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2022 State of Type 1 Diabetes in the US: Real World T1D Exchange Multicenter Data from over 60,000 people

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Abstract:
Background: In response to sub-optimal type 1 diabetes (T1D) care data in the US, intensive quality improvement (QI) programs were implemented in the T1D Exchange QI collaborative (T1DX-QI) to improve outcomes for individuals with T1D. The aim of this analyses is to characterize the T1DX-QI patient population consisting of over 60,000 individuals with T1D
Method: This cross-sectional analysis included 2022 electronic medical record (EMR) data of 60,915 individuals with T1D from 26 diabetes centers. Population attributes analyzed included demographics, duration of diabetes, glycemic outcomes and diabetes technology use.
Result: In this population described in table 1, more adults $\geq$ 26 years of age were at A1c target goal (<7%) (34%), compared to children and adolescents (22%). Diabetes technology use was higher in the 6-13y age group (CGM: 64%, insulin pump: 53%) relative to adults 26-50y (CGM: 46%, insulin pump: 48%); whereas Hybrid Closed Loop System (HCLS) use was higher in adults 26-65y (13%) relative to children and younger adults 6-26y (6%). Self-reported Diabetes Ketoacidosis events were also higher in the younger age groups.
Conclusion: This study reports characteristics of persons with T1D from a multi-center database and demonstrates that efforts are still needed to improve optimal management of diabetes.

Table 1: T1DX-QI EMR T1D Data Distribution 2022 (N=60915)

Table 1: T1DX-QI EMR T1D Data Distribution 2022 (N=60915)	Total	<6 years	6-13 years	13-18 years	19-26 years	26-50 years	50-65 years	>=65 years
N=	60915	1935	11468	24440	14017	5980	2080	995
Male (N, %)	31444 (52)	1020 (53)	5738 (50)	12959 (53)	7289 (52)	2908 (49)	1044 (50)	486 (49)
Race/Ethnicity a								
NH White	30299 (50)	976 (50)	5390 (47)	11888 (49)	7486 (53)	3004 (50)	1045 (50)	510 (51)
NH Black	6483 (11)	172 (9)	1277 (11)	2887 (12)	1324 (9)	550 (9)	214 (10)	59 (6)
Hispanic	6578 (11)	206 (11)	1304 (11)	2754 (11)	1561 (11)	578 (10)	137 (7)	38 (4)
Asian	1143 (2)	68 (4)	298 (3)	472 (2)	229 (2)	51 (1)	13 (1)	12 (1)
Insurance a								
Private	27763 (46)	857 (44)	5022 (44)	11141 (46)	6507 (46)	3091 (52)	1043 (50)	102 (10)
Public	19668 (32)	725 (37)	4346 (38)	8964 (37)	3275 (23)	1202 (20)	492 (24)	663 (67)
HbA1c (Median (IQR))	8.1 (2.6)	8 (2)	8 (2.2)	8.4 (3.1)	8.3 (2.7)	7.4 (2)	7.5 (1.8)	7.3 (1.5)
HbA1c <7%	12804 (21)	362 (19)	2472 (22)	4587 (19)	2385 (17)	2019 (34)	642 (31)	337 (34)
CGM use b	32434 (53)	1165 (60)	7313 (64)	13299 (54)	6421 (46)	2778 (46)	997 (48)	461 (46)
Pump Use b	31325 (51)	823 (43)	6036 (53)	12675 (52)	7620 (54)	2872 (48)	907 (44)	392 (39)
HCLS use b	4249 (7)	63 (3)	737 (6)	1501 (6)	784 (6)	780 (13)	272 (13)	112 (11)

CGM –Continuous Glucose Monitor; Pump – Insulin Pump; HCLS – Hybrid Close Loop System
a Missing data, column totals may not add up to 100%
b Device information available on a subset of the population

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