

FOR IMMEDIATE RELEASE**For more information, contact:****Carl Seitz**E-mail: seitzc@lvbch.com***LVBCH Releases 2019 Type 2 Diabetes Report
With a Focus on How Cardiovascular Conditions Can Impact Diabetes Care***

Bethlehem, PA (September 23, 2019) The **Lehigh Valley Business Coalition on Healthcare (LVBCH)** announces the release of the **2019 LVBCH Type 2 Diabetes Report™**. The seventh edition of the Report offers a broad overview of the state of diabetes in markets within the Lehigh Valley and throughout the Commonwealth. Pennsylvania (**PA**) and national benchmarks help identify potential gaps in care and reinforce positive trends. The most recent data, current as of calendar year 2018 and spanning several years, encompass nearly 12 million unique patients nationally with a diagnosis of Type 2 diabetes—of these, 429,000 resided in PA.

All data in the report were gathered by IQVIA, Durham, NC, a leading provider of innovative health care data products and analytic services. In addition, a review process took place, before and during production of the Report, between IQVIA and Forte Information Resources, LLC. This is done to ensure that the information in the Report is completely independent and objective. Data in the report may be restated from prior years to account for updates to methodology and patient samples.

In commenting on the Report, LVBCH President Carl Seitz stated, “This Report is LVBCH’s seventh effort to compare statewide and national benchmarks for diabetes care in the regions where the majority of our employers are located. Diabetes is a major factor in employer spending for medical care and its impact on other conditions can further exacerbate the health status of employees. By identifying employees with diabetes, and providing the care they need, employers can maintain a healthier and more productive workforce. We thank our partner Sanofi US for their support of this important healthcare-related study. Additionally, LVBCH will be presenting this report to the community following a screening of the diabetes documentary “A Touch of Sugar” on Wednesday, October 10, 2019 at ArtsQuest. The documentary screening, being presented in partnership with Lehigh University’s Healthcare Systems Engineering Program, is open to the public, and registration for the event is available now through the www.lvbch.com website.

The 2019 Report provides a number of observations to help providers and employers better meet the needs of employees. Please note that throughout the Report, the **Allentown** market includes Bethlehem, Easton, and parts of New Jersey, the **Harrisburg** market includes Carlisle, and the **Scranton** market includes Wilkes-Barre and Hazleton. The **Reading** market is also included in the report. Below are some highlights from this year’s Report:

- From 2016 to 2018, the percentages of Type 2 diabetes patients who were of working age (18–64) has seen fluctuation in all four profiled PA markets; among younger working adults (age 18-35) the rate has continued to increase, while the rate is holding steady or decreasing among older working adults (age 36-64). Of all the regions included, **Allentown**, has the highest rates of Type 2 diabetes among working age adults. By gender more than 50% of Type 2 diabetes patients are male in all of the profiled markets and in Pennsylvania overall. This differs from the national trend of 49.6% male and 50.4% female.
- In local markets, Type 2 diabetes patients are primarily being diagnosed in Primary Care and Internal

Medicine specialties with a lower percentage of diagnoses occurring in endocrinology or cardiology setting compared to state and national trends.

- While comorbidities continue to be areas of concern, depression and obesity stand out locally compared to state and national trends. All local markets have seen an increased percentage of depression as a comorbidity from 2017 to 2018, with **Allentown, Harrisburg, and Reading** all exceeding the state and national trends. Further, while obesity trends have increased across the country, **Allentown** saw more than a 10% increase in obesity as a Type 2 diabetes comorbidity from 2017 to 2018. **Scranton** also saw an increase and exceeded the state and national trends.
- Complications for Commercial Type 2 diabetes patients in local markets have decreased or held steady from 2017 to 2018 for various conditions including Cardiovascular Disease, Stroke, and Hyperlipidemia. However, the percentage with Chronic Kidney Disease has increased across all local markets. Compared to state and national trends, Reading and Scranton exceed trends for Cardiovascular Disease, Reading exceeds trends for Stroke, Harrisburg exceeds trends for Chronic Kidney Disease. All markets as a good or better than state and national trends for Hypoglycemia.
- In Pennsylvania and the Nation overall, the percentages of commercially insured Type 2 diabetes patients with an A1c level above 9.0% has decreased from 2016 to 2018, conversely, in local markets, there has been an increase over the same time period.
- *****New Reports***** This seventh edition now provides additional reports comparing data for commercial insurance to Medicare and Medicaid. At the state and national level, a higher percentage of Type 2 diabetes patients are covered by Medicare than commercial insurance, however, all local markets exceed the state and national percentage for commercial insurance, and have seen increases in percentage commercial insurance from 2017 to 2018. Additionally, Allentown percentage of commercially insured Type 2 diabetes patients continues to exceed the percentage in Medicare for the same area.

The report also includes the **2018 ADA Guidelines for Adults with Type 2 Diabetes**. Early recognition and interventions for people at risk for diabetes and its complications are crucial to mitigating the impact of this disease on employee well-being and employer costs. Reports such as this help employers design screening and wellness programs to assist their employees in maintaining a healthy lifestyle. The complete Report—in pdf version—is available on the LVBCH website at www.LVBCH.com.

About LVBCH

LVBCH is a multi-state, not-for-profit, coalition of employers striving to provide access to quality affordable healthcare for their employees. The Coalition's mission is to improve the delivery, cost and quality of health care in our communities through: Collective employer action; Quality and data initiatives; Value based purchasing; and, Providing forums for the exchange of information, ideas and resources. The Coalition is also a member of the National Alliance of Healthcare Purchaser Coalitions, the National Quality Forum and The Leapfrog Group. For more information, visit www.LVBCH.com.