

PREVALENCE OF CONTROL OF GLYCEMIA AND
CARDIOVASCULAR RISK FACTORS IN ELDER
WITH TYPE 2 DIABETES IN TAIWAN: TAIWAN
DIABETES STUDY

台灣第二型糖尿病老人之血糖控制與
心血管危險因子的盛行情形

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Background: The aim of this study is to estimate the prevalence of control of glycemia and cardiovascular risk factors in elders with type 2 diabetes who participated in the National Diabetes Case Management Program (NDCMP) in 2001-2004.

Methods: We conducted a cross-sectional study on 17,723 elders with type 2 diabetes aged 30 years and over, who participated in the NDCMP, Taiwan. Their clinical characteristics at baseline were identified retrospectively from electronic datasets of NDCMP during 2001-2004.

Results: Fifty-four of them were females, mean (SD) age was 72.1 (5.0) years, and mean duration of disease was 8.3 (7.6) years. Forty-five percent of the patients had BMI values ≤ 25 (kg/m²), 33.75% had HbA1c values <7%, 21.19% had blood pressure <130/80 mmHg, 59.34% had total cholesterol value <200 mg/dL, 31.11% had LDL cholesterol (LDL-C) values <100 mg/dL, 58.42% had triglyceride values <150 mg/dL, and 27.37% had fasting plasma glucose values <130 mg/dL. In addition, the prevalence of control of glycemia and cardiovascular risk factors in elders varied according to gender ($p < 0.05$).

Conclusions: The results of this study provide the estimates of prevalence with regard to HbA1c value, dyslipidemia, and blood pressure control in elders with type 2 diabetes, indicating the prevalence of control of glycemia and cardiovascular risk factors in elders is low. The information might lead to the implementation of strategies to improve clinical care of elders with type 2 diabetes.