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## A community-hospital collaborative approach for diabetes management in Beijing—Beijing Community Diabetes Study (BCDS)

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**B**eijing Community Diabetes Study (BCDS): This project consists of the implementation and evaluation of a community-hospital integrated management for type 2 diabetes in Beijing, China. This ongoing project is a longitudinal community-based research, with the purpose of translating standard care to the real world clinical practice to optimize control of blood glucose, blood pressure and lipids, which could be expected to reduce the risk of chronic complications in the patients with diabetes. Over 4000 subjects aged from 20 to 80 years with type 2 diabetes from 25 community health centres in five urban districts were recruited at the baseline (between August 2008 and July 2009). Management adjustment strategies on guidelines have been applied by a collaborative team consisting of 15 specialists from tertiary hospital and 120 community GPs. To ensure the integrity and quality of data collection, a supervision team consisting of four trained specialists has been checking study progress and data records in every community centre twice yearly. By analysis, a significant reduction in HbA<sub>1C</sub> was shown with the intervention. 21.0% met all the HbA<sub>1C</sub>, blood pressure, and LDL-C target values after 6 years of intervention (in June 2015), which showed continuous increase compared with that in 2013 (13.1%), in 2011 (6.7%), and the baseline (5.5%). Significant reductions of the risk in diabetic microvascular complications and cerebral vascular disease, with the trend toward CVD were demonstrated. To date, the community-based lower-cost intervention offered by a collaborative team has proved to be an effective approach, and further exploration and follow-up study will continue for the next three years.

### Biography

Mingxia Yuan has completed her MD in 2003 from Peking University Health Science Center. She is the Associated Professor and Vice-Director of the department of Endocrinology, Beijing Tongren Hospital, Capital Medical University. She has been serving as an Editorial Board Member of the *Chinese Journal of Diabetes* and the *Journal of International Diabetes*. She has been the principal investigator of study projects supported by including National Natural Science Foundation of China (NSFC\_81370946), IDF-BRIDGES funding (ST12-024), and the Special Scientific Research on Capital Health Development (2011-2005-01, 2016-1-2057).

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