

FOR IMMEDIATE RELEASE**For more information, contact:****Carl Seitz**E-mail: seitzc@lvbch.com***LVBCH Releases 2018 Type 2 Diabetes Report
With a Focus on How Cardiovascular Conditions Can Impact Diabetes Care***

Bethlehem, PA (January 24, 2019) The **Lehigh Valley Business Coalition on Healthcare** (LVBCH) announces the release of the **2018 LVBCH Type 2 Diabetes Report™**. The sixth 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 2017 and spanning several years, encompass nearly 11.9 million unique patients nationally with a diagnosis of Type 2 diabetes—of these, 503,712 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.

In commenting on the Report, LVBCH President Carl Seitz stated, “This Report is LVBCH’s sixth 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.”

The 2018 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 2017, the percentages of Type 2 diabetes patients who were of working age (18–64) increased in all four profiled PA markets; in **Allentown**, the percentage of working age adults with Type 2 diabetes increased from 41% to 42.6%. This exceeded the overall percentage in Pennsylvania of 41.5%. 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.
- Commercial Type 2 diabetes patients in Pennsylvania have above average complication rates, and are more likely than their national counterparts in 2017 to be diagnosed with complications including cardiovascular disease (37.8% vs. 36.9%), peripheral artery disease (17.2% vs. 15.4%), and stroke (4.5% vs. 4.0%).
- In Pennsylvania and the Nation overall, the percentages of commercially insured Type 2 diabetes patients with an A1c level above 9.0% has been decreasing from 2015 to 2017. In Allentown, Reading, and Scranton, there has been less than 1% net change over from 2015 to 2017, with all three markets better

than Pennsylvania and the Nation overall; however, in Harrisburg, the percentage has increased more than 4% from 18.8% in 2015 to 23.6% in 2017. Overall, Pennsylvania and the included markets exceed (are better than) the overall Nation trend of 74.1% receiving A1c test.

- The following complications exceeded (were worse than) the Pennsylvania and National trends in the indicated markets: Cardiovascular Disease in the Reading and Scranton markets; Myocardia Infarction (MI) and Severe Hypoglycemia in the Allentown market; Neuropathy and Peripheral Artery Disease (PAD) in the Allentown and Scranton markets; Stroke in the Allentown and Reading markets; and Retinopathy in all four markets (Allentown, Harrisburg, Reading, and Scranton). All four markets were better than Pennsylvania and National trends for Nephropathy.
- The following comorbidities are more prevalent than Pennsylvania and National trends in the indicated markets: Depression in the Allentown and Reading markets; Hyperlipidemia and Hypertension in the Reading market; and Obesity in the Harrisburg and Scranton markets.
- Commercially insured Type 2 diabetes patients in **Allentown, Harrisburg, Scranton, and PA** were less apt to receive an eye exam in 2016 than they were in 2014. Such patients were more likely to have the eye problem, retinopathy, in 2016 than their peers across the U.S.
- *****New Reports***** Persistency reports for various insulin therapies in Pennsylvania in 2017 were included in the report. This measures whether patients who are new to a given therapy maintain the prescribed drug therapy by filling their prescriptions. Where available the reports compare persistency overall vs. persistency of patients with a complication of severe hypoglycemia, as well as for various insulin and non-insulin diabetic therapies. By month 6, anywhere from 22% to more than 60% of patients may no longer be persistent with prescribed drug therapies.

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.