

## Variables affecting diabetes control in Hispanics in an outpatient clinic in Hartford, CT

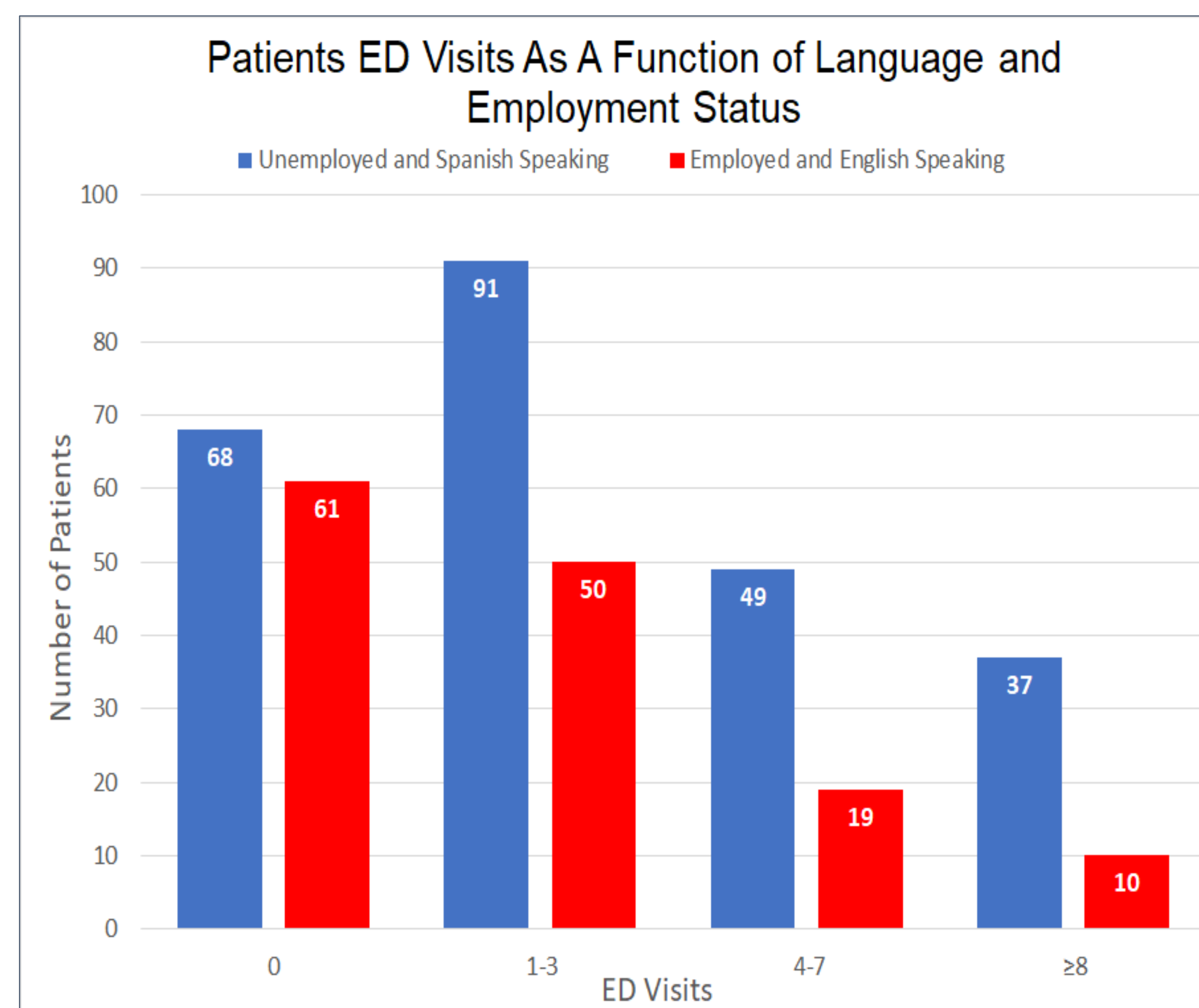
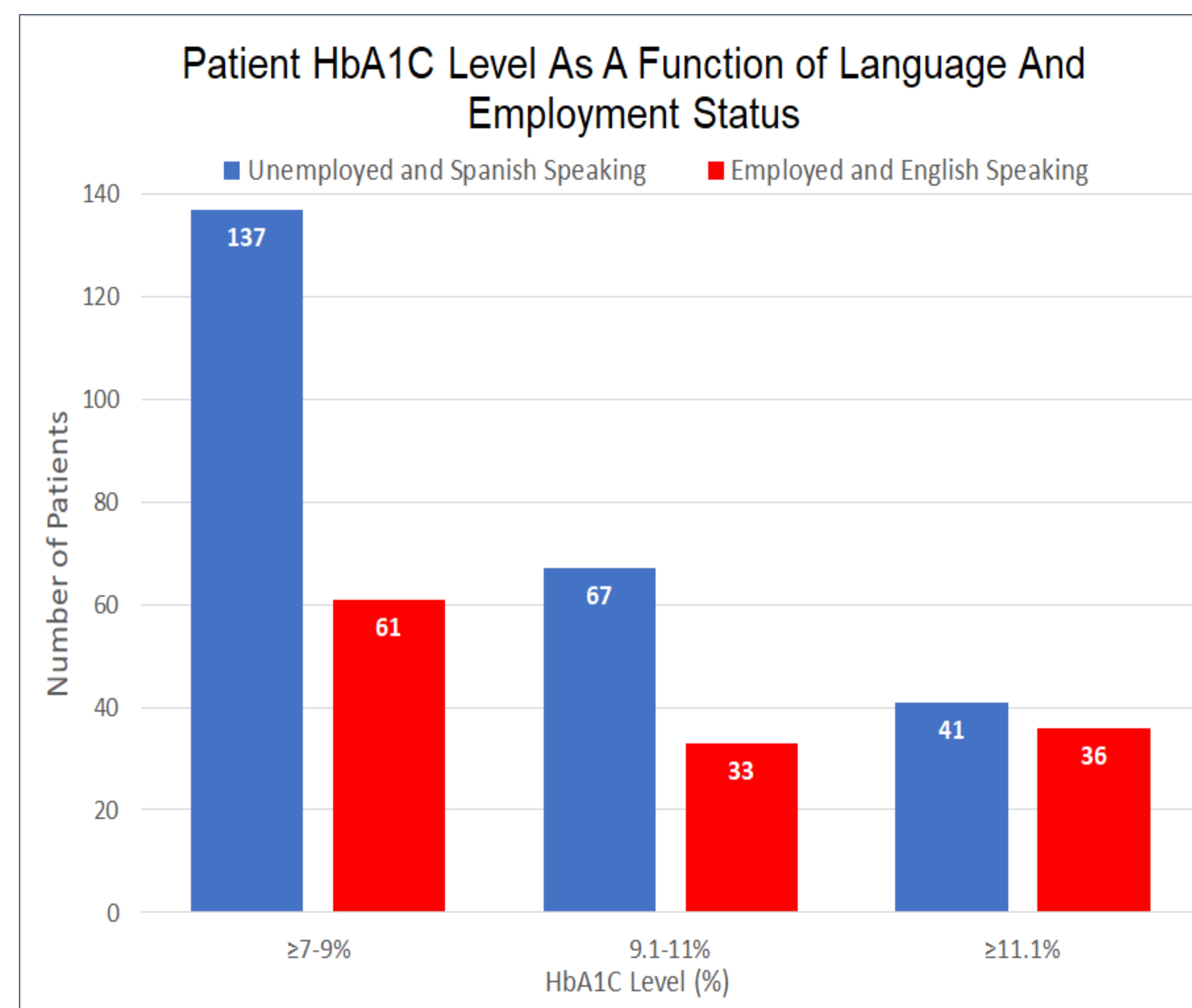
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### BACKGROUND

- Hispanics comprise the largest minority population in the United States and have the highest incidence and prevalence of type 2 diabetes compared to the national average.
- Hispanics make up the least amount of high-income, as well as the lowest group of college graduates.
- This study observed how social determinants influence HbA1C control among Hispanic patients at Hartford Healthcare Community Health.

### METHODS

- We reviewed data from an urban outpatient clinic that serves a predominantly indigent population located in Hartford, CT.
- We attributed the data into Hispanic and non-Hispanic patients.
- Data variables included HbA1C levels, employment status, preferred language (Spanish or English) and number of Emergency Department (ED) visits.



### RESULTS

- 385 Hispanic patients with HbA1C ≥7% were included.
- There were 140 employed/English speaking patients, compared to 245 unemployed/Spanish speaking patients.
- Unemployed/Spanish speaking patients consistently had higher HbA1C levels and more ED visits than employed/English speaking patients.

### DISCUSSION

- Spanish speaking and unemployed Hispanic patients demonstrated poorer HbA1C control than English speaking and employed Hispanic patients.
- This demonstrates that language and unemployment are barriers to adequate healthcare.
- Future interventions should likely address interactions between biological and sociocultural factors that may affect diabetes control.