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
Acknowledgements

• Special thanks to Dr. Viera, Dr. Guzman and Dr. Brite!
• Thank you to all the staff for teaching me so much!