

# Rural patients with diabetes experience worse health outcomes than urban patients

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## How do the health outcomes of patients with diabetes differ in rural versus urban areas?

A retrospective study of diabetes patients in a large, multi-site health system finds that rural patients were less likely to meet five important treatment goals.



no tobacco use



A<sub>1</sub>C levels >8%



BP >140/90



use of statins



use of aspirin

39.9% of rural patients and 43.2% of urban patients met all five D5 criteria.

Source: Foss, R. Disparities in Diabetes Care: Differences Between Rural and Urban Patients Within a Large Health System. *AnnFamMed* 2023.

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Disparities in Diabetes Care: Differences Between Rural and Urban Patients Within a Large Health System. Credit: *The Annals of Family Medicine* (2023). DOI: 10.1370/afm.2962

Mayo Clinic researchers conducted a study within their health care system to identify factors associated with quality of care among rural and urban patients with diabetes.

The study evaluated patient attainment of a five-component diabetic care metric, known as the D5 metric. This metric includes no tobacco use, [hemoglobin](#) A<sub>1C</sub>

Citation: Rural patients with diabetes experience worse health outcomes than urban patients (2023, May 23) retrieved 12 September 2024 from <https://medicalxpress.com/news/2023-05-rural-patients-diabetes-worse-health.html>

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