Characterization of a pediatric population with type 1 diabetes at transition to adult health care

Joana Oliveira¹,²,³, Mariana Domingues¹,², Sandra Belo¹,²,³, Joana Serra Caetano³, Rita Cardoso³, Isabel Dinis³, Nanci Baptista³, Paula Freitas¹,²,³, Davide Carvalho¹,²,³, Alice Mirante³

¹Endocrinology, Diabetes and Metabolism Department, Centro Hospitalar São João, Porto, Portugal; ²Pediatric Hospital - Centro Hospitalar e Universitário de Coimbra (CHUC), Coimbra, Portugal; ³Endocrinology Unit of the Pediatric Hospital - CHUC, Coimbra, Portugal; ⁴Faculty of Medicine, University of Porto, Porto, Portugal; ⁵Instituto de Investigação e Inovação em Saúde, University of Porto, Portugal

Introduction
Type 1 diabetes (T1D) is an important endocrine disease in the pediatric age group. The shift from pediatrics to adult health care providers is a critical period for adolescents with diabetes.

Objective
Characterization of a pediatric population with T1D moved to adult health care between January 2001-April 2015.

Methods
Cross-sectional study with retrospective analysis of medical records.

Results

- **195 patients**
- **Adult Healthcare**

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of patients</th>
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<tbody>
<tr>
<td>2001</td>
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<tr>
<td>2010</td>
<td>17</td>
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<td>2011</td>
<td>9</td>
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</tbody>
</table>

- **Mean age of CSHI initiation:** 14.50 (1.86) años

- **Insulin dose:** 1.00 (0.23) UI/kg (min. 0.37; max. 1.80)

- **Ate [% mean (SD)]:** 8.7 (1.6) (min. 5.7; max. 12.9)

- **184 (94.3%) patients reached the final height 6 (3.3%) did not reach the target height**

- **Final height [cm, mean (SD)]:** 165.70 (9.22)
- **SDSfinal height, mean (SD):** -0.47 (1.00)
- **Target height [cm, mean (SD)]:** 166.47 (8.58)
- **SDS_target height, mean (SD):** -0.79 (0.78)

**It was found a decrease in mean height SDS on last appointment when compared with the first visit, in both sexes.**

- **Bmi 24.55 (5.4) kg/m²**
  - (min. 19.2; max. 33.53)
  - **SDS:** 0.68 (0.93)
  - (min. 0.79; max. 2.84)

- **Bmi 22.96 (3.11) kg/m²**
  - (min. 15.24; max. 33.23)
  - **SDS:** 0.56 (1.03)
  - (min. 2.97; max. 2.70)

Conclusion
The age of T1D diagnosis is coincident with the age group with the highest incidence reported in the literature. Overweight found in 30% of patients may reflect the global trend towards weight gain. The recommended target of \( \Lambda_c \) was achieved by 23.6% of patients, despite 68.2% being on CSHI and functional insulin therapy. Like other studies, the mean height SDS decreased during follow-up, suggesting an impaired growth, although there seems to be no impact on the final height.