# Cardiometabolic Health for Adult Diabetics Living in Beijing China

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# Beijing, China

# Background

- China experiences death rates from cardiovascular heart disease, cerebrovasular disease, and diabetes at the rates in many other western countries in Europe and the America

- People with diabetes in China:
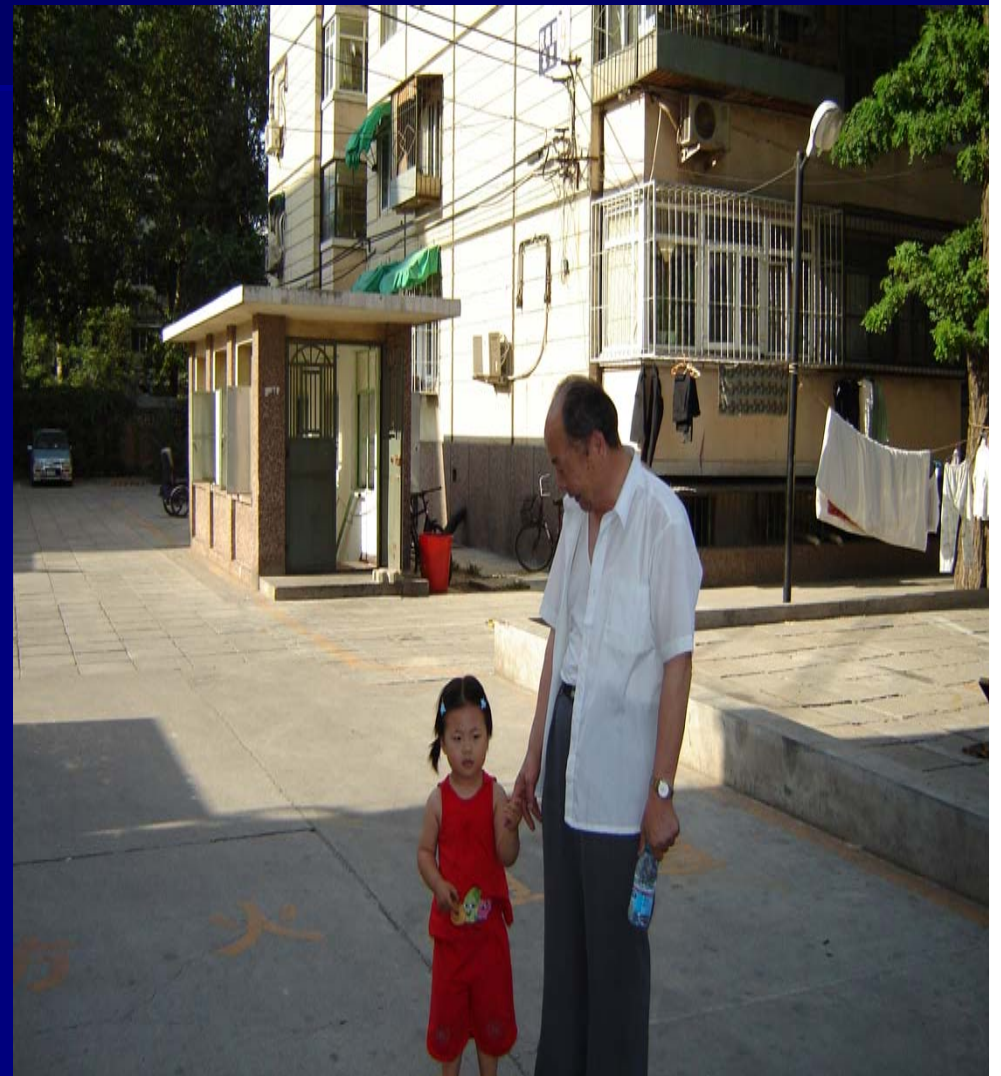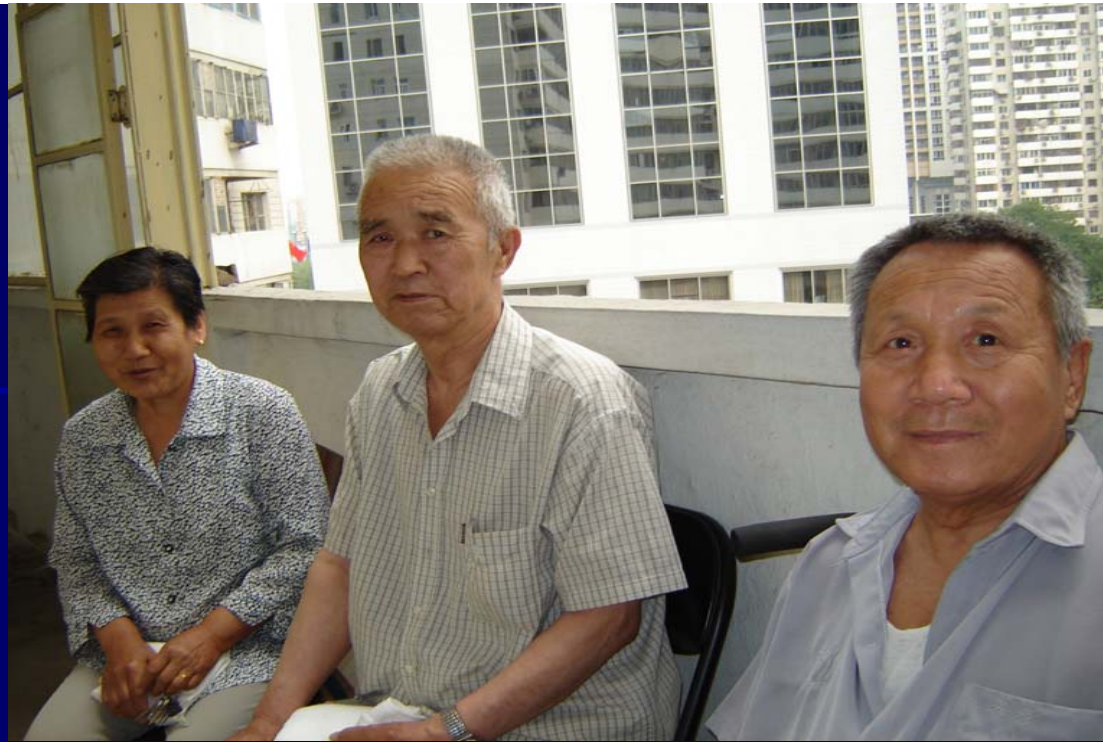  - 23.8 million in 2003

