

Age and Plan Differences in Diabetes and Hypertension Control among Managed Care Members in New York State



Chronic diseases, including heart disease and diabetes, are the leading causes of disability and death in New York State. Controlling diabetes and high blood pressure through a combination of lifestyle modification, medication therapy and self-management can prevent long-term complications and costly outcomes. Among Managed Care members in NYS:

- Over 40% of adults age 18-44 with diabetes among Medicaid members and 37% of adults age 18-44 with diabetes among Commercial HMO and PPO (COMM HMO/PPO) members are considered in poor control (A1C>9.0) compared to only 24% and 29%, respectively of adults over the age of 65 with diabetes.
- Among Medicaid members, half (50%) of adults age 18-44 who have high blood pressure have their blood pressure under control (<140/90), compared to two-thirds (66%) of those ages 65 and older. A similar pattern but lower percent is observed among COMM HMO/PPO members.

Figure 1: Percentage of poor A1C control by age

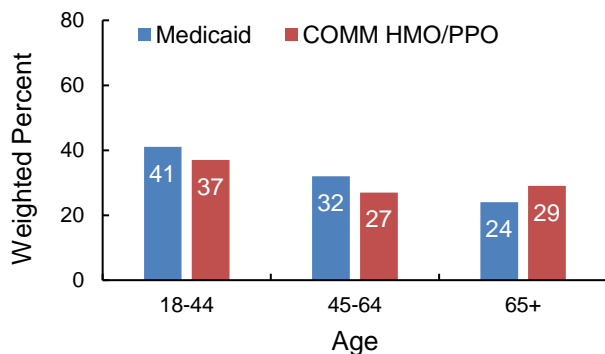
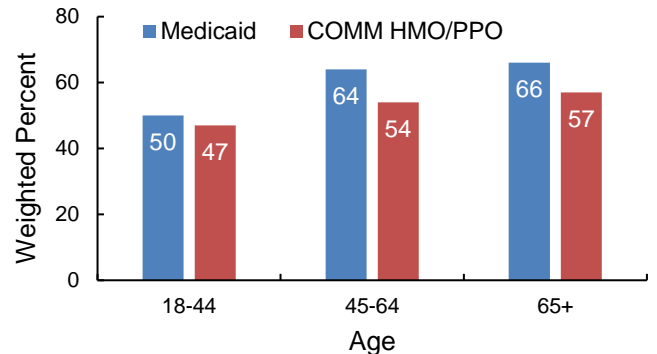


Figure 2: Percentage of high blood pressure control by age



Data Source: New York State Quality Assurance Reporting Requirements (QARR) System, 2016.
Poor A1C control defined as the most recent HbA1c level > 9.0%. A low rate is desirable for this measure.
Blood pressure control defined as a blood pressure < 140/90 mm Hg. A high rate is desirable for this measure.

Public Health Opportunity

In order to achieve disease control, adults with diabetes and high blood pressure need to have access to health care, receive appropriate clinical preventive services, and engage in regular self-management behaviors. Public health initiatives aimed at improving hypertension and diabetes control among Managed Care members should include a focus on younger adults (below 45 years of age). The NYS Prevention Agenda 2019-2024 includes objectives to improve blood pressure and A1C control among adult Medicaid Managed Care members aged 18-44 by 5%.

Information

For more information, please send an e-mail BCDER@health.ny.gov with IFA #2019-15 in the subject line. To access other Information for Action reports, visit the NYSDOH public website:

http://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm