LATIN AMERICAN YOUTH WITH TYPE 1 DIABETES (T1D) IN THE GLOBAL TEENS STUDY: ENROLLMENT, CENTER AND PATIENT CHARACTERISTICS
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Introduction: TEENs is an international, cross-sectional observational study of T1D management and psychosocial parameters in children, adolescents and young adults aimed at identifying approaches to optimize glycemic control and outcomes. Descriptive results of enrollment, center and patient characteristics in Latin America are presented. Methods: TEENs included 27 Latin American centers across 2 countries – 9 in Argentina, 18 in Mexico. Data were collected by participant interview, medical record review and participant/parent survey from 470 youth with T1D in three age groups: children (8–12 years old [y/o], n=125), adolescents (13–18 y/o, n=206) and young adults (19–25 y/o, n=139). Results: Each center saw 15 (median, range 1–300) T1D patients/month; total enrollment per center ranged from 3 to 58 participants. Many (44%) principal investigators specialized in adult endocrinology/diabetology, and the majority (85%) used ADA A1c treatment guidelines. Many centers (41%) were private clinics; 85% included dietitians or nutritionists as team members. Other healthcare professionals commonly included endocrinologists (70% of centers), primary care physicians (52%) and psychologists (37%). Dietary education was provided by a dietitian or nutritionist in 82% of centers. Of the 470 youth (57% female; 58% Caucasian; mean age 15.8 years), 34% of 8–12 y/o, 30% of 13–18 y/o and 14% of 19–25 y/o were classified as overweight or obese. Conclusions: Many centers in Latin America appear to have multi-disciplinary diabetes teams. Future analyses of the TEENs Latin American cohort will report glycemic outcomes and quality of life in youth with T1D. Study sponsored by Sanofi