# Purpose

The purpose of this report is to discuss the cardiometabolic health factors among adult diabetics residing in Beijing China.

# Methods

- *Sample*: Convenience sample of 73 Chinese adults with diabetes who reside in private homes and apartments in Beijing, China

- *Site*: 7 Community Centers in Beijing

# Procedures

- Data collection:
  - Face-to-face interviews
  - Chinese versions of questionnaires
  - BP, weigh, height, BMI (weight/height: $kg/m^{2)}$), glucose, cholesterol, triglycerides
  - Nutrition and physical activity
  - Collected by a local RN and one team member

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# Instruments

- Demographic questionnaire
- Diabetes Self-Care Activities:
  - Revised Summary of Diabetes Self-Care Activities scale (SDSCA)

# Demographic Characteristics

- Age:
  - Mean age: 68 years ($\pm$7.62)
  - Age range: 52-90 years
- Gender:
  - Female: 64%
- Marital Status:
  - Married: 72%

# Demographic Characteristics

- **Monthly Income**: (Chinese RMB)
  - 500-1,000:              36%
  - 1, 100-2,000:         32 %
  - 2,100 or above:       32%
- **Education:**
  - Less than high school:   56%
  - High school :         27%
  - Associate degree      8.5%
  - College degree or higher:  8.5%

# Demographic Characteristics

- Live alone:                18%

- Health insurance:          86%

# Health Indicators

- Currently Smoking:             13%
- Oral medication for diabetes:    75%
- Insulin:                      15%
- Using Traditional
  Chinese Medicine           32%
- Tacking Medication
  - for cholesterol:        22%
  - for heart disease:      37%
  - for hypertension:      51%
- Self-reported health:
  - fair or poor:   77%

# Health Status

- Length of time diagnosed with diabetes:                    9 years ($\pm$6.77)
- Heart disease:                    30%

- Hypertension :                    45.5%

# Health Status

- BP:                        144/81 mmHg

- Glucose:                   132 mg/dL($\pm$34.90)

- BMI:                        25.14 kg/m$^2$ ($\pm$3.55)

- Total cholesterol:         172.57 mg/dL ($\pm$35.47)
- HDL:                       41.52 mg/dL ($\pm$10.13)
- LDL:                       106 mg/dL ($\pm$29)
- Triglycerides:             140.29 mg/dL($\pm$76.04)

# Health Status

Nutritional risk (64%)

No physical activity (43%)

Overweight or obesity (52%)

Hypertension (44%)

High LDL (48%)

Low HDL (41%)

High triglyceride (37%)

# Service Utilization

- Visited physician:                          78%
- Visited dentist:                            40%
- Visited eye doctor:                         53%
- Visited traditional Chinese doctor:  37%

# Discussion

- Older adults in China suffer from multiple risks for diabetes and CVD
- Many are not taking medications for chronic conditions
- Poor outcomes
- A major need for preventive efforts

# Conclusions

- Findings were translated into practice through providing clients with individualized health education information for specific health risks.

- Even with access in socialized medicine, behaviors, lifestyle and genetics impact health