

Abstract No. **51**

Category: **Prevention**

Title: **Glycemic control in diabetic type 2 population from Colombia**

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**Abstract:**

**Background:** Diabetes prevalence is rising more rapidly in middle- and low-income countries. Hyperglycemia can cause disabling and life-threatening health complications such as cardiovascular disease, nephropathy, blindness, among others. Adequate glycemic control helps to prevent complication in diabetic patients. Glycemic management is primarily assessed with the glycated hemoglobin (HbA1c) test, which has demonstrated benefits of improved glycemic control.

**Aim:** To establish the achieve glycemic control in diabetic Colombian population and to explore difference by gender and age.

**Methods:** Observational, retrospective study with longitudinal panel data. The source was the diabetic Colombian population that is affiliated to the General System of Social Security in Health during 2014 to 2018. Data were obtained from The High Cost Account. In the current study, HbA1c target was defined as <7%. Logistic regression was conducted to evaluate age and gender difference in the achievement of glycated hemoglobin goals.

**Results:** During 2014 to 2018, 54,20% (n=2.847.307) of patients with diabetes had HbA1c levels report, with a mean age of 63,99 years (SD±13,28), 58,24% were women. Mean HbA1c was 7,39% (SD±2,01) and 53,45% were out of target. The logistic regression analysis showed that achieved HbA1c level goal was more likely in women (OR=0,89 CI95% 0,88 – 0,9) and age over 60 years (OR=0,59 CI95% 0,59 - 0,6).

**Conclusion:** In Colombia, more than half of the diabetic population did not meet the recommended targets. Additionally, men and younger age were associated with poorer glycemic control.