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.

Disadvantaged Patients with Chronic Pain Benefit from Tailored Nondrug Therapies
In this study, both cognitive behavioral therapy and pain educational material, each tailored to match patients’ education levels, significantly lessened pain and improved physical function compared with usual care. These nondrug approaches can help manage chronic pain and reduce the need for opioids. These findings show such approaches can be effective in patients with low incomes and limited reading skills. More details are at www.pcori.org/Thorn059.

Teaching Latino Parents Skills to Manage Their Children’s Mental Health Care
Latino children with mental illness are half as likely to get mental health care as non-Latino white children. This study created an education program to teach Latino parents skills to get their children the mental health care they need. The researchers found that the educational program improved parents’ knowledge and confidence about getting their child care, as well as their skills for working with their children's schools. More details are at www.pcori.org/Thomas039.
Building Capacity for Patient-Centered Research

PCORnet®, the National Patient-Centered Clinical Research Network, is a PCORI-funded initiative that enables patient-centered clinical research to be conducted faster, more easily, and more efficiently. It does so by tapping into rich sources of real-word data collected during routine care through electronic health records, patient-reported outcomes, health claims, and other sources and through partnerships among patients, clinicians, researchers, and health systems and plans.

PCORnet is facilitating research that will help address disparities in health care. Several federally qualified health centers and other systems that serve under-resourced communities participate in PCORnet. Health care organizations in both rural and urban communities and low-income and high-income areas are represented in the Network.

As of November 2019, PCORI has awarded $301 MILLION TO FUND 91 comparative clinical effectiveness research studies related to addressing disparities.

### NUMBER OF PROJECTS

#### Most Studied Health Condition Disparities

- Mental/Behavioral Health: 29
- Nutritional and Metabolic Disorders: 18
- Cardiovascular Disease: 14
- Respiratory Diseases: 13
- Neurological Disorders: 9
- Multiple Chronic Conditions: 16
- Other: 9

#### Most Studied Populations of Interest

- Racial/Ethnic Minorities: 80
- Low Health Literacy: 33
- Women: 32
- Urban: 23
- Children: 21
- Low Income: 69

*A project may address more than one condition

*A project may study more than one population