

# DIABETES CARE & OUTCOMES

Urban Audit Summary Brief, 2017



Urban Indian Health Institute  
A Division of the Seattle Indian Health Board



## BACKGROUND

In 1997, the US Congress responded to the growing burden of type 2 diabetes in American Indian and Alaska Natives (AI/ANs) by funding the Special Diabetes Program for Indians (SDPI).<sup>1</sup> SDPI supports culturally-adapted and community-directed approaches to diabetes prevention, including funding the *Urban Diabetes Care & Outcomes Summary Report, Audit Years 2013-2017*. SDPI programs have huge impacts on diabetes care and outcomes for AI/AN people such as the recent discovery that both new and total cases of end-stage renal disease declined in diabetic AI/ANs since 2006 (Figure 1).<sup>2</sup> Since 2009, the Urban Indian Health Institute has analyzed diabetes data from 31 Urban Indian Health Programs that the Indian Health Service collects annually to share a comprehensive picture of diabetes healthcare in urban AI/AN communities.<sup>3</sup> Data captured in the 2017 Audit reflects care administered in 2016.

## KEY FINDINGS

The following statistics highlight key findings about the health status of diabetic urban AI/ANs in the 2017 Audit. Each measure is based on the Government Performance and Results Act (GPRA) goals which guide assessment of diabetes-related programs. Audit results are not official GRPA results but rather serve as a evaluation metric.

### Goals Exceeded



#### Good Glycemic Control

55.1% of urban AI/AN patients with diabetes had an A1c < 8.0%, above the goal of 48.4% for 2017.



#### Good Blood Pressure Control

Blood pressure control is defined as having blood pressure <140/90. The goal for 2017 was 63.8%. Urban AI/AN diabetic patients exceeded this goal at 78.0%.

### Goals on Track



#### Nephropathy Assessment

Measurements used to check for nephropathy are eGFR and UACR. In 2017, 62.4% of urban AI/AN diabetic patients had both eGFR and UACR completed, almost meeting the 2017 goal of 63.3%.

### Room for Growth



#### Statin Therapy to Reduce Cardiovascular Disease (CVD) Risk

47.4% of urban AI/AN patients with diabetes were prescribed a statin, falling below the goal of 61.9% for 2017.

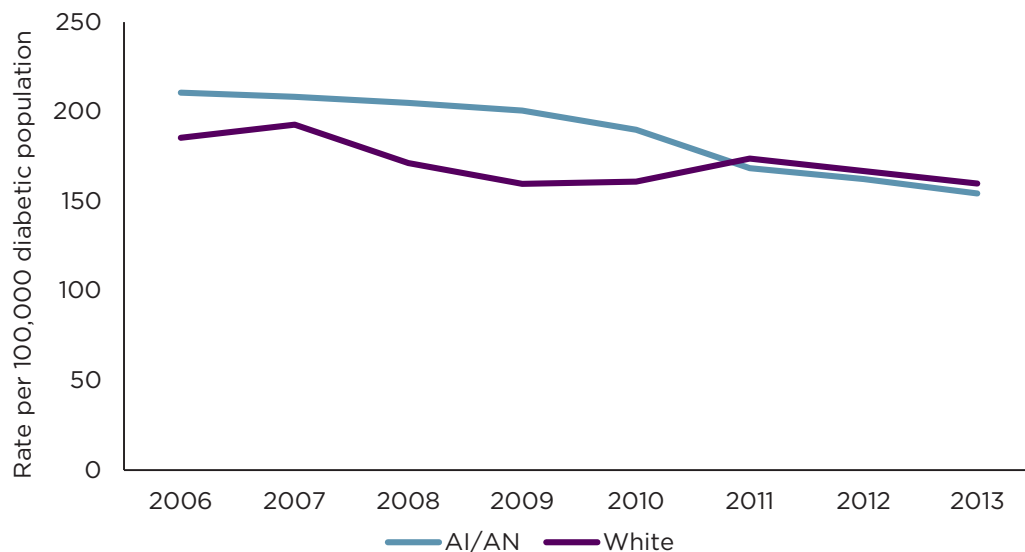


#### Retinopathy Screening

Only 52.1% of urban AI/AN patients with diabetes had a dilated eye exam in 2017, 11% lower than the annual goal of 63.1%.

## Figure 1. Rates of End Stage Renal Disease by Race

A study by Bullock, Burrows, Narva et al. (2017) found that diabetes associated end-stage renal disease (ESRD) incidence rates among AI/ ANs have decreased by 28% since 2006, following the implementation of SDPI by IHS. By 2013, rates of ESRD in White and AI/AN diabetic populations were nearly equal.



## RECOMMENDATIONS

Based on our findings of the *Urban Diabetes Care & Outcomes Summary Report, Audit Years 2013-2017*,<sup>3</sup> we recommend improvements in the following areas:

### Data Collection

- Gather information on diabetes patients' care and outcomes consistently to better identify ongoing improvements and continuing gaps.

### Programmatic Recommendations

- Encourage urban diabetes patients to stay up to date on all immunizations and routine screenings.

### Research

- Investigate the trends of end-stage renal disease in urban AI/ ANs to determine if the trend is similar to what has been observed in the overall AI/AN population (Figure 1).

### Prevention Funding

- Invest in community efforts that increase access to dental exams, retinopathy assessment, and nephropathy assessment.
- Continue support of successful efforts for depression screening and referral of tobacco users to cessation counseling.

## References

1. Indian Health Services. Special Diabetes Program for Indians. Available at: <https://www.ihs.gov/sdpi/>.
2. Ann Bullock, Nika Rios Burrows, Andrew S Narva, et al. Vital Signs: Decrease in Incidence of Diabetes-Related End-Stage Renal Disease among American Indians/Alaska Natives —

United States, 1996–2013. *Morbidity and Mortality Weekly Report*. 2017;66(1):7.

3. Urban Indian Health Institute, Seattle Indian Health Board (2018). *Urban Diabetes Care & Outcomes Summary Report, Audit Years 2013-2017*. Seattle, WA: Urban Indian Health Institute.



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