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## **Texas Business Group on Health Releases Annual Statewide Report on Type 2 Diabetes**

*Texas lags the nation in rates of recommended diabetes care and patients are less likely to fill prescriptions*

**DALLAS – October 1, 2010** – Today the non-profit Texas Business Group on Health (TBGH) released its annual report on the prevalence, cost and quality of care for Texans with Type 2 diabetes. Developed to help employers and providers identify better opportunities to serve the needs of their employees and patients, the report includes information for six key markets across the state: Austin, Dallas, El Paso, Fort Worth/Arlington, Houston and San Antonio. The complete report is available to download free of charge [here](#).

### **Texas compared to the nation**

- The percentage of Texas patients with Type 2 diabetes receiving recommended tests is lower than the national rates in every category reported.
- The number of Texas diabetes patients with two or more complications (health issues that are a direct result of having Type 2 diabetes such as coronary artery disease) grew to almost 18% in 2009 from 13% the prior year.
- Texas patients were less apt to fill prescriptions than their counterparts nationally.
- Hospitalization charges for Type 2 diabetes in Texas were considerably higher than the national average.

“This year’s findings reinforce what we already know about the impact of lifestyle, diet, preventive care and medication compliance for the treatment of diabetes,” said Marianne Fazen, president and CEO of TBGH and executive director of the Dallas-Fort Worth Business Group on Health, a member of TBGH. “Employers are working to encourage and educate their employees to make healthy decisions and to access appropriate care to manage their chronic conditions. To build an awareness of diabetes risk factors and reduce or prevent this chronic condition, requires community-wide collaboration between employers, providers, health plans and employees.”

### **Austin – patients with additional health complications increased**

Between 2008 (45%) and 2009 (50%), Austin experienced a notable increase in its share of Type 2 diabetes patients with two or more diagnosed comorbidities (health complications indirectly related to diabetes). Further, Austin reports a higher share of these patients than the

Texas average of 43%. At the same time, the average annual provider charges increased. For example, professional charges for ambulatory surgery center services jumped 56% over the year before, from \$4,488 to \$7,005, compared to the Texas average of \$4,562 and the national average of \$4,213 in 2009.

### **Dallas – older patients with diabetes increases; percentage of patients in control declines**

In 2009, the percentage of Type 2 diabetes patients age 65 and older increased and Dallas reported a significant number of patients suffering from two or more comorbidities (46%) and complications (20%). The percentage of Type 2 diabetes patients in Dallas whose condition is in control (A1c level at 7% or less) declined slightly (2.5%) as more patients moved into the moderately controlled (A1c level at 7.1% - 9%) and “out of control” (A1c level greater than 9%) categories, which could indicate that fewer Dallas patients are managing their diabetes as well as they should. While average charges for physician office visits for Type 2 diabetes patients in Dallas declined slightly to \$6,002 compared to last year (\$6,992), this is nearly triple Houston’s 2009 charges (\$2,469).

### **El Paso – patients are of working age and not seeking proper treatment**

Nearly two of three (64%) Type 2 diabetes patients were between the working ages of 18 and 64 in 2009, which is considerably higher than the state average of 59%. The percent of patients with multiple comorbidities and multiple complications also grew, but is still lower than the state averages. These demographic shifts coincided with low utilization rates, meaning El Paso patients were much less likely to receive all of the recommended diabetes-related services for managing their condition.

### **Fort Worth/Arlington – inpatient charges top U.S. average, declining prescription fill rate**

In 2009 average inpatient hospital outpatient and emergency room charges for Type 2 diabetes patients in Fort Worth/Arlington (\$61,960) exceeded the corresponding national average of \$52,944. Severity of Type 2 diabetes patients is considerably higher in Fort Worth/Arlington, with half having two or more comorbidities and one out of five having multiple complications. Yet, the insulin fill rate declined in Fort Worth, meaning patients are filling their prescriptions less often than the year before.

### **Houston – hospital inpatient charges decrease, low utilization rates**

Houston’s average hospital inpatient charges for Type 2 diabetes patients decreased in 2009 from \$62,816 to \$59,371. The only notable increase in provider charges was for Type 2 diabetes patients in ambulatory surgery centers where average charges jumped nearly 50% in

2009, from \$4,553 to \$6,744, compared to the state average of \$4,562. Yet Houston patients were less apt than their Texas counterparts to receive the recommended diabetes-related services.

### **San Antonio – inpatient charges increase sharply**

Inpatient hospital charges for Type 2 diabetes patients rose notably between 2008 (\$60,410) and 2009 (\$69,208). Among all of the Texas markets profiled in this report, San Antonio also had the highest hospitalization charges for such patients by a substantial margin. Additionally, San Antonio Type 2 diabetes patients received recommended diabetes-related tests less often than the state averages with the exception of eye exams.

The 2010 Texas Type 2 Diabetes Report, produced with support from sanofi-aventis U.S., helps TBGH fulfill its mission of helping Texas employers play an active and enthusiastic role in promoting cost-effective delivery of quality health care to the benefit of the community. The data (covering 2008 through 2009) for this report is pulled from health care professional, pharmacy and institutional insurance claims. The data reflect the average amounts charged in Type 2 diabetes patient claims, not the amount the claims paid.

### **About the Dallas-Fort Worth Business Group on Health**

Celebrating its 25<sup>th</sup> year, the Dallas-Fort Worth Business Group on Health is a 130-member coalition of Dallas and Fort Worth area employers committed to market-based health care reform. Members include American Airlines, Bell Helicopter-Textron, Brinker International, Federal Reserve Bank of Dallas, JC Penney, Neiman Marcus, Sabre Holdings, Southwest Airlines, and Texas Instruments. A member of the Texas Business Group on Health and the National Business Coalition on Health, DFWBGH's goals are to empower employers to make informed health care purchasing decisions and to encourage health care providers to continuously improve their performance. For additional information visit: [www.dfwbgh.org](http://www.dfwbgh.org).

### **About the Texas Business Group on Health**

The Texas Business Group on Health (TBGH), founded in 1985, is a non-profit 501(c)(6) organization dedicated to the development and support of community-based employer coalitions across Texas. For additional information: [www.tbgh.org](http://www.tbgh.org).

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