# 2024 KEY FINDINGS

**AUSTRALIAN DIABETES CLINICAL QUALITY REGISTRY (ADCQR)**

## DEMOGRAPHICS

**49** Participating Centres

**2904** Patients

**26** Centres of Excellence & Tertiary Care Centres

**23** Secondary & Primary Care Centres

**7** States & Territories

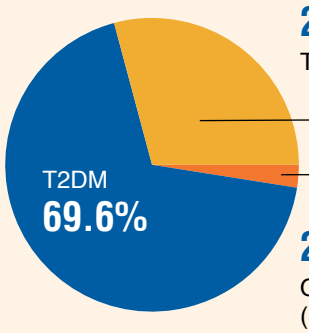
### SEX DISTRIBUTION

**43.6%** Females

**56.4%** Males

**0.03%** Other

### TYPES OF DIABETES*




**27.4%** T1DM

**2.9%** Other (Secondary Causes)

**Excluding unknown or unstated diabetes type*

### MEAN AGE

T1DM **45.8** Years

T2DM **64.3** Years

### MEDIAN DURATION OF DIABETES

T1DM **18.9** Years

T2DM **14.1** Years

## BLOOD GLUCOSE MONITORING

### T1DM BLOOD GLUCOSE MONITORING

**9.7%** Blood Glucose Self Monitoring Only

**80.5%** Continuous Glucose Monitoring Only

**9.8%** Both Blood & Continuous Glucose Monitoring

### T2DM BLOOD GLUCOSE MONITORING

**16.9%** No Regular Blood Glucose Monitoring

**77.0%** Blood Glucose Self Monitoring Only

**5.1%** Continuous Glucose Monitoring Only

**0.9%** Both Blood & Continuous Glucose Monitoring

*T1DM: Type 1 Diabetes Mellitus; T2DM: Type 2 Diabetes Mellitus*



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# GLUCOSE MANAGEMENT



## T1DM

**8.0%**
**MEAN HBA1C (%)**

**7.7%**
**MEDIAN HBA1C (%)**

**68.4%**
Multiple Daily Injections Of Insulin

**31.6%**
Continuous Subcutaneous Insulin Infusion

**11.7%**
Additional Non-Insulin Therapy

## T2DM

**8.3%**
**MEAN HBA1C (%)**

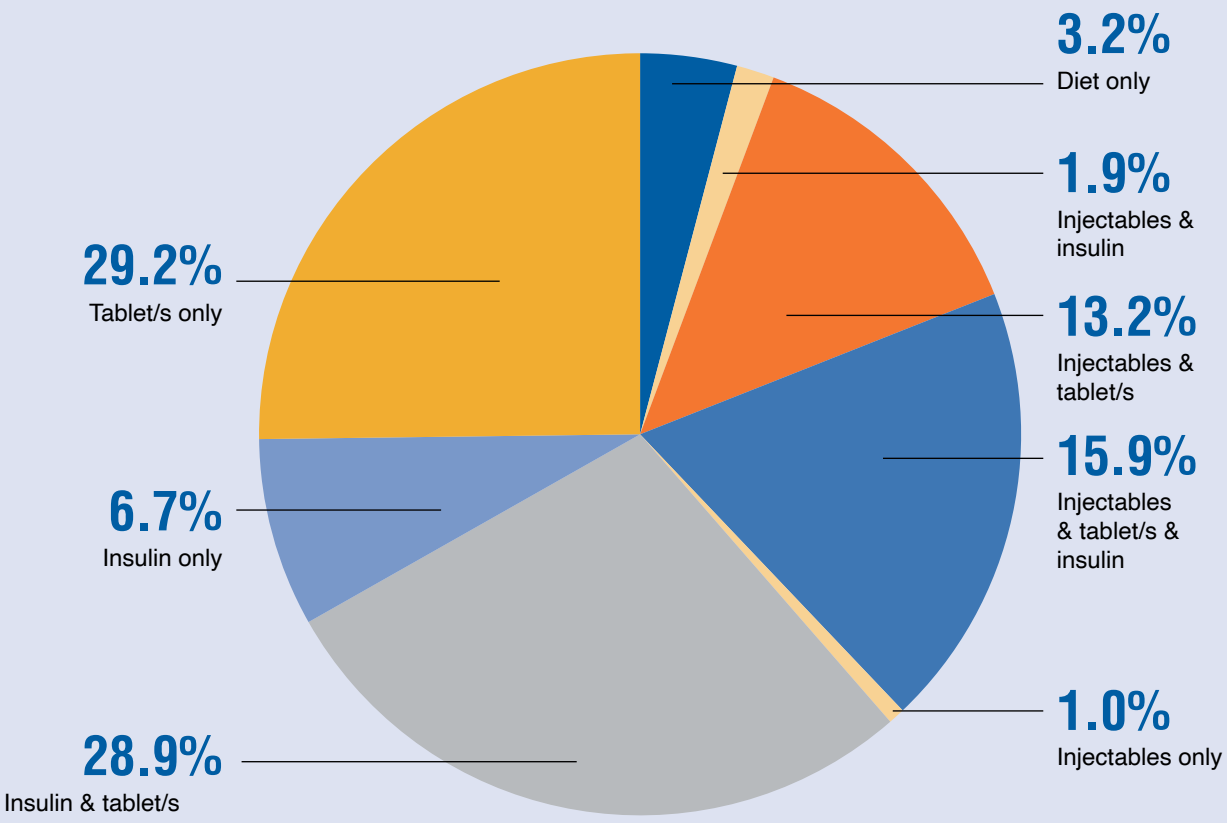
**8.0%**
**MEDIAN HBA1C (%)**

**18.0%**
On 1 Glucose Lowering Therapy

**29.9%**
On 2 Glucose Lowering Therapies

**52.1%**
On ≥3 Glucose Lowering Therapies

## TYPES OF GLUCOSE LOWERING THERAPIES (T2DM ONLY)



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# RISK FACTORS

## CHOLESTEROL

**54.9%**
Total Cholesterol ≥4.0 mmol/L

**35.6%**
Not On Lipid Modifying Therapy

## SMOKING

**32.6%**
Past Smokers

**14.5%**
Current Smokers

