A1C LEVELS AND FACTORS ASSOCIATED WITH GLYCEMIC CONTROL AMONG PATIENTS WITH DIABETES MELLITUS IN THE US

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BACKGROUND

• It has been estimated that 26.1 million Americans had diabetes mellitus in 2014. 
• Well-controlled glycated hemoglobin (A1C) plays a crucial role in diabetes outcome.
• The American Association of Clinical Endocrinologists (AACE) recommends a glycemic target of <7% A1C (≥6.5% for people ≥75 years)

OBJECTIVE

• To explore factors associated with achievement of glycemic goals

METHODS

• Study Design: Cross-sectional analysis
• Data source: National Health and Nutrition Examination Survey (NHANES) data from 2011 to 2014
• The NHANES is designed to assess health and nutrition status of adults and children in the US
• NHANES has been constructed to be a series of health information, including demographics, socioeconomic, lifestyle, and health-related information

RESULTS

• Overall, 56.2% of patients with diabetes met the recommended glucose control (A1C <7%)
• Higher LDL cholesterol levels, higher body mass index (BMI), higher waist circumference, and lower levels of education were associated with lower A1C levels
• The results of logistic regression models (1 and 2) with odds ratios (ORs) and 95% confidence intervals (CIs) for selected predictors are summarized in Table 4

CONCLUSIONS

• Our findings highlight the importance of integrated, comprehensive care in diabetes management, given that almost half of patients with diabetes did not achieve A1C level targets in the US
• Our findings also highlight the importance of systemic interventions to improve diabetes care

REFERENCES