Racial Disparities in Diabetes Care

Type 2 diabetes mellitus (T2DM) disproportionately affects people of color, who also have worse outcomes with respect to diabetes management, treatment, and complications. The risk of developing these complications can be reduced with regular preventive care. To better understand racial disparities in diabetes care, Milliman examined the utilization of three preventive diabetes services for both Black and white Medicare FFS beneficiaries. Below are some of our key findings.

**DIFFERENCES IN PREVENTIVE TREATMENT IN THE MEDICARE FFS POPULATION**

**T2DM PREVALENCE IS HIGHER IN BLACK BENEFICIARIES**

<table>
<thead>
<tr>
<th>City</th>
<th>Prevalence in White Beneficiaries</th>
<th>Prevalence in Black Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlanta</td>
<td>21%</td>
<td>34%</td>
</tr>
<tr>
<td>Chicago</td>
<td>23%</td>
<td>35%</td>
</tr>
<tr>
<td>Houston</td>
<td>24%</td>
<td>38%</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>25%</td>
<td>32%</td>
</tr>
<tr>
<td>New York</td>
<td>25%</td>
<td>36%</td>
</tr>
</tbody>
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**DEMOGRAPHIC AND T2DM PREVALENCE**

- **T2DM Prevalence Among Low-Income Beneficiaries**
  - 65% among Black Beneficiaries
  - 41% among White Beneficiaries

- **T2DM Prevalence in Women**
  - 37% among Black Women
  - 22% among White Women

- **Black Beneficiaries with Diabetes Were on Average 5 Years Younger Than White Beneficiaries with Diabetes**

**RACE AND PREVENTIVE CARE MEASURES**

Black beneficiaries with type 2 diabetes were less likely than white beneficiaries with type 2 diabetes to receive HbA1c testing, eye exams, and nephropathy care.

**DISPARITIES IN PREVENTIVE SERVICES BETWEEN BLACK AND WHITE MEDICARE BENEFICIARIES WITH DIABETES**

- **HbA1c Testing**: -8.8%
- **Eye Exams**: -4.9%
- **Nephropathy Care**: -2.5%

For more information, please visit: www.milliman.com/racial-disparities-diabetes-care