

American Diabetes Association

66th Scientific Sessions

Abstract Number: 951017
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Abstract Categories: 12. – Diabetes Education
Presentation format: No Preference
ADA Support: No
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Title: Structured Intervention on the Management of Overweight Patients with Type 2 Diabetes Management in Shanghai China

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Body: A randomized controlled clinical trial was conducted in Shanghai, China to test the effectiveness of a structured intervention for overweight diabetes patients. Total 150 patients were enrolled into the study and were randomly assigned into intervention (100) and control (50) (2:1) group. Intervention for treatment included blood glucose monitoring, diet consulting, diabetes education, and caloric control using Glucerna SR, while the usual care was provided to the patients in control group, with regular dietary counseling and diabetes education. Medical examination was performed at baseline, 3rd month, and 6th month (endpoint) with collection of blood samples and questionnaires. See the findings in Table 1. At the endpoint, body weight, waist circumference, fasting glucose, HbA1c, Systolic and diastolic blood pressure of treatment group were all decreased significantly (all $p < 0.05$); only body weight was reduced ($p < 0.05$) in control group. Our study demonstrates that structured intervention is an effective approach for managing glucose, HbA1C, blood pressure and controlling weight in overweight diabetes patients in China.

Table 1 study results in treatment and control group

	Treatment Group			Control Group		
	Baseline	6 month	P value	Baseline	6 month	P value
Weight (kg)	75.7	72.8	< 0.0001	75.6	73.8	< 0.05
Waist circumference (cm)	92.0	88.6	< 0.0001	91.3	91.4	> 0.05
Fasting glucose (mmol/l)	8.62	7.39	< 0.0001	8.7	8.9	> 0.05
HbA1c	7.1	6.3	< 0.0001	7.0	7.0	> 0.05
SBP (mmHg)	131.2	123.7	< 0.0001	134.8	133.1	> 0.05
DBP (mmHg)	87.0	83.8	< 0.0001	88.8	88.6	> 0.05