B.I.R.O.
Best Information through Regional Outcomes

A Shared Evidence-Based Diabetes Information System to Support European Health Policy

Caregivers, academics, researchers

Risk Profile for Diabetes

Diagnosis and Classification

Risk Profile for Complications and Intermediate Outcomes

Management and Care of Diabetes and its comorbidities

Lifestyle Management

Complications

Policy/Decision Makers

Health Status, Demographic and Socio-economic factors

Health System and health care delivery

Cost of Diabetes

Patients and their families

Lifestyle Management

Complications

General Information

What is Diabetes

Types of Diabetes

Type 1, Type 2, Gestational, Others

Pre-diabetes

IGT, IFG

Treatment

Cost of Diabetes

Search this site:

RISK PROFILE FOR DIABETES

Obesity
Physical Inactivity
Nutritional Habits
Gestational Diabetes

- General Information

Data Item : **OBESITY**

Obesity and type 2 diabetes are causally linked. Weight gain leads to insulin resistance through several mechanisms. Insulin resistance places a greater demand on the pancreatic capacity to produce insulin, which also declines with age, leading to the development of clinical diabetes. Physical inactivity, both a cause and consequence of weight gain, also contributes to insulin resistance.

Surveillance is required to monitor the currently increasing prevalence of overweight and obesity.

Parameter

	Overweight	Obesity
Body Mass Index (BMI)		
World Health Organization. Obesity: Preventing and Managing the Global Epidemic. Technical Report Series no. 894. WHO, Geneva, 2000.	> 25 kg/m2	≥ 30 kg/m2
Waist Circumference		
IDF		Europids: Men > 94 cm Women > 80 cm S. Asians and Chinese: Men > 90 cm Women > 80 cm Japanese: Men > 85 cm Women > 90 cm

*Body mass index (BMI) is calculated by dividing weight in kilograms (0-300 kg) by the square of height in metres (0-2.5 m).
*BMI < 18.5 kg/m2 is defined as underweight

Data Tables

Prevalence of obesity and being overweight

Country 1

Country 2

Country3

Comparisons within Europe

Country 1/Country 2/Country X......

Data Tables
Prevalence of obesity and being overweight
Country 1
Country 2
Country3
Comparisons within Europe

For OBESITY the following interactions need consideration :-

Prevalence rates for obesity and being overweight in:

    general population??
    persons with diabetes : type 1, type 2, gestational
vs.
    age
    gender
    race/ethnic groups
    urban/rural populations
    immigrant population

Each presentation is supported by the following information:

Statistical analyses for crude rates and age standardised rates; (n)
    provided
Project/Survey Title,
Publication, if any

An example of such a presentation is presented in the next slide

Examples of presentation methods for OBESITY:

Data Tables

Prevalence of obesity and being overweight

Country 1

Country 2

Country3

Comparisons within Europe

Table 5 Final adjusted model for the effect of waist circumference (WC) on diabetes ($n = 1095$)

	Diabetes		
Variable	OR (adjusted)	95% CI	P-value
Level 1*			
Age group (years)			
20–29	1		<0.001
30–39	1.32	0.37–4.77	
40–49	2.40	0.74– 7.80	
50–59	6.54	2.20–19.38	
60–69	14.20	4.77–42.31	
Skin colour			
White	1		0.01
Mixed	3.42	1.62–7.22	
Black	1.46	0.65–3.27	
Level 2†			
Marital status			
Single	1		0.10
Married/with partner	1.76	0.77–4.04	
Separated	0.56	0.14–2.25	
Widowed	1.15	0.42–3.10	
Distal level‡			
BMI (kg m^{-2})			
< 25	1		0.02
25–30	1.21	0.53–2.78	
≥ 30	2.90	1.19–7.07	
WC (as a continuous variable)	1.02¶	1.00–1.05	0.048
Evaluation of interactions§			
Age <40 years & WC > 80 cm	5.67	0.63–51.01	0.122
Age ≥40 years & WC > 80 cm	2.85	1.32–6.14	0.008

OR – odds ratio; CI – confidence interval; BMI – body mass index.
* Adjusted for variables in the same level (age and skin colour).
† Adjusted for variables in the same level (years of schooling) and in level 1.
‡ Adjusted for variables in the same level (BMI, WC) and in levels 1 and 2.
§ Adjusted for variables in the same level (BMI, WC and interaction age × WC) and in levels 1 and 2.
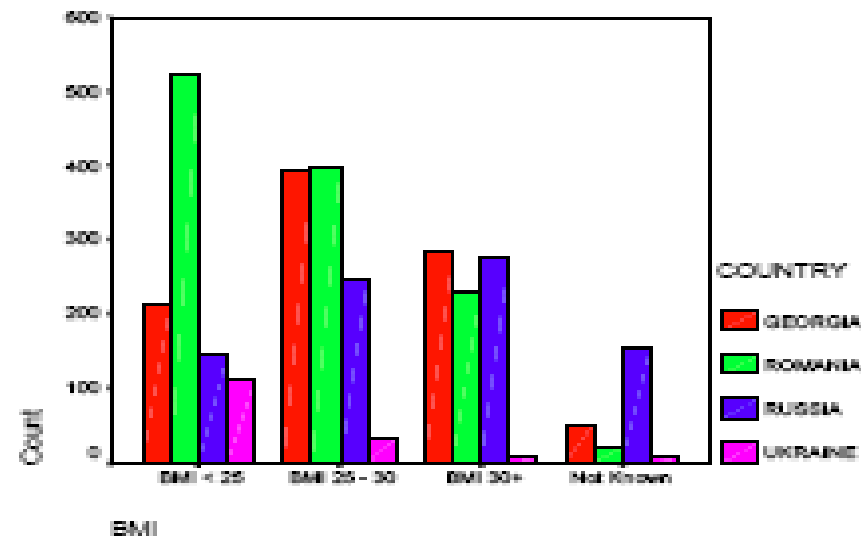¶ For each cm increase in WC.

Waist circumference as a determinant of hypertension and diabetes in Brazilian women: a population-based study

Comparisons within Europe

Describe the

•common parameter that is registered in the different countries and that is used in the comparative analysis here

•the statistical analyses used by the Italian statistics machinery

•Provide (n) for each country

•Year of data collection

Black Sea TeleDiab Project

DIAGNOSIS AND CLASSIFICATION

- General Information
- Tabulate differences in diagnosis and classification between BIRO countries

RISK PROFILE FOR COMPLICATIONS AND INTERMEDIATE OUTCOMES

- General Information

Glucose level
Blood Pressure
Lipids
Microalbuminuria
Smoking
Alcohol
Drug Abuse
Foot Screening
Eye Screening

Management and Care of Diabetes and its Comorbidities

Diet
Glucose Control   **Oral Therapy**   **Insulin Therapy**
Blood Pressure Control
Lipid Lowering Therapy
Treatment of Cardiovascular Disease

- General Information

Data Item : **Glucose Control**

Data Tables
Treatment with insulin and/or oral medications
Country 1
Country 2
Country 3
Comparisons within Europe

Parameter

		Treatment started	Units per day
Oral Therapy			
OAD	Y/N/Contraindicated		
Biguanides	Y/N/Contraindicated		
Sulfonylurea			
Insulin Therapy			
Type	CIT, MDI, ODI, PIT		

Examples of presentation methods:

Treatment with insulin or oral medications among adults with diagnosed diabetes— United States, 2001–2003

Source: 2001–2003 National Health Interview Survey