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Executive Summary

<u>Texas Health and Safety Code, Chapter 103</u>, establishes the Texas Diabetes Council (TDC). Section 103.0131 requires the TDC to conduct a biennial statewide assessment of existing state programs for the prevention and treatment of diabetes. In conjunction with the assessment, the TDC develops a state plan, which includes TDC recommendations and priorities. It is available as a separate report on the Department of State Health Services (DSHS) <u>Legislative Reports page</u>.

The assessment includes information collected from DSHS and the Health and Human Services Commission (HHSC). Programs have addressed diabetes prevention and treatment in different ways, covering the entire state for some programs while targeting specific regions and counties for others.

Introduction

<u>Texas Health and Safety Code, Chapter 103</u>, establishes the TDC. It has 11 members appointed by the Governor and nonvoting members from DSHS, HHSC, Texas Workforce Commission Vocational Rehabilitation Division, Employees Retirement System of Texas, and Teacher Retirement System of Texas.

<u>Texas Health and Safety Code, Section 103.0131</u>, requires the TDC to assess existing diabetes prevention and treatment programs at DSHS and HHSC. The assessment is in conjunction with a state plan for treatment, education, and training developed by the TDC. For more detailed information, see the *2023 State Plan for Diabetes and Obesity Treatment*, located on the <u>DSHS Legislative Reports page</u>.

The assessment must include:

- The number of individuals served by the programs
- The areas where services to prevent diabetes and treat individuals with diabetes are unavailable
- The number of health care providers treating individuals with diabetes under the programs

The prevalence of diabetes among adults in Texas has increased over the past decade, from 10.2 percent in 2011 to 11.5 percent in 2021. Today, more than 2.7 million (12.6 percent) Texas adults have been diagnosed with diabetes, and nearly

 $^{^{1}}$ Texas Behavioral Risk Factor Surveillance System (BRFSS) Public Use Data Files, Texas Department of State Health Services (DSHS), Center for Health Statistics (CHS), Austin, TX, 2011-2021.

7.1 million (34 percent) Texas adults have prediabetes.^{2,3} Prediabetes increases the likelihood of developing type 2 diabetes, heart disease, and stroke.⁴

According to the Texas Demographic Center, the number of persons with diabetes is projected to increase to nearly 8 million people by 2040, while the prevalence may rise to 23.8 percent.⁵ The annual financial toll on Texas due to diabetes is \$26 billion, including \$18.9 billion in direct medical costs and \$6.7 billion in indirect costs.⁶

The mission of the TDC is to address current issues affecting the prevention, detection, management, and treatment of diabetes and obesity in the state. The TDC advises state agencies and the Legislature on these matters and may establish priorities and make recommendations.

Applicable divisions within DSHS and HHSC were surveyed to collect data regarding programs and services for people with diabetes.

² For the diagnosed with diabetes data: Centers for Disease Control and Prevention (CDC). 2020. U.S. Diabetes Surveillance System, Diagnosed Diabetes. Retrieved on May 4th, 2023 from https://gis.cdc.gov/grasp/diabetes/diabetes/diabetes-surveillance.html#

³ Timothy M. Dall, Wenya Yang, Karin Gillespie, Michelle Mocarski, Erin Byrne, Inna Cintina, Kaleigh Beronja, April P. Semilla, William Iacobucci, Paul F. Hogan; The Economic Burden of Elevated Blood Glucose Levels in 2017: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes Mellitus, and Prediabetes. *Diabetes Care* 1 September 2019; 42 (9): 1661–1668. https://doi.org/10.2337/dc18-1226

⁴ Centers for Disease Control and Prevention. Diabetes and Prediabetes, 2019. https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm.

