

Kimberly Narain, MD, PhD, MPH

Dr. Narain has also led a series of studies evaluating the impact of a UCLA-specific healthcare intervention. Specifically, she conducted the first effectiveness study of UCMYRx (a primary care-embedded clinical pharmacist-led intervention) among Black patients with diabetes. She used data extracted from the Electronic Health Records system and a Difference-In-Differences study design with a propensity-matched comparison group to evaluate the impact of UCMYRx on HbA1c and systolic blood pressure, relative to usual care. She found that the UCMYRx intervention significantly improved HbA1c levels among Black patients with Type 2 diabetes. She used a similar study design to evaluate the impact of UCMYRx on cardiovascular risk factor control among diabetes patients with Medicaid coverage and also found improvements in HbA1c associated with UCMYRx. A manuscript detailing these findings is currently under review. These two studies have generated important information that can be used to improve health outcomes and reduce health disparities in the context of our own healthcare delivery system.

Narain K, Doppee D, Li N, Moreno G, Bell D, Do A, Follett R, Mangione CM. An Effectiveness Evaluation of a Primary Care-embedded Clinical pharmacist-led Intervention among Blacks with Diabetes. *Journal of General Internal Medicine*. 2020 Mar 6. doi: 10.1007/s11606-020-05750-0

With respect to Dr. Narain's research examining the relationship between socioeconomic factors and health outcomes, she has conducted studies at the individual and state levels. She led the first study to explore the relationship between self-employment, health behaviors and health outcomes among Black individuals. Using Behavior Risk Factor Surveillance System (BRFSS) data (2000-2014) and a cross-sectional study design, she found that reporting self-employment, relative to wage work, was positively associated with fruit/vegetable intake and physical activity and negatively associated with self-reported hypertension. This exploratory work is foundational for starting to think about the ways that employment structure may be playing a role in racial disparities in cardiovascular health outcomes.

Narain K, Jeffers KS. Exploring the Relationship between Self-Employment and Health among Blacks. *Health Equity*. 2020 Jan 23. doi.org/10.1089/heq.2019.0084.

Using a quasi-experimental study design and BRFSS data (1993-2014), Dr. Narain conducted one of the few studies to examine the impact of state-level minimum wage increases on access to health care, health behavior and health outcomes, across racial/ethnic and gender groups. Among populations with a high school diploma or less, she found that increases in the minimum wage were positively associated with self-reported health among white women but negatively associated with self-reported health among white and Latino men. This work helped to identify subgroups that may experience health benefits associated with minimum wage increases and those that may experience health declines associated with these policies

Narain K, Zimmerman F. Examining the Association of Changes in Minimum Wage with Health Across Race/ethnicity and Gender in the United States. *BMC Public Health*. 2019 Aug 8. doi: 10.1186/s12889-019-7376-y.