Screening at BMI 23 for Asian Americans: Impact on San Francisco Health Network
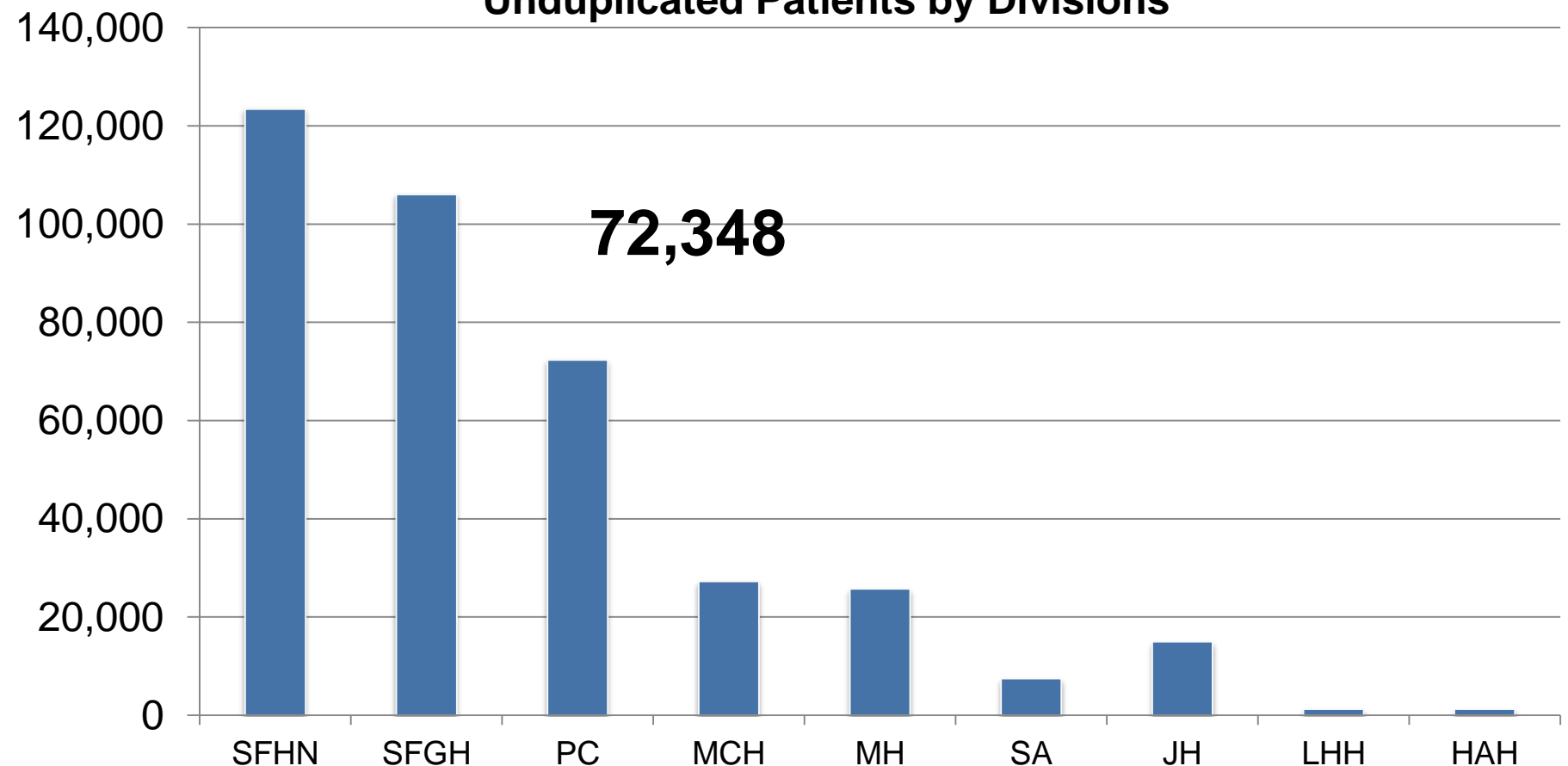
BenLui, MD, MPH