## BLOOD PRESSURE

**66.5%**
Blood Pressure ≥130/80 mmHg

**35.5%**
Blood Pressure ≥140/90 mmHg

**38.6%**
Not On Anti-Hypertensive Therapy

## WEIGHT

**31.3 KG/M²**
Mean BMI

**T1DM 67.9%**
Overweight/Obese

**T2DM 87.0%**
Overweight/Obese

# COMPLICATIONS (EVER REPORTED)

## OVERALL COMPLICATIONS

**38.6%**
NO COMPLICATIONS

**61.4%**
≥1 COMPLICATION/S

## EXPERIENCED SEVERE HYPOGLYCAEMIA*

T1DM **6.6%**

T2DM **2.4%**

*In the last 12 months*

## EXPERIENCED DKA OR HHS*

T1DM
**6.1% DKA**
**0.7% HHS**

T2DM
**1.1% DKA**
**0.6% HHS**

*In the last 12 months*

## CARDIOVASCULAR DISEASE

**16.6%**
Myocardial Infarction/CABG

**5.8%**
Stroke

**9.0%**
Peripheral Vascular Disease

## KIDNEY AND EYE DISEASE

**21.5%**
Retinopathy

**2.5%**
Blindness

**6.0%**
End-Stage Kidney Disease

## FOOT COMPLICATIONS

**11.7%**
Foot Ulceration

**24.7%**
Peripheral Neuropathy

**5.3%**
Amputation

*CABG: Coronary Artery Bypass Graft; DKA: Diabetic Ketoacidosis; HHS: Hyperosmolar Hyperglycaemic State*



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# PATIENT REPORTED OUTCOMES



## HEALTH PROFESSIONAL ATTENDANCES (IN THE LAST 12 MONTHS)

**66.8%**
Diabetes Educator/Nurse Practitioner

**35.1%**
Dietitian

**80.4%**
Ophthalmologist/Optometrist

**14.9%**
Psychologist/Psychiatrist

**53.8%**
Podiatrist

**21.0%**
Exercise Physiologist/Physiotherapist

## PHYSICAL ACTIVITY

**64.2%**
<150 Mins/Week Moderate Or Vigorous Activity

**58.1%**
No Muscle Strengthening Exercise

## NUTRITION/DIET MANAGEMENT

**18.1%**
Insufficient Time To Prepare Healthy Meals

**42.4%**
Too Costly To Eat Well

**7.0%**
Don't Know What Foods Are Best To Eat

**40.3%**
T1DM Only - Hard To Count Carbs/Weigh Food

## VACCINATIONS

**73.9%**
Did Not Receive A COVID-19 Vaccination/ Booster In The Last 6 Months

**36.7%**
Did Not Receive An Influenza Vaccination In The Last 12 Months

**77.0%**
Were Not Up-To-Date With Pneumococcal Vaccination



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