

2018 AANHPI Diabetes Coalition Conference

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Expanding Screen at 23: *Provider and Researcher Perspective*

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Expanding Screening at 23

Explore or Exploit?

Exploit: Clinician's Perspective - 1

- Diabetes **prevalence is 2x as high** in Asian Americans compared to Caucasians
- **50% of diabetes remains undiagnosed** in the Asian American community
- Among Asian Americans, **<50% receive recommended diabetes screening** (lowest among all groups)

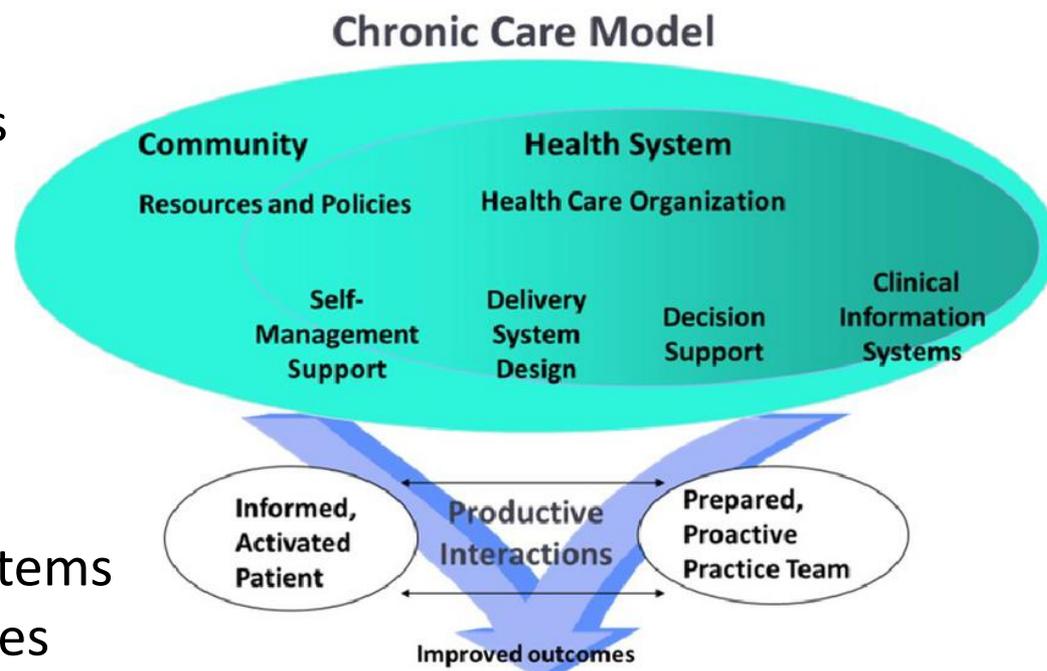
→ Effectively, the national gaps in diabetes care and prevention are more prevalent in the Asian American community such that the time to act is now

Exploit: Clinician's Perspective - 2

ORGANIZATION	SCREENING RECOMMENDATION
United States Preventative Services Task Force (USPSTF)	<ul style="list-style-type: none"> Adults aged 40–70 years of age who are overweight or obese
American Diabetes Association (ADA) Normal testing should be repeated every 3 years	<ul style="list-style-type: none"> Adults aged ≥ 45 should be tested regardless of risk factors Adults of any age who are overweight or obese and who have 1 or more risk factors as below: <ul style="list-style-type: none"> Physical inactivity Hypertension HDL < 35 mg/dL or TG > 250 mg/dL First degree relative with diabetes High risk race/ethnicity Asian Americans with a BMI of ≥ 23 kg/m² Women who have delivered child > 9 lbs or with gestational diabetes A1c $\geq 5.7\%$, impaired fasting glucose (IFG) or impaired glucose tolerance (IGT) Other: acanthosis nigricans, PCOS, history of coronary vascular disease (CVD)
American Association of Clinical Endocrinologists (AACE) Normal testing should be repeated every 3 years Consider annual screening for individuals with 2 or more risk factors	<ul style="list-style-type: none"> Age ≥ 45 without risk factors CVD or family history of type 2 diabetes Overweight or obese Sedentary lifestyle At risk racial/ethnic group: Asian, African American, Hispanic, Native American, Pacific Islander HDL < 35 mg/dL or TG > 250 mg/dL IGT or IFBG and/or metabolic syndrome PCOS, acanthosis nigricans, or non-alcoholic fatty liver disease Hypertension History of gestational diabetes or baby > 9 lbs Antipsychotic therapy of schizophrenia or bipolar, chronic glucocorticoid use, sleep disorders in presence of glucose intolerance (including obstructive sleep apnea, chronic sleep deprivation, and night-shift occupation)

Exploit: Clinician's Perspective - 3

- Targeted screening for diabetes is cost-effective, so why is it not universally applied to at-risk groups?
- **Patient factors**
 - Awareness
 - Engagement
 - Fears regarding diagnosis
- **Provider factors**
 - Education
 - Resource constraints
 - Competing demands
- **System-level factors**
 - Automated reminder systems
 - Reimbursement/incentives



Explore: Researcher's Perspective - 1

- **Screening** the at-risk Asian American community
 - Do Asian American communities vary in their current rates of diabetes screening? Why?
 - What are the most effective strategies for reaching various Asian American communities?
 - Do standard screening modalities have the same sensitivity across various Asian American subgroups?
 - What are the barriers to screening for patients, providers, and the healthcare system more generally?
 - Can our current infrastructure manage even larger numbers of Asian Americans who screen positive for diabetes?
 - ...and much more!

Explore: Researcher's Perspective - 2

- **Educating** the Asian American community
 - Who are the influencers in various communities that can reduce stigma while increasing awareness to the risk of diabetes in Asian American communities?
 - Are providers adequately trained to meet the specific needs of the various Asian American communities?
 - Are culturally sensitive materials available to patients and providers?
 - Can our current infrastructure manage even larger numbers of Asian Americans who require diabetes education?
 - ...and much more!

Explore: Researcher's Perspective - 2

- **Treating** Asian Americans diagnosed with diabetes
 - Do we understand barriers to adherence to lifestyle and medication management for Asian Americans?
 - Do medications differ in their effectiveness in various Asian American subgroups? What is the role of genetics?
 - Are the risk of long-term complications different for Asian Americans compared to the general population?
 - What are the drivers of health care disparities for Asian Americans diagnosed with diabetes? How to overcome them?
 - What external incentives can support effective treatment?
 - ...and much more!

Expanding Screening at 23

Explore and Exploit!