Medical Director/Center Director
Chinatown Public Health Center
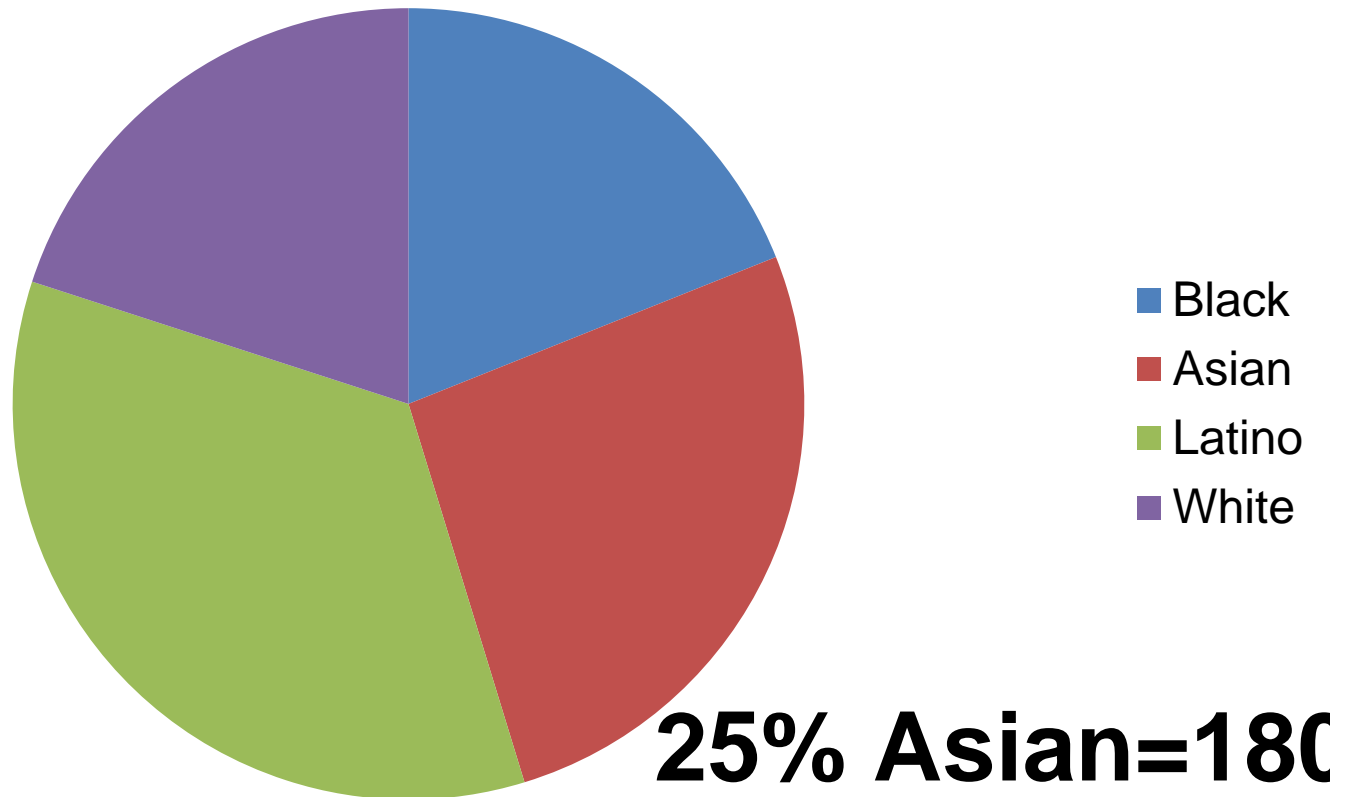San Francisco Department of Public Health
October 20, 2015

