Addressing SDOH and Racial/Ethnic Disparities in Diabetes with Real-Time CGM
A Blueprint for Payer-Led Disease Management and Coverage

Identifying a Proven Intervention That Can Improve Diabetes Outcomes in Low-Income and Minority Populations is a Challenge for Payers

Average A1c in T2D
- 8.9% for Whites
- 9.7% for Non-Hispanic Blacks
- 9.4% for Hispanics

... Self monitoring of blood glucose, while still a standard part of diabetes self-management, has not been shown to result in self adjustments to insulin in primary care settings.”

- Monica Peek, MD, MPH,
  Associate Director, Chicago Center for Diabetes Translational Research

REAL-TIME CGM TECHNOLOGY ENHANCES EXISTING MODELS OF CARE AS A MEANS OF ADDRESSING SDOH

- Diabetes care that relies on quarterly visits with A1C checks neglects the reality of life with diabetes that is continuous
- The majority of diabetes care transpires between visits, outside of clinic encounters
- Use of rtCGM allows for remote monitoring by providers and engagement of patients in their own care

SDOH= social determinants of health; rtCGM= real-time continuous glucose monitoring
FINDINGS FROM THE MOBILE STUDY RECENTLY PUBLISHED IN JAMA SHOW THAT LOW-INCOME AND MINORITY POPULATIONS CAN BE SUCCESSFULLY ENGAGED WITH RTCGM TO ENHANCE SELF-MANAGEMENT AND TO IMPROVE DIABETES CONTROL IN PRIMARY CARE SETTINGS

- rtCGM improved outcomes across different racial and ethnic backgrounds, age groups, income, numeracy, and education levels

**MOBILE TYPE 2 STUDY POPULATION**

- 52% ethnically diverse
- 55% HS diploma or less
- 58% with non-private insurance

- rtCGM improved patient engagement with no increase in medication use

Racial disparities in the use of diabetes technology are prevalent and provide a key target for payer intervention across the lifespan

Greater access to rtCGM in underserved populations and programs targeting these demographics for intervention with rtCGM helps meet goals of population health/health equity

Payers should use their unique position to address SDOH through disease management and improved access to rtCGM through the pharmacy to engage affected members in their own communities

**CALL TO ACTION**


Supported by an educational grant from Dexcom, Inc.