# Preparing for an Expanded Medicaid Population under the ACA: Undiagnosed and Untreated Health Needs

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# Disclaimer

- The findings and conclusions in this article are those of the authors and do not necessarily represent the views of the Centers for Disease Control and Prevention or The Urban Institute.

# Motivation

- With the Medicaid expansion under ACA: nearly all adults with incomes <=138% of poverty would be Medicaid eligible
  - 100 percent federal funding for new eligibles for 2014-16
  - In many states, Medicaid coverage for adults has been targeted to the disabled, pregnant women, and very poor parents
- The Supreme Court put decision about Medicaid expansion in state hands
- Gaps in information available on the health needs of the target population for the Medicaid expansion
  - Self reported data (Sommers & Epstein 2011, Holahan et al 2010;)
  - Medicaid claims data from adults covered under prior, more narrowly targeted state reform initiatives (Somers et al. 2010, Natoli et al 2011)

# Data

- National Health and Nutrition Examination Survey (NHANES) 2007-2010
  - Representative, comprehensive picture of national health (self-reports, lab tests, physical exams)
  - Can determine both diagnosed and undiagnosed health conditions
  - Can determine whether conditions are controlled or not

- Analysis sample: adults aged 19-64, not pregnant, not on Medicare, US citizens, with income <=138% of poverty (N=1,495)

# Methods

- From selected analysis sample, compare the uninsured who would be potential new Medicaid enrollees to current Medicaid enrollees:
  - Demographic and SES characteristics
  - Health risks
  - Health status
  - Health care access and use
  - Prevalence of selected medical conditions,
  - Presence of undiagnosed and uncontrolled diabetes, hypertension, and high cholesterol

# Demographics

|  | Uninsured (%) | Medicaid (%) | P-value |
|---|---|---|---|
| **Age** | | | |
| 19-34 | 49.9 | 45.3 | 0.14 |
| 35-54 | 40.4 | 43.2 | 0.344 |
| 55-64 | 9.8 | 11.5 | 0.387 |
| **Gender** | | | |
| Female | 49.8 | 70.6 | <0.001* |
| Male | 50.2 | 29.4 | <0.001* |
| **Nativity** | | | |
| Born outside of US | 8.3 | 11.1 | 0.286 |
| Born in US | 91.7 | 88.9 | 0.286 |
| **Marital status †** | | | |
| Unmarried | 70.8 | 73.6 | 0.476 |
| Married | 29.2 | 26.4 | 0.476 |
| **Race/Ethnicity** | | | |
| Non-Hispanic white | 58.2 | 50.6 | 0.083 |
| Hispanic | 18.3 | 12.6 | 0.122 |
| Non-Hispanic black | 20.1 | 31.0 | 0.006* |
| Non-Hispanic other race | 3.4 | 5.7 | 0.171* |
| **Education** | | | |
| Did not complete high school | 36.2 | 39.7 | 0.319 |
| High school graduate/GED | 31.8 | 35.1 | 0.253 |
| Some college | 25.5 | 22.3 | 0.272 |
| College graduate | 6.5 | 2.9 | 0.014* |

# Health risk factors

| | Uninsured (%) | Medicaid (%) | P-value |
|---|---|---|---|
| **Obesity** | | | |
|   **BMI>=30** | **34.4** | **45.3** | **0.008*** |
| **Exercise** | | | |
|   **Does not exercise** | **60.6** | **67.7** | **0.018*** |
| **Cigarette smoking** | | | |
|   **Currently smokes** | **49.3** | **52.7** | **0.46** |
| **Alcohol use/binge drinking** | | | |
|   **Had 5 or more drinks at least 5 days in the past 12 months** | **14.1** | **8.6** | **0.012*** |
| **Drug use** | | | |
|   **Used at least one of the following in the past year: cocaine, heroin, methamphetamines** | **9.9** | **7.3** | **0.275** |

# Health status

|  | Uninsured (%) | Medicaid (%) | P-value |
|---|---|---|---|
| Has physical, mental, or emotional limitation | 25.5 | 57.4 | <0.001* |
| Fair/poor health | 25.2 | 40.5 | <0.001* |
| **Medical conditions** |  |  |  |
| Diabetes | 6.8 | 13.3 | 0.002* |
| Hypertension | 27.5 | 39.3 | 0.004* |
| Hypercholesterolemia | 22.8 | 30.8 | 0.004* |
| Heart disease | 3.6 | 12.2 | <0.001* |
| Stroke | 1.7 | 5.8 | 0.002* |
| Emphysema | 1.5 | 5.0 | 0.001* |
| Asthma | 7.9 | 18.9 | <0.001* |
| Cancer | 4.5 | 9.9 | <0.001* |
| Depression | 2.0 | 5.4 | 0.059 |
| Any of the above conditions | 47.2 | 64.6 | <0.001* |
| At least two of the above conditions | 19.8 | 36.8 | <0.001* |