SFHN by the Numbers

Unduplicated Patients by Divisions

SFHN PC: Numbers by Race

Primary Care

Legend:
- Black
- Asian
- Latino
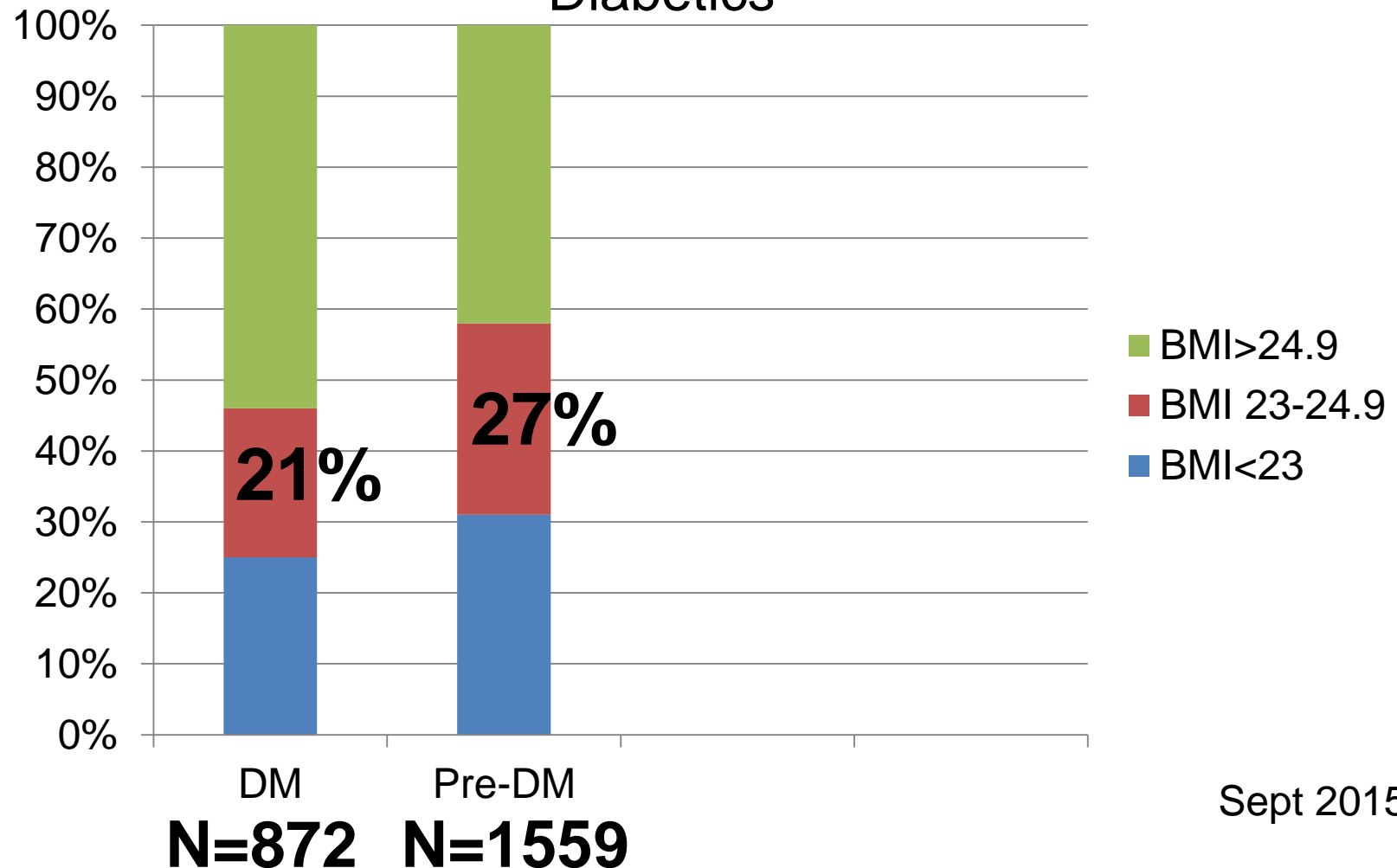- White

25% Asian=180

Chinatown Public Health Center

❖Community Primary Care

❖5446 active unduplicated patients

❖90% Asian Americans (27% of SFHN PC)

❖872 CPHC patients have diabetes = <u>16%</u>

❖1559 CPHC patients have pre-diabetes = <u>29%</u>

❖BMI $\geq$ 23 = 3243 (59% CPHC patients)

❖BMI $\geq$ 25 = 2033 (37% CPHC patients)

❖BMI 23-24.9 = 1210 (<u>22%</u> CPHC patients)

BMI Breakdown of Current CPHC Diabetics and Pre-Diabetics

21%

27%

■ BMI>24.9

■ BMI 23-24.9

■ BMI<23

DM   Pre-DM

N=872   N=1559

Sept 2015

Impact on SFHN

❖Additional Patients Screened = 4015 (#Asian Americans at BMI 23-24.9 = 18087 x 22%)

❖Additional Pre-Diabetics = 1148 (4015 x 29% pre-Diabetics)

❖Additional Diabetics = 642 (4015 x 16% Diabetics)

Cost Benefit Analysis

Benefits

❖Earlier detection and intervention

❖Preventing costly complications (e.g. stroke, heart attack, kidney disease, loss of vision, loss of limb) and hospitalizations

❖Lower loss of productivity

Costs

❖Simple screening blood test (HgbA1c)

❖Low cost treatment (e.g. generic metformin) and interventions (diet modification, exercise)

On The Ground

❖ CPHC began screening at 23 for Asian Americans in April 2015

❖ Minimal impact on operation

❖ Diabetes Prevention Program pilot with local YMCA: pre-diabetic patient referral

❖ Revamped diabetes class with emphasis on self-management

SFHN and Population Health

❖Tremendous opportunities exist for SFHN to effect positive health gains on a population level.

❖SFHN developing more of a population health strategy

Enterprise EMR

Data warehouse and analytics

Registries

DPH Population Health Division collaboration

❖Building the infrastructure to execute this strategy