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**Trends in Preventive Care Services among U.S. Adults with Diagnosed Diabetes, 2008–2020**

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# Abstract

**Objective:** Preventive care services are important to prevent or delay complications associated with diabetes. We reported trends in receipt of six American Diabetes Association recommended preventive care services during 2008 – 2020.

**Research Design and Methods:** We used 2008–2020 data from the cross-sectional Medical Expenditures Panel Survey to calculate the proportion of U.S. adults ≥ 18 years of age with diagnosed diabetes that reported receiving preventive care services, overall and for subpopulations. We used Joinpoint regression to identify trends during 2008 – 2019. The six services in the past year included at least one dental examination, a dilated eye examination, foot examination, ≥ 2 A1C tests, a cholesterol test, and receipt of an influenza vaccine.

**Results:** From 2008–2020, proportions of U.S. adults with diabetes receiving any individual preventive care service ranged from 32.6% to 89.9%. From 2008–2019, overall trends in preventive services among these adults were stable except for an increase in receipt of influenza vaccines (average annual percent change: 2.6% [95% CI: 1.1%, 4.2%]). Trend analysis at the subgroup level was heterogeneous: influenza vaccination, A1C testing, and dental visits tended to improve while, among the uninsured, foot exams, cholesterol testing, and dental visits tended to decline. In 2020, 8.2% (4.5%, 11.9%) received none of the six recommended preventive care services.

**Conclusions:** Other than influenza vaccination, we observed no improvement in receipt of preventive care services among U.S. adults with diabetes. These data highlight services and specific subgroups that could be targeted to improve preventive care among adults with diabetes.