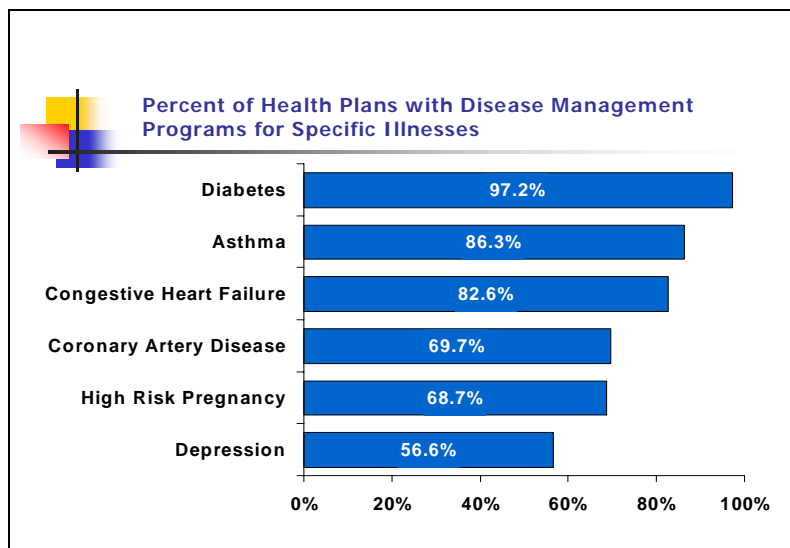


# Highlights of 2001 AHIP Annual Industry Survey

## Disease Management and Chronic Care

The number of Americans living with a chronic disease or illness is growing at an unprecedented rate. Disease management (DM) programs may play an important role in the delivery of cost-effective, quality health care for people with chronic diseases. In response, health plans have implemented a variety of disease management programs to supplement the ongoing care patients with chronic illness receive from their providers. The results of a recent survey indicated that diabetes, asthma, and congestive heart failure (CHF) are the three diseases most likely to be the focus of disease management programs in health plans. The 2001 AHIP Annual Industry Survey included many broad-based questions about disease management activities, but focused specific attention on the management of diabetes, asthma and CHF.



### Diabetes

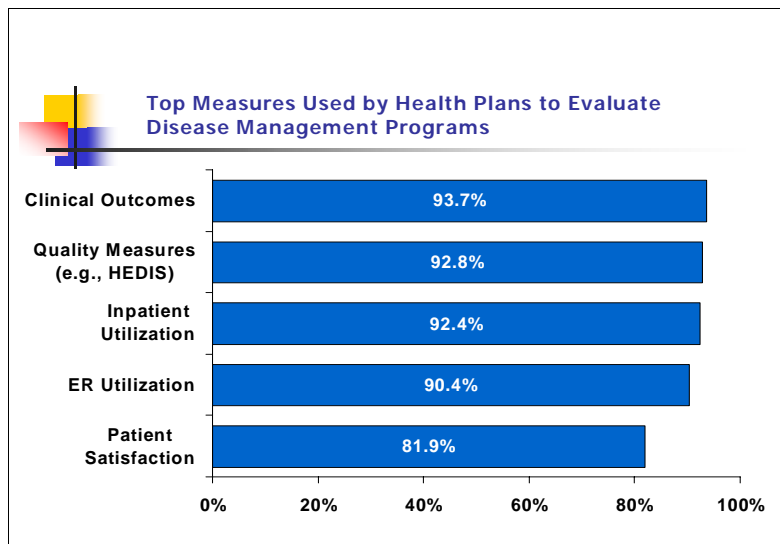
97.2% of health plans report having a disease management or chronic care program for diabetes. The most common components of disease management guidelines for diabetes include patient education and information on self-management (95.6%), nutrition counseling (94.1%), and eye and foot care (94.1%). Case management for diabetes is provided by 86.9% of health plans.

#### Fast Facts

- The most common DM programs in health plans are for diabetes, asthma, and congestive heart failure.
- 97% of health plans have a DM or chronic care program for diabetes.
- 86% of health plans have a DM or chronic care program for asthma.
- 83% of health plans have a DM or chronic care program for congestive health failure.
- 91% of health plans offer case management, provided by a plan or an external vendor, for members with congestive heart failure.
- 87% of health plans provide case management for members with diabetes.
- Tobacco cessation treatment is included as a component of health plans' DM programs for diabetes (82.2%), asthma (80.5%), and congestive heart failure (80.6%).

## Asthma

86.3% of health plans have a disease management or chronic care program for asthma. The most common components of disease management programs for asthma include general patient education (85.4%), use of routine monitoring (85.2%), appropriate use of prescription medications (85.2%), and self-management education (83%). Case management for asthma is provided by 85.1% of healthplans.



## Congestive Heart Failure

82.6% of health plans have a disease management or chronic care program for congestive heart failure (CHF). The most common components of disease management programs for CHF include information on use of ACE inhibitors and other prescription drugs (83.3%), counseling about nutrition and low sodium diets (82.4%), and general patient education (81%). Case management for CHF is provided by 90.7% of health plans.

## The AHIP Annual Industry Survey

For more than a decade the America's Health Insurance Plans (AHIP) has conducted an annual survey of the managed care industry, reporting on the dynamic trends of America's community of network-based health plans. Policymakers and industry leaders use the results to monitor and improve services provided to health plan members.

### AHIP and RWJF Survey Collaboration

The 2001 AHIP Annual Industry Survey was a collaborative effort between the Robert Wood Johnson Foundation (RWJF) and the America's Health Insurance Plans (AHIP).

RWJF was established as a national philanthropy in 1972 and today it is the largest U.S. foundation devoted to improving the health and health care of all Americans.

AHIP is the nation's principal association of health plans, representing more than 1,300 plans that provide coverage for approximately 200 million Americans nationwide. Member plans include health maintenance organizations (HMOs), preferred provider organizations (PPOs), and other similar health plans and utilization review organizations (UROs).

*For additional information about the AHIP Annual Survey, contact Teresa Chovan, Director, Policy Research, at 202-778-8503.*

© AHIP August 2002

---

As in past years, the 2001 AHIP Annual Industry Survey provides a wealth of information regarding health plan activities, policies and trends in the commercial, Medicaid, and Medicare markets.

The 2001 AHIP Annual Industry Survey was conducted through an innovative partnership between AHIP and the Robert Wood Johnson Foundation (RWJF), the nation's largest philanthropy devoted to improving the health and health care of all Americans.

In 2001, an industry sample was drawn to participate in the survey, with 66% of the health plans completing the survey instrument. These plans represent a profile of the industry itself and provide information on 64.3 million individuals -- approximately 68% of the total U.S. managed care enrollment.

## References

America's Health Insurance Plans, *2001 AHIP Annual Industry Survey*, 2002.

P.Welch, et al., "Disease Management Practices of Health Plans," *The American Journal of Managed Care*, Vol.8:353-361, 2002.



Copyright © 2004 by America's Health Insurance Plans. All rights reserved.

America's Health Insurance Plans  
601 Pennsylvania Ave., NW  
Suite 500  
Washington, DC 20004

202.778.3200  
[www.ahip.org](http://www.ahip.org)