Living well with Diabetes in Alaska: preliminary results
Data Source

- ANTHC Diabetes registry
  - Since 1985
  - Cohort of people with Diabetes
    - Get care in the Alaska Tribal Health System
    - 98% type 2
Inclusion Criteria

- Diagnosed < 1/1/1993
- Lived with Diabetes at least 20 years by 12/31/2012
Results

601 diagnosed

1986-1992
Survivors: 303
Non-survivors: 298

# of patients with Diabetes
% of survivors with complications

Yes: 38%
No: 62%
## Complications by age at diagnosis

<table>
<thead>
<tr>
<th>Age group at date of diabetes diagnosis</th>
<th>% with no complications</th>
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<tbody>
<tr>
<td>&lt;45</td>
<td>73%</td>
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<tr>
<td>45-64</td>
<td>58%</td>
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<tr>
<td>65+</td>
<td>30%</td>
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Conclusions

- People diagnosed with diabetes between 1986-1992:
  - 50% survived $\geq 20$ years
  - 62% did not have a major complication
  - Younger age at diagnosis likely to have less complications
Future Direction

- Link to standards of care
- Identify modifiable risk factors associated with lack of complications (resilience factors)
- Share results with regions/Tribal partners’ diabetes programs/providers
Acknowledgements

- ATHS tribal facilities and SDPI grant coordinators
- Diabetes Registry Team
- Director of Diabetes Surveillance, Meera Narayanan