⁵ Texas Demographic Center. Summary Report on Diabetes Projections in Texas, 2007 to 2040.

https://demographics.texas.gov/Resources/Publications/2008/2008_SummaryReportDiabet es.pdf

⁶ Timothy M. Dall, Wenya Yang, Karin Gillespie, Michelle Mocarski, Erin Byrne, Inna Cintina, Kaleigh Beronja, April P. Semilla, William Iacobucci, Paul F. Hogan; The Economic Burden of Elevated Blood Glucose Levels in 2017: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes Mellitus, and Prediabetes. *Diabetes Care* 1 September 2019; 42 (9): 1661–1668. https://doi.org/10.2337/dc18-1226

DSHS Diabetes Programs

The DSHS mission is to improve the health, safety, and well-being of Texans through good stewardship of public resources and a focus on core public health functions.

Two DSHS programs contributed information for this assessment:

- Diabetes Prevention and Control Program (DPCP)
- Office of Border Public Health (OBPH)

Please note that the figures provided below are estimates. In many cases, the exact number of individuals with diabetes served and the number of providers treating individuals with diabetes could not be determined.

Diabetes Prevention and Control

Eligibility/Population Served: The DSHS DPCP works extensively with statewide stakeholders (including local health departments, community-based organizations, and health care partners) to implement programs for the prevention and self-management of type 2 diabetes in community- and employer-based settings.

The primary target populations for community-based activities are individuals and families disproportionately affected by prediabetes and type 2 diabetes as well as those with limited access to health care. The primary target populations for employer-based prevention activities are employees with prediabetes.

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 2,081

- Number of employees in private companies with coverage through employer-based prevention activities: 11,049
- Number of employees in public companies with coverage through employerbased prevention activities: 58,338

Fiscal Year 2022 Services/Activities: The DSHS DPCP partnered with five local health departments and six academic/research institutions to provide diabetes self-management education and support and diabetes prevention services. Participants included people living with type 2 diabetes, racial/ethnic minority groups, low-

socioeconomic populations, uninsured/under-insured individuals, and their families in areas with a significant prevalence of diabetes.

Fiscal Year 2022 Geographic Reach: Public Health Regions 2/3, 4/5N, 6/5S, 8, 9/10, and 11.⁷

The DSHS DPCP partnered with eleven organizations in fiscal year 2022.

- Dallas-Fort Worth Hospital Council Education and Research Foundation
- El Paso Department of Public Health
- Houston Health Department
- Laredo Health Department
- Northeast Texas Public Health District
- San Antonio Metropolitan Health District
- University of Texas at Austin College of Pharmacy
- University of Texas at El Paso
- University of Texas Health Science Center at Houston
- University of Texas Health Science Center at Tyler
- University of Texas Medical Branch

Number of Health Care Providers Treating Individuals with Diabetes under the Program: The DSHS DPCP does not provide direct medical services. Participants of DSHS-funded programs are referred to health care providers and connected with resources in their respective communities.

Office of Border Public Health

Eligibility/Population Served: The DSHS OBPH works with organizations along the Texas-Mexico border to develop and implement chronic disease prevention initiatives that promote healthy eating habits and increase physical activity among elementary school-aged children.

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: Unable to determine because the program is prevention based and serves all children regardless of diabetes status.

Fiscal Year 2022 Services/Activities: DSHS OBPH in Public Health Region 8 partnered with Eagle Pass Independent School District and Carrizo Springs

⁷ A map of the public health regions is available on the <u>DSHS website</u>.

Consolidated Independent School District to implement CATCH (Coordinated Approach to Child Health) with third grade students at participating schools.

The Number of Health Care Providers Treating Individuals with Diabetes Under the Program: DSHS OBPH does not provide direct medical services.

HHSC Diabetes Programs

HHSC's mission is to serve Texas.

