

1 in 3

Diabetes Tied to a Third of California Hospital Stays, Driving Health Care Costs Higher



WHAT

A new policy brief, *Diabetes Tied to a Third of California Hospital Stays, Driving Health Care Costs Higher*, takes the first comprehensive look at the impact of diabetes on hospitalizations and hospital costs in California. Every third hospital bed is filled with a patient with diabetes, with hospital stays for patients with diabetes costing nearly \$2,200 more than for patients without diabetes. These stays add an extra \$1.6 billion dollars every year to California hospitalization costs, including \$254 million in costs paid by Medi-Cal alone.

WHY

Type 2 diabetes rates have jumped 35 percent over the past decade in California and tripled nationally over the past 30 years. For 2.4 million Californians and their families, diabetes has become a common and painful reality, too often leading to amputations, blindness, cardiovascular disease and premature death. Understanding the impact of diabetes on a county-by-county basis offers health care professionals and decision makers a vital tool to aid their efforts to curb this disease and its related costs.

HOW

This study uses 2011 hospital patient discharge and annual financial data from the Office of Statewide Health Planning and Development and data from the 2011-12 California Health Interview Survey.

WHO

The study was produced collaboratively by the UCLA Center for Health Policy Research and the California Center for Public Health Advocacy, with funding from The California Endowment.

KEY FINDINGS

- Almost one in three hospital stays (31 percent) in California in 2011 was for patients with diabetes.
- Hospital stays for patients with diabetes cost an average of nearly \$2,200 more per stay than those for patients without diabetes, regardless of the primary reason for the hospitalization.
- The percent of hospitalizations for patients with diabetes varies by county, with the highest percent in Imperial County (41 percent) and the lowest in Nevada County (19.9 percent).
- Compared to the percent of White hospital patients having diabetes (27 percent), rates were higher among every other racial and ethnic group, with 43.2 percent of Latino, 40.3 percent of American Indian & Alaska Native, 39.3 percent of African American and 38.7 percent of Asian American & Pacific Islander hospital patients having diabetes.