



**BEIJING
COMMUNITY
DIABETES
DIAGNOSIS AND
TREATMENT**

**Ambitious community
screening and tailored
interventions**

More than 2,000 high-risk people in Beijing benefit from tailor-made diet and exercise plans coupled with a screening initiative at the community level.

New approaches to curb diabetes growth

In Beijing, 12.04% of adults live with obesity¹ and 12.02% of adults live with diabetes². Community Health Centres (CHC) have been put at the centre of reaching and improving outcomes in two districts, with an intervention approach to strengthen the health system's capacity and effectiveness at treating diabetes.

Partners

- Beijing Municipal Health Commission
- Beijing Diabetes Research Centre
- Beijing Tongren Hospital (CMU)
- Four community health centres in the districts of Dongcheng and Tongzhou

“The health behaviours of Beijing residents are changing gradually. We will exchange and cooperate through innovative international projects like Cities Changing Diabetes and explore and build the Beijing model to effectively improve the management level and efficiency of diabetes prevention and treatment” says Liu, deputy counsel of Beijing Municipal Health Commission

Aimed at preventing complications

To delay and prevent complications among the diagnosed population, Beijing launched the Beijing Community Diabetes Diagnosis and Treatment Programme, initially with funding to last three years. The goal