

# Type 2 Diabetes

## Factors of poorly controlled blood glucose



What factors are associated with poorly controlled blood glucose (glycemic control) in people with type 2 diabetes who have health insurance?



### Background

A lack of health insurance is a risk factor for poor glycemic control; however, poor glycemic control is also observed in people who are insured. Identifying other factors may help inform strategies to improve glycemic control.



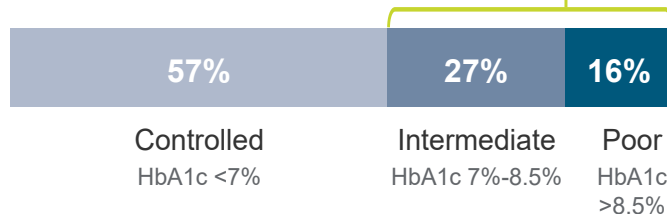
### Methods and Results

Investigators conducted a retrospective study of data from a cohort of 2,981 patients with employer-sponsored health insurance and diagnosed type 2 diabetes. The association between glycemic control (HbA1c) and patient characteristics was assessed by statistical analysis.

## Glycemic Control in Patients With Type 2 Diabetes<sup>1</sup>

Glycemic control (HbA1c) levels in 2,981 patients with type 2 diabetes

43% of patients had HbA1c  $\geq$ 7%.



HbA1c, hemoglobin A1c.

### Factors associated with poor glycemic control

- Younger age
- Male gender
- More severe diabetes
- Worse engagement with healthcare providers
- Less physical activity



In people who had type 2 diabetes and employer-sponsored health insurance, a substantial proportion with intermediate or poor glycemic control were identified. Certain factors were associated with poor glycemic control, which may inform engagement strategies.

1. Louie JZ, Rowland CM, Shiffman D, et al. Glycemic Control in Patients with Employer-Sponsored Health Benefits. *Popul Health Manag*. 2025 Feb;28(1):8-14. doi: 10.1089/pop.2024.0144

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