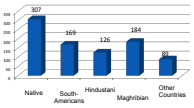
16th WONCA EUROPE CONFERENCE

EPIDEMIOLOGY OF DIABETES MELLITUS IN IMMIGRANT POPULATION. IDIME STUDY.

Authors: Florencia Patitucci, M. Carmen Martínez, Josep Franch, Jaime Morató, Anna Fabà, Albert Goday

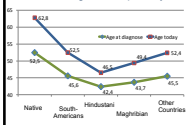
Aim: To analyze the epidemiological characteristics of diabetes mellitus in the immigrant population of Spain.

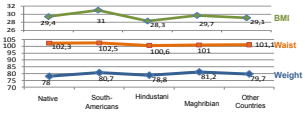
Design & Methods: National cross-sectional case-control study (diabetic immigrants versus native diabetic, a proportion of 2 to 1). Studied variables: sociodemographic, anthropometric, clinical and cardiovascular risk factors.



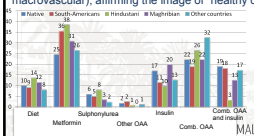
Results: Diabetic immigrants result in a lower average age than the Spanish (50.4 ±11.5 vs 62.7 ±13 years) with less diabetes evolution years (5.8 ±6.4 vs 10.5 ±8.3 years) (p<0.001). South-American diabetics show higher BMI (31 ±5.8 kg/m²) (p<0.001). There is no statistical significance between abdominal perimeter nor waist-to-height ratio.

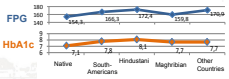
The glycaemic control in diabetic immigrants is worse than in the native diabetic (HbA1c 7.8 ±2.2 vs 7.1 ±1.5%), especially among Hindustani (8.1 ±2.5%) (p<0.001). Considering the treatment of hyperglycemia, there is less use of insulin among diabetic Hindustani (12.8% vs 30.7% other immigrants) (p<0.001). However, the prevalence of complications related to diabetes is lower in diabetic immigrants, especially the macrovascular ones (7.7% vs 24.4%) (p<0.01).





Conclusions: Diabetic immigrants show important epidemiological differences compared to native diabetic. They are younger, with less disease evolution time and have a worse metabolic control even though the prevalence of diabetes related complications is lower (especially the macrovascular), affirming the image of "healthy diabetic immigrant".





MALAGA - SPAIN OCTOBER 2010

semFYC

Wonca