



Diabetic Self-Management as a Function of Health Insurance Status

Ryan Beckett, Wesley Community Health Center, Phoenix, AZ



Introduction

- Why are some people more proactive about their healthcare than others?
- How do people without health insurance value their health?
- How much are people with chronic diseases willing to sacrifice for their health?



Background

- Patients who believe they can care for themselves have better health outcomes
- Uninsured patients tend to be undertreated and less healthy
- Diabetes is a costly disease and many people struggle to manage it



Methodology

- Data was provided on diabetic patient encounters from January to June 2013
- Patient hemoglobin A1C, body mass index and total cholesterol were compared between insured and uninsured groups
- A survey was distributed during diabetic education classes to assess attitudes and disease status



Results

- A1C higher in uninsured versus insured (8.65% vs. 8.09%)
- BMI higher in insured versus uninsured (33.1 vs. 30.7)
- No real differences in total cholesterol



Discussion

- Significant differences in A1C readings but not much else
- Both groups generally unhealthy
- Concerns about sample size



Recommendations

- Utilize larger sample sizes
- Compare demographic data on insured versus uninsured populations



Conclusion

- Cannot specifically conclude that health insurance status affects health behaviors
- Further studies might be able to resolve some of the conflicting findings



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