

CARDIOVASCULAR RISK IN DIABETIC IMMIGRANTS. IDIME STUDY.



Inmigración y Diabetes
Mellitus en España

José Manuel MILLARUELO-TRILLO; Sara ARTOLA-MENENDEZ; Javier MEDIAVILLA-BRAVO;
Irene RUIZ-TAMAYO; Manel MATA-CASES; Josep FRANCH-NADAL on behalf redGDPS

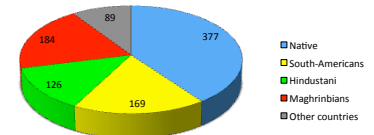
Aims

To study the presence of cardiovascular risk factors and their treatment among the diabetic immigrant population in Spain

Design & Methods

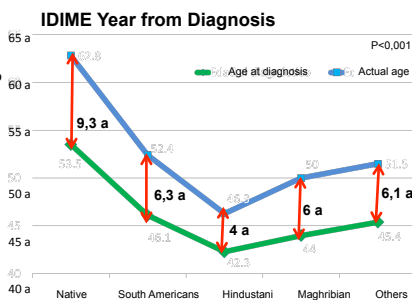
National cross-sectional comparative cohorts study (diabetic immigrants versus native diabetic, a proportion of 2 to 1). N=877

- Sociodemographic, anthropometric and clinical variables
- Cardiovascular risk factor and their treatment
- the presence of complications related to diabetes.
- Cardiovascular risk at 10 years was calculated with UKDPS risk engine.



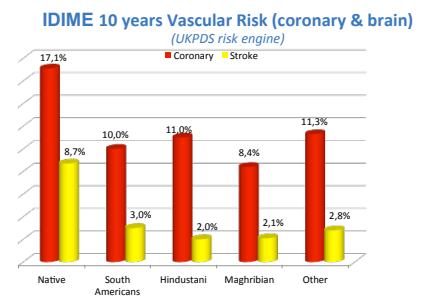
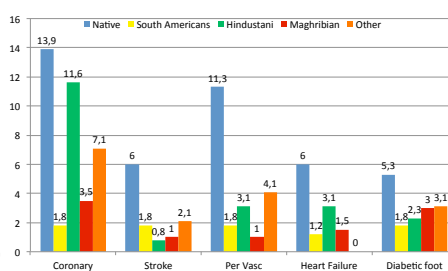
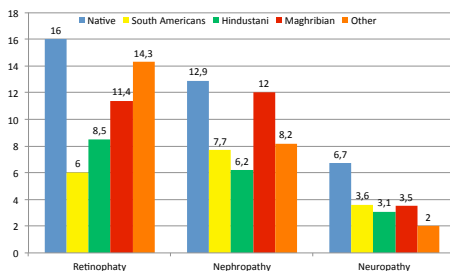
Results

% men
Native 56%
South American 39%
Hindustani 88%
Maghribian 47%
Others 56%



	Native Spaniards (n=307)	Latin American (n=172)	South Asian (n=130)	North African (n=204)	Other (n=99)	P
Weight, kg	78.0 (16.3)	80.7 (16.8)	79.2 (12.4)	81.7 (15.3)	81.2 (15.4)	.09
Height, cm	162.9 (10)	161.0 (9.9)	167.7 (10.3) [*]	165.1 (8.9) [*]	165.5 (10.3) [*]	<.001
BMI	29.4 (5.6)	31.1 (5.8) [*]	28.4 (6.5)	29.8 (5.4)	29.5 (4.8)	.02
Waist circumference, cm	102.3 (14.9)	102.6 (14.2)	100.9 (11.1)	101.5 (11.5)	101.7 (12.8)	.9
Waist/height ratio	0.63 (0.10)	0.64 (0.09)	0.61 (0.08) [*]	0.62 (0.09)	0.62 (0.09)	.02
SBP, mmHg	136.4 (18.4)	133.3 (18.2)	132.8 (17.9)	132.6 (16.9)	133.1 (16.8)	.1
DBP, mmHg	76.1 (9.8)	80.3 (11.4) [*]	81.0 (10.3) [*]	76.4 (9.6)	79.9 (9.5) [*]	<.001
Blood glucose, mg/dL	154.3 (55.7)	165.4 (72.5)	172.0 (71.6) [*]	161.8 (67)	165.5 (69)	.1
HbA _{1c} %	7.1 (1.5)	7.7 (2.1) [*]	8.1 (2.5) [*]	7.7 (1.9) [*]	7.6 (2.2) [*]	<.001
Total cholesterol, mg/dL	190.9 (41.4)	201.4 (45)	196.6 (41)	189.5 (39.3)	207.3 (51.5) [*]	.002
HDLc, mg/dL	50.1 (14.3)	49.5 (14.4)	42.3 (14.1) [*]	45.9 (12.8) [*]	47.3 (14.4)	<.001
LDLc, mg/dL	111.5 (36.4)	119.1 (40.4)	119.9 (36.5) [*]	113.1 (33.6)	124.2 (42) [*]	.02
Triglycerides, mg/dL	158.1 (149) [*]	175.8 (105) [*]	213.2 (150) [*]	160.3 (110)	195.7 (159)	<.001
Creatinine, mg/dL	0.98 (0.53)	0.89 (0.52)	1.05 (0.22)	0.82 (0.30) [*]	0.88 (0.23)	<.001
Albuminuria, mg/dL	32.4 (122)	51.2 (229)	32.1 (81.5)	68.4 (176)	22.9 (60.6)	.4
Albumin/creatinine ratio	55.1 (230)	28.4 (63.4)	47.7 (114)	23.1 (43.2)	58.6 (199)	.7

BMI, body mass index; DBP, diastolic blood pressure; HbA_{1c}, glycosylated hemoglobin; HDLc, high-density lipoprotein cholesterol; LDLc, low-density lipoprotein cholesterol; SBP, systolic blood pressure.
Variables are expressed as mean (standard deviation).
^{*} Ethnic groups which significantly differed from the native Spaniards group.



Conclusions

The spanish diabetic immigrant profile is a young and "healthy" but with a worse metabolic control. The shorter time from Diagnosis probably justify a lower prevalence of chronic complications.

This situation give us an excellent oportunity to develop educational adapted interventions to empower Diabetes self management in these citizens.