# Healthcare utilization

|  | Uninsured (%) | Medicaid (%) | P-value |
|---|---|---|---|
| **Had at least 1 visit to healthcare provider in past 12 months** | | | |
| All | 65.2 | 91.7 | <0.001* |
| Among those with any medical condition | 70.3 | 95.1 | <0.001* |
| | | | |
| **Has a routine place for healthcare, other than emergency room** | | | |
| All | 54.3 | 88.7 | <0.001* |
| Among those with any medical condition | 63.4 | 91.6 | <0.001* |
| | | | |
| **Routine place for healthcare is emergency room** | | | |
| All | 10.7 | 5.6 | 0.009* |
| Among those with any medical condition | 9.0 | 4.0 | 0.030* |

# Knowledge and control of chronic conditions
## (diabetes, hypertension, hypercholesterolemia)

|  | Uninsured (%) | Medicaid (%) | P-value |
|---|---|---|---|
| Has at least one condition | 39.6 | 52.1 | 0.002* |
| Has at least two conditions | 14.2 | 24.1 | <0.001* |
| Has all three conditions | 2.6 | 6.0 | 0.019* |
|  |  |  |  |
| Among those with diabetes |  |  |  |
| Undiagnosed | 31.9 | 16.6 | 0.106 |
| Uncontrolled | 77.5 | 71.3 | 0.538 |
| Among those with hypertension |  |  |  |
| Undiagnosed | 22.1 | 13.1 | 0.016* |
| Uncontrolled | 48.7 | 29.8 | <0.001* |
| Among those with hypercholesterolemia |  |  |  |
| Undiagnosed | 9.7 | 14.0 | 0.508 |
| Uncontrolled | 57.9 | 41.0 | 0.010* |
| Among those with at least one of the above |  |  |  |
| At least one undiagnosed | 23.9 | 19.2 | 0.36 |
| At least one uncontrolled | 61.2 | 49.1 | 0.006* |
| Among those with at least two of the above |  |  |  |
| Multiple undiagnosed | 4.2 | 3.8 | 0.91 |
| Multiple uncontrolled | 39.5 | 21.0 | 0.007* |

# Overall knowledge and control of chronic conditions Independent of having the condition

(diabetes, hypertension, hypercholesterolemia)

|  | Uninsured (%) | Medicaid (%) | P-value |
|---|---|---|---|
| Has at least one undiagnosed condition | 9.6 | 10.0 | 0.882 |
| Has at least one uncontrolled condition | 24.5 | 25.5 | 0.748 |
| Has multiple undiagnosed conditions | 0.6 | 0.9 | 0.669 |
| Has multiple uncontrolled conditions | 5.8 | 5.2 | 0.691 |

# Limitations

- Absence of information on mental health disorders other than depression

- Relatively high rates of missing values for income, depression, alcohol use, and illegal drug use

- Does not account for potential behavioral responses or health care needs of the privately insured who could take up Medicaid under the ACA

# Conclusions

- Compared to current Medicaid enrollees, currently uninsured adults:
    - Are less likely to be in fair or poor health, to have chronic conditions and functional limitations, and to have certain health risks (obesity, lack of exercise)
    - However, one in three are obese and conditional on having diabetes, hypertension, or hypercholesterolemia, they are less likely to know about them and less likely to have them controlled
- Even as potential new Medicaid enrollees are less impaired on average than current enrollees, they still have relatively high risk factors and prevalence of chronic conditions
    - Suggests pent-up demand for care--could raise costs in the early years of enrollment when federal matching rates are highest

# Conclusions (Part 2)

- Findings suggest that the potentially eligible uninsured have much to gain from obtaining Medicaid coverage
  - Likely to increase the extent to which they receive care and have a routine place for health care that is not an emergency room
- May be issues with respect to provider capacity and the quality of care that is being delivered
- Additional measures may be needed to address high rates of smoking and obesity