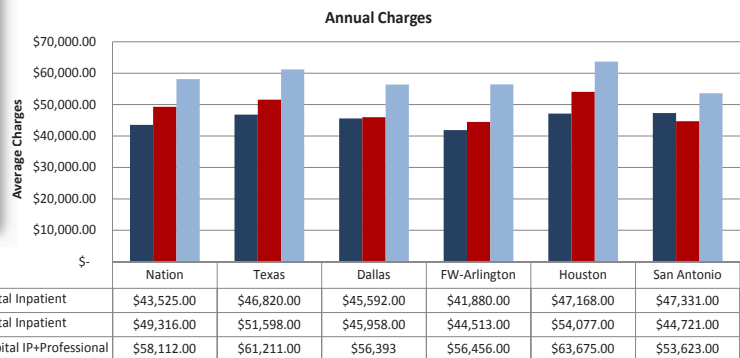
**120 Million**  
work days

**\$20 Billion**



C2: Diabetes Statistics and Forecasts <sup>3</sup>	U.S.	TX	D-FW	HOU
<b>2010</b>				
Total Annual Cost	\$299.3 B	\$29.6 B	\$7.9 B	\$7.2 B
Annual Medical Costs	\$213.3 B	\$20.8 B	\$5.6 B	\$5.1 B
Annual Nonmedical Costs	\$86.0 B	\$8.8 B	\$2.3 B	\$2.1 B
<b>2015 Forecasts</b>				
Total Annual Cost	\$373.7 B	\$37.0 B	\$10.0 B	\$9.3 B
Annual Medical Costs	\$264.1 B	\$25.9 B	\$7.0 B	\$6.5 B
Annual Nonmedical Costs	\$109.6 B	\$11.1 B	\$3.0 B	\$2.8 B

C3: Hospital Inpatient Charges Per Year for Type 2 Diabetes Patients, including \*2011 Combined Hospital Inpatient + Professional Charges Per Year Across Various Settings.<sup>6a,b,c</sup>



Annual Professional charges and Hospital inpatient charges out paced the nation in Texas.

## Call to Action

- Examine your organization's bottom line costs trends relating to Diabetes
- Ensure Diabetes stakeholder collaboration and optimal care coordination
- Implement Value-Based Benefits Design: Reduce/eliminate barriers, increase accountability and offer rewards for quality and outcomes for employees & providers
- Provide wellness and disease management tools for success
- Encourage regular physical activity, smart nutrition and healthy weight maintenance
- Provide Diabetes lifestyle & self-management education
- Encourage Diabetes self-monitoring and self-management
- Optimize the use of Accountable Care Organizations and Patient-Centered Medical Homes

