

RISING BURDEN OF INFLAMMATORY BOWEL DISEASE IN PUERTO RICO: A CROSS-SECTIONAL ANALYSIS OF INSURANCE CLAIMS FROM 2018-2022

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Point prevalence of inflammatory bowel disease in an insured population in Puerto Rico increased from 147.0 per 100,000 in 2018 to a peak of 215.0 per 100,000 in 2021, then declined slightly to 199.9 per 100,000 in 2022.

KEY POINTS

- This cross-sectional retrospective study analyzed insurance claims from 1,764,543 commercially insured individuals in Puerto Rico from 2018 to 2022, identifying 6,293 IBD cases using ICD-10 codes and predefined criteria.
- Overall IBD prevalence was 356.6 per 100,000, with ulcerative colitis more common than Crohn disease (217.5 versus 127.1 per 100,000).
- The 2021 peak may reflect improved diagnosis, increased disease awareness, or better healthcare access following pandemic-related disruptions, while the 2022 decline may reflect shifts in insurance status, immigration, or decreased healthcare access.
- The findings align with rising global IBD trends and represent an increase from a 2013 analysis that reported 181.5 per 100,000 across all insurance types in Puerto Rico.
- This study is relevant to clinicians and researchers tracking IBD epidemiology in Latin America and the Caribbean, where disease data remain limited.

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