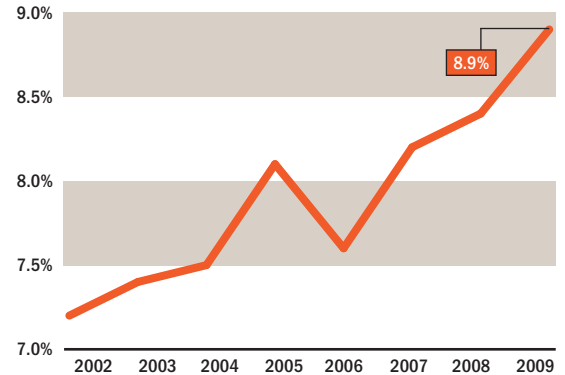## Diabetes still rising in New York

Despite efforts to curb the epidemic of diabetes in New York, the numbers keep going up. The latest figures from a report by the New York State Health Foundation and the Healthcare Association of New York State show how institutions are missing chances to get patients to better manage their disease and keep those at risk from developing the illness. Because diabetes is a chronic illness that makes patients prone to hospital admissions when it is uncontrolled, managing it to avoid medical crises is widely seen as having the potential to cut health care costs.

PREVALENCE OF ADULT DIABETES IN NEW YORK STATE, 2002-09

Diabetes linked to many kinds of hospital admissions

Although diabetes is named as the primary cause for 2% of hospital admissions, it is a secondary cause for 20% of admissions. Further, these diabetic patients are 2.4 times more likely to be readmitted to the hospital than non-diabetics. The rate of readmission among diabetics discharged from a hospital is 25.6%, compared with 10.6% for non-diabetic patients. Readmissions mean hospital personnel are missing opportunities to use the time from admission to discharge to teach the patient and his or her family how to better manage the disease, according to the report.

DIABETICS READMISSIONS VS. NON-DIABETICS READMISSIONS

DIABETICS Cause of admissions	Number of readmissions	Total admissions	Readmission rate
Heart failure and shock	5,705	14,852	38.4%
Chronic obstructive pulmonary disease	4,375	11,379	38.4%
Esophagitis, digestive disorders	3,670	15,012	24.4%
Substance abuse	3,644	10,799	33.7%
Pneumonia and pleurisy	2,808	11,456	24.5%
NON-DIABETICS			
Heart failure and shock	6,976	39,024	17.9%
Chronic obstructive pulmonary disease	5,301	33,501	15.8%
Esophagitis, digestive disorders	4,585	50,949	9.0%
Substance abuse	4,792	34,563	13.9%
Pneumonia and pleurisy	3,996	41,449	9.6%