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Metabolic control among 15,989 Emirati patients with diabetes

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Aim: To evaluate metabolic control among a large cohort of Emirati patients with diabetes

Methods: ICLDC 2012 database includes 40,099 patients including 20,852 with diabetes. Last visit data [body mass index (BMI), HbA1c, lipid profile and blood pressure (BP)] from patients were accessed. Emirati patients achieving American Diabetes Association (ADA) 2012 target metabolic criteria (HbA1c ≤ 7.0%, BP ≤ 130/80mm Hg, LDL cholesterol ≤ 2.6mmol/l) were identified.

Results: In all, 15,989/20,852 patients with diabetes (Type 2, n = 14,999; Type 1, n = 990) were of Emirati origin (age 52.02 ± 14.2 years; female 52.4%; BMI = 31.0 ± 6.4kg/m^2). In this group, target glycaemic control, BP and LDL cholesterol were met in 49.1%, 63.9% and 48.5% of patients respectively; 15.7% satisfied all three criteria. Patients with Type 1 diabetes had a lower BMI, worse overall glycaemic control and a higher LDL cholesterol (BMI = 24.3 ± 6.5kg/m^2; HbA1c = 9.1 ± 2.2%; LDL = 3.0 ± 0.8mmol/l; BP = 115.1 ± 1 6.8/67.5 ± 10.1mm Hg) but a lower BPcompared with those with Type 2 diabetes (BMI = 31.5 ± 6.1kg/m^2; HbA1c = 7.5 ± 1.6%; LDL = 2.7 ± 0.9mmol/l; BP = 125.8 ± 18.0/70.2 ± 9.8mmHg).

Conclusion: A significant group of Emirati patients in this large study group do not fulfil accepted criteria for metabolic control. Further concerted efforts into improving glycaemic control in Type 1 diabetes and blood pressure as well as weight in patients with Type 2 diabetes in this population are needed.