



## **Hispanic Healthcare: Affordable and Accessible Solutions To Prevent Type 2 Diabetes**

*By Mario Anglada, CEO, Hoy Health*

The Centers for Disease Control and Prevention (CDC) reports that more than one in three US adults has prediabetes, and Hispanics are at greater risk than non-Hispanics. Fifty percent of Hispanic adults in the U.S. are expected to develop type 2 diabetes, compared with 40 percent for non-Hispanic adults. Research has also shown that ethnic minorities, especially Hispanics, have a disproportionate burden of illness associated with diabetes mellitus.

Currently, there are 30 million Americans with diabetes, and 1 in 4 are unaware that they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetics. A person with prediabetes is at higher risk for developing type 2 diabetes, later in life if they are over 45 years of age, overweight, have family history of type 2 diabetes, high blood pressure, active fewer than three times a week, or had gestational diabetes or gave birth to a baby who weighed over 9 pounds.

When an individual has diabetes, the body does not make enough insulin or can't use the insulin as it should. High levels of sugar over time can cause serious health

problems, including heart disease, vision loss or nerve damage leading to amputation of foot or leg.

Fortunately, type 2 diabetes doesn't have to be permanent – it can be prevented or delayed with healthy lifestyle modifications. However, since there are no clear symptoms, it is important to talk to your doctor about getting your blood sugar tested if you have any risk factors. With American Diabetes Association Alert Day® approaching on March 26, 2019, Hispanics are especially encouraged to take the Type 2 Diabetes Risk Test.

### **First Steps to Preventing Type 2 Diabetes**

Research shows that weight loss and regular physical activity could prevent or delay type 2 diabetes by up to 58 percent of the people with prediabetes. Getting 30 minutes of physical activity a day, five days a week is important.

It is said that type 2 diabetes runs in families, however, it is not always related to sharing genes. Sometimes, families will inherit certain habits that can increase their risk. Changes such as making healthier choices can help start a new family tradition that will grow stronger and keep you living longer.

### **New Cash-Based Wellness Solutions for Hispanics**

Now a growing number of Hispanic consumers can access several cash-based primary care and pharmacy solutions, such as:

- A medication voucher program that gives consumers the ability to pre-purchase generic medications at affordable price points. They can be purchased

for personal use or gifted to a friend or family member either domestically in the U.S. and Puerto Rico, or internationally.

- A free prescription savings card model allows cash-pay consumers to save a significant percent on brand name and generic medications across a wide network of pharmacies.
- An end-to-end clinical solution for patients with diabetes, hypertension, asthma, and obesity that includes vouchers for medications, peripherals, testing supplies, tablet, apps, and access to lifestyle coach consults.
- A bilingual telemedicine platform, which helps underserved populations access the healthcare they need with more ease.

Solutions such as these are drastically simplifying access and delivery of quality health and wellness products, and enabling individuals to access care, learn about their health, determine their wellness needs, access low cost medications, manage their chronic conditions and engage in behavior modification solutions to help them lead healthier and more productive lives.

These solutions hold great promise for closing gaps in care for under- and uninsured Hispanics in the United States by providing greater access to quality care anywhere and at an affordable price, whether it's in the U.S., Puerto Rico or Mexico, in either English or Spanish, and without the need for any type of insurance or third-party payment.