Ten HHSC programs contributed information for this assessment:

- Area Agencies on Aging (AAA)
- Children with Special Health Care Needs Services Program (CSHCN)
- Children's Health Insurance Program (CHIP)
- County Indigent Health Care Program (CIHCP)
- Family Planning Program (FPP)
- Healthy Texas Women Program (HTW)
- Kidney Health Care Program (KHC)
- Medicaid
- Primary Health Care (PHC) Program
- Title V Maternal & Child Health Fee-for-Service Program (Title V MCH FFS)

Please note that the figures provided in the following sections are estimates. In many cases, the exact numbers of individuals with diabetes served and the number of providers treating individuals with diabetes could not be determined.

Area Agencies on Aging

Eligibility/Population Served:

- Age: Older American Act funding requires that an individual be 60 years of age or older. Family members and informal caregivers of individuals 60 years of age or older are also eligible for services.
- Income: There is no income limit.
- Resources: There are no resource limits.

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: Unable to determine.

Fiscal Year 2022 Services/Activities:

- Evidence-Based Intervention Programs:
 - Diabetes Self-Management Program
 - National Diabetes Prevention Program

Fiscal Year 2022 Geographic Reach: Public Health Regions 2/3, 4/5N, 6/5S, 7, and 8.

Number of Health Care Providers Treating Individuals with Diabetes under the Program: HHSC AAA does not provide direct medical services.

Children with Special Health Care Needs Services Program

Eligibility/Population Served: HHSC CSHCN serves individuals 20 years or younger who have special health care needs and individuals of any age with cystic fibrosis. The program is available to anyone who also:

- Lives in Texas
- Has a medical condition that is expected to last at least 12 months, will limit one or more major life activities, requires a higher level of health care, and has physical symptoms
- Has an income level at or below 200 percent of the federal poverty level (FPL)

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 103

Fiscal Year 2022 Services/Activities: HHSC CSHCN supports family-centered, community-based strategies for improving the quality of life for children with special health care needs and their families. Available services include:

- Primary, preventive, and specialist care
- Medical equipment and supplies
- Medical transportation
- Medications and immunizations
- Case management
- Insurance premium payment assistance
- Family support services

Fiscal Year 2022 Geographic Reach: Statewide

DSHS supports the HHSC CSHCN Program by improving community-based services for children with special healthcare needs. Specifically, DSHS regional staff:

 Provide case management services to eligible individuals (both active and waitlisted) Process incoming program eligibility applications

Number of Health Care Providers Treating Individuals with Diabetes under the Program: HHSC CSHCN cannot determine the number of providers treating individuals with diabetes.

Children's Health Insurance Program

Eligibility/Population Served: CHIP offers low-cost health coverage for children from birth through age 18. The program is available to children who are:

- Not eligible for Medicaid or Medicare
- A U.S. citizen or a lawfully residing non-citizen with a valid proof of immigration status
- A Texas resident
- Under age 19
- Uninsured for at least 90 days with some exceptions
- Living in a family with a household income that is above the Medicaid income threshold for their age and at or below 201 percent of the FPL⁸

CHIP covers children in families who have too much income or too many assets to qualify for Medicaid but cannot afford to buy private insurance. Most families in CHIP pay an annual enrollment fee to cover all children in the family. CHIP families also pay co-payments for doctor visits, prescription drugs, inpatient hospital care, and non-emergent care provided in an emergency room setting. CHIP annual enrollment fees and co-payments vary based on family income. In addition, the total amount that a family is required to contribute out-of-pocket toward the cost of health care services is capped at five percent of the family's income.⁹

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 13,817

Fiscal Year 2022 Services/Activities: Fifteen Medicaid and CHIP managed care organizations (MCOs) have contracted with a total of five different pharmacy benefits managers (PBMs).

⁸ If the child is living in a family below 133 percent of the FPL, the child might be eligible for Medicaid instead.

⁹ In fiscal year 2020, in response to the COVID-19 public health emergency, the Texas CHIP program was able to waive CHIP outpatient office visit copayments, lessening the economic burden on families. CHIP also extended certification periods, which relieved an administrative burden on families.

The <u>Texas Medicaid/CHIP Vendor Drug Program website</u> includes information on diabetes medications covered by CHIP and PBMs serving CHIP MCOs.

