



RESEARCH SPOTLIGHT ON

Addressing Disparities

Despite decades of work, disparities in health care and patient outcomes remain pervasive. Populations at risk for disparities are less likely than other groups to have access to quality health care. These populations are also more likely to have certain health conditions. Disparities lead to preventable suffering.

Eliminating disparities in health and health care could save the United States over

\$230 BILLION

annually in direct medical costs

Source: National Institutes of Health

Research Addressing Questions That Matter

PCORI's Addressing Disparities portfolio seeks to advance equity in health and health care by supporting patient-centered **comparative clinical effectiveness research (CER)** that identifies options for reducing and eliminating disparities. By funding CER, PCORI aims to help patients at risk for disparities and those who care for them make better-informed decisions to improve their health.



CAREGIVER

I live in a rural town far from specialty clinics, and I want the best life for my son with Down syndrome. Would telemedicine at home provide him with the same quality of care he receives when we travel all the way to the doctor's office?



CLINICIAN

I treat Hispanic/Latino men who have obesity. Which weight-loss programs will best help my patients make lifestyle changes that lead to long-lasting weight loss?

Populations at risk of health and healthcare disparities include:

- Racial and ethnic minority groups
- Rural populations
- People with low incomes or low socioeconomic status
- Individuals with disabilities
- Lesbian, gay, bisexual, and transgender people
- People with limited English proficiency

STUDY SPOTLIGHTS

Adapting Treatments for Patients with Limited Reading Skills

Chronic pain affects more than 116 million Americans, and while there are many treatment options, patients with limited reading skills may find it hard to understand and use them. The research team compared usual care with either pain education or cognitive behavioral therapy (CBT) for patients with chronic pain and limited reading skills. The team used materials with large print, drawings, and writing at a fifth-grade reading level. People who received either pain education or CBT experienced less pain and their pain interfered with their lives less than people who received only usual care. The study was led by Beverly Thorn of the University of Alabama, Tuscaloosa.

Helping People with HIV Learn Skills to Manage Their Care

Racial and sexual minorities and people with low socioeconomic status are more likely to contract HIV and report less confidence in their ability to work with their clinicians to manage their condition. The research team created a program that combined a mobile app and health coaching for patients with HIV to improve their confidence and ability to manage their health. Compared with those who weren't in the program, patients in the program felt more able to manage their health, find health information online, and understand how to apply the information to their own care. The study was led by Kevin Fiscella of the University of Rochester.

Building Capacity for Patient-Centered Research

PCORI is investing in people and infrastructure to support high-quality patient-centered research for years to come. **PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of more than 100 million Americans. It is building capacity for research by supporting patient-driven networks and helping them connect with researchers.



PCORnet's **Community and Patient Partnered Research Network** aims to address persistent disparities among adults and adolescents at risk for behavioral health conditions. Aided by stakeholder partners, the network leverages data stripped of identifying information from 170,000 to 225,000 patients across underserved neighborhoods in Los Angeles County and New Orleans. The data could lead to meaningful, efficient mental health studies.

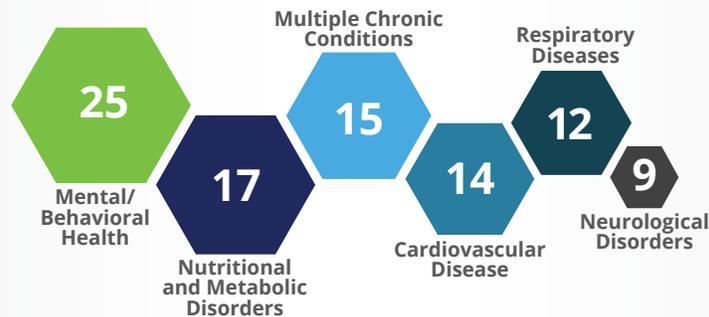
As of August 2018, PCORI has awarded

\$252 MILLION TO FUND 81

comparative clinical effectiveness research studies related to addressing disparities.

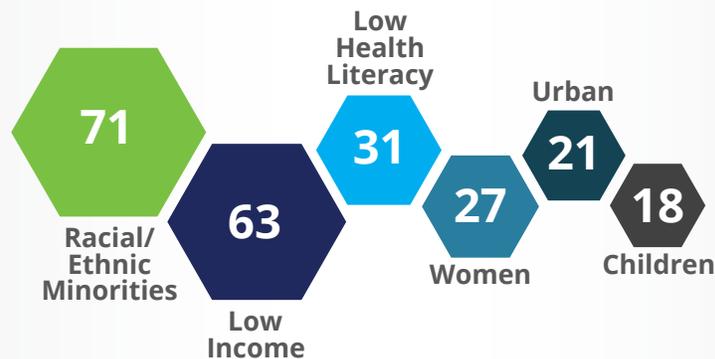
NUMBER OF PROJECTS

Most Studied Health Condition Disparities



**A project may address more than one condition*

Most Studied Populations of Interest



**A project may study more than one population*