The following services are covered under CHIP:

- Inpatient general acute and inpatient rehabilitation hospital services
- Transplants
- Skilled nursing facilities (including rehabilitation hospitals)
- Outpatient hospital, comprehensive outpatient rehabilitation hospital, clinic (including health center), and ambulatory health care center services
- Physician and physician extender professional services (including well-child exams and preventive health services such as immunizations)
- Durable medical equipment, prosthetic devices, and disposable medical supplies
- Home and community health services
- Inpatient and outpatient mental health services
- Inpatient, residential, and outpatient substance abuse treatment services
- Rehabilitation and habilitation services (including physical, occupational, and speech therapy, and developmental assessments)
- Hospice care services
- Emergency services (including emergency hospitals, physicians, and ambulance services)
- Case management and care coordination services
- Prescription drugs
- Dental services (provided through a separate program)
- Vision
- Chiropractic services
- Tobacco cessation
- Prenatal care and pre-pregnancy family services and supplies
- Birthing center services
- Services rendered by a certified nurse midwife or physician in a licensed birthing center

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: 1,833

County Indigent Health Care Program

Eligibility/Population Served: HHSC CIHCP provides health care services to eligible residents through the counties, hospital districts, and public hospitals in Texas. To qualify, an individual or household must:

- Have income at or below 21 percent of the FPL
- Have resources that do not exceed \$3,000 when a person is aged or disabled and who meets the relationship requirements lives in the home or \$2,000 for all other households
- Live in a household including a person living alone or together where legal responsibility for support exists, excluding disqualified persons (a disqualified person is one who receives or is categorically eligible to receive Medicaid)
- Live in the county in which they apply and intend to remain

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: Unable to determine.

Fiscal Year 2022 Services/Activities:

Basic services include:

- Primary and preventative services designed to meet the needs of the community, including immunizations, medical screening services, and annual physical examinations
- Inpatient and outpatient hospital services
- Rural health clinic services
- Laboratory and X-ray services
- Family planning services
- Physician services
- Payment for not more than three prescription drugs a month
- Skilled nursing facility services, regardless of the patient's age

Optional services may also be provided, including:

- Ambulatory surgical center services
- Diabetic and colostomy medical supplies and equipment
- Durable medical equipment
- Home and community health care services
- Social work services

- Psychological counseling services
- Services provided by physician assistants, nurse practitioners, certified nurse midwives, clinical nurse specialists, and certified registered nurse anesthetists
- Dental care
- Vision care, including eyeglasses
- Services provided by federally qualified health centers
- Emergency medical services
- Physical and occupational therapy services
- Any other appropriate health care service identified by rule that may be determined to be cost-effective

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: There are 302 programs that administer CIHCP in the state. HHSC CIHCP does not have the ability to determine the number of providers treating individuals with diabetes.

Family Planning Program

Eligibility/Population Served:

- Men and women
- Residents of Texas
- Ages 64 or younger
- Are younger than 18 and have parental consent, unless the circumstances of Texas Family Code, Chapter 32, apply
- Have income at or below 250 percent of the FPL
- Do not have private health insurance or Medicaid, or their insurance does not cover family planning services

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 6,176

Fiscal Year 2022 Services/Activities: HHSC FPP provides a variety of services, including the following:

- Well-woman visits
- Contraception, except emergency contraception
- Family-planning and preventative health care
- Pregnancy testing and counseling

- Breast and cervical cancer screenings
- General health screenings

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: HHSC FPP services are provided by 50 contracted providers at 250 clinic locations. HHSC FPP does not have the ability to determine the number of providers treating individuals with diabetes.

Healthy Texas Women Program

Eligibility/Population Served: HHSC HTW offers women's health and family planning services at no cost to eligible women. The program is available to anyone who:

- Is a woman aged 15 through 44 (women aged 15 through 17 must have parental or legal guardian consent to apply and receive services)
- Is a U.S. citizen or eligible immigrant
- Has an income at or below 200 percent of the FPL
- Resides in Texas
- Does not have health insurance, Medicaid, or CHIP
- Is not pregnant

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 5,962

Fiscal Year 2022 Services/Activities: HHSC HTW provides comprehensive medical assessment for clients including diabetes screening (blood glucose testing). Providers assist patients in meeting all identified health care needs either directly or by referral. Pharmaceutical treatment for diabetes is also available through HHSC HTW. Outpatient prescription drugs are a benefit of HHSC HTW. The Texas Vendor Drug Program website includes information on diabetes medications covered by HHSC HTW.

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: 179

Kidney Healthcare Program

Eligibility/Population Served:

- Has a diagnosis of end-stage renal disease (ESRD) from a licensed physician
- Gets regular dialysis treatments OR has received a kidney transplant
- Lives in Texas
- Has an income of less than \$60,000 per year
- Does not receive medical or drug Medicaid benefits

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 2,565¹⁰

Fiscal Year 2022 Services/Activities: HHSC KHC assists people with ESRD to obtain health care services. KHC helps clients with their dialysis treatments, access to surgery, drugs, travel to health care visits, and Medicare premiums. ESRD is usually the result of years of chronic kidney disease caused by inherited conditions, medical conditions (such as diabetes and/or hypertension), or an injury to the kidneys.

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: HHSC KHC does not have the ability to determine the specific number of providers treating individuals with diabetes.

Medicaid

Eligibility/Population Served: Medicaid is a jointly funded state-federal health care program administered by HHSC. The program covers mandatory eligibility groups and some optional eligibility groups.

Individuals with income or resources above predefined limits are ineligible for Medicaid. The Texas Medicaid program covers a limited number of optional groups, which are eligibility categories that states are allowed, but not required, to cover under their Medicaid programs. For example, Texas chooses to extend Medicaid

¹⁰ KHC does not require a diagnosis code for clients with ESRD; and only individuals who reported a diagnosis of diabetes on their application are included in the count of individuals served with diabetes. Diabetes is a leading cause of chronic kidney disease.

eligibility to pregnant women and infants up to 198 percent of the FPL; the federal requirement for pregnant women and infants is 133 percent of the FPL.

Another optional group that Texas covers is known as the "medically needy" group. This group consists of individuals whose income exceeds Medicaid eligibility limits but who do not have the resources required to meet their medical expenses. A "spend down" amount is calculated for these individuals by subtracting their incomes from the medically needy income limit for their household sizes. If their medical expenses exceed the "spend down" amount, they become Medicaid eligible. Medicaid then pays for those unpaid medical expenses and any Medicaid services provided after they are determined to be medically needy. Children with family income or resources above Medicaid thresholds may be eligible for CHIP.

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: 291,246

Fiscal Year 2022 Services/Activities: About 5.3 million Texans rely on Medicaid for health insurance or long-term services and support.

Medicaid pays for acute health care and long-term services and supports (LTSS) for people aged 65 and older and persons with disabilities who meet income requirements. LTSS include home- and community-based services, nursing facility services, and services provided in intermediate care facilities for individuals with an intellectual disability or related conditions.

Guidance regarding coverage of equipment and supplies for persons with diabetes, such as insulin pumps, syringes, and testing strips, is found in the <u>Texas Medicaid</u> Provider Procedures Manual.

Since 2012, most Medicaid clients have obtained their prescription drug benefits through a managed care plan. Outpatient prescription drugs are a benefit of each Medicaid managed care program. Across the state, 16 Medicaid MCOs have contracted with a total of 6 different PBMs. Some PBMs contract with multiple MCOs. The Texas Medicaid/CHIP Vendor Drug Program website includes information on diabetes medications covered by Medicaid and PBMs serving Medicaid MCOs.

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: 15,272

Primary Health Care Program

Eligibility/Population Served: For an individual to receive HHSC PHC services, three criteria must be met:

- Gross family income must be at or below 200 percent of the FPL
- Texas resident
- Not eligible for other programs/benefits providing the same services

HHSC PHC has no age requirement.

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: Unable to determine.

Fiscal Year 2022 Services/Activities: PHC providers are required to offer, at minimum, the following six priority primary health care services:

- Diagnosis and treatment
- Emergency services
- Family planning services
- Preventative health services, including immunizations
- Health education
- Diagnostic testing, such as X-rays and lab services

Some HHSC PHC contractors also provide the following services:

- Nutrition services
- Health screening
- Home health care
- Dental care
- Transportation
- Prescription drugs and devices, and durable supplies
- Environmental health services
- Podiatry services
- Social services

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: HHSC PHC awarded funds to 57 contractors with approximately 239

clinics. HHSC PHC cannot determine the number of providers treating individuals with diabetes.

Title V Maternal & Child Health Fee-for-Service Program

Eligibility/Population Served: The Title V MCH FFS program serves pregnant women of any age and children between the ages of 0 and 21 years old. To qualify, individuals must:

- Have incomes at or below 185 percent of the FPL
- Be Texas residents
- Must not be eligible for other health care plans that provide the same services

Fiscal Year 2022 Individuals with Diabetes or Prediabetes Served: Unable to determine.

Fiscal Year 2022 Services/Activities: Prenatal services for pregnant women are provided for up to 60 days while the applicant is awaiting CHIP Perinatal or Medicaid assistance. These services include:

- Complete history
- Physical examination and clinical assessment
- Family planning services
- Counseling and education services
- Referrals as indicated by medical history, physical exams, or clinical assessment
- Routine prenatal laboratory and diagnostic testing

Prenatal dental services are provided for pregnant women up to three months after they have given birth. These services include:

- Comprehensive and periodic oral evaluations
- Radiographs
- Preventative and therapeutic services

Preventative and primary health services are provided for youth 21 and younger. These services include:

- Well-child checkups
- Laboratory, vaccines, and minimal sick care
- · Case management for high-risk infants up to 1 year old

Child dental services include:

- Comprehensive and periodic oral evaluations
- Radiographs
- Fluoride treatment
- Restorative treatment
- Sealant application

Fiscal Year 2022 Geographic Reach: Statewide

Number of Health Care Providers Treating Individuals with Diabetes under the Program: Title V Maternal & Child Health program awarded funds to 63 contractors. Title V MCH FFS cannot determine the number of providers treating individuals with diabetes.

Conclusion

This assessment demonstrates that Texas state agencies have numerous programs actively engaged in the prevention, screening, and treatment of diabetes.

Given that diabetes prevalence is projected to significantly increase over the next 20 years, the activities outlined in this assessment are vital to improve data, service delivery, and health outcomes. The TDC is dedicated to continuing to identify ways to simultaneously reduce overall expenditures while improving the delivery of evidence-based, cost-effective prevention and health services that improve population health.

List of Acronyms

Acronym	Full Name
AAA	Area Agencies on Aging
СНІР	Children's Health Insurance Program
CIHCP	County Indigent Health Care Program
CSHCN	Children with Special Health Care Needs Services
DPCP	Diabetes Prevention and Control Program
DSHS	Department of State Health Services
ESRD	End Stage Renal Disease
FPL	Federal Poverty Level
FPP	Family Planning Program
HHSC	Health and Human Services Commission
HTW	Healthy Texas Women
KHC	Kidney Health Care Program
LTSS	Long-Term Services and Supports
МСО	Managed Care Organization
ОВРН	Office of Border Public Health

Acronym	Full Name
PBM	Pharmacy Benefit Manager
PHC	Primary Health Care Program
TDC	Texas Diabetes Council
Title V MCH FFS	HHSC Title V Maternal & Child Health Fee-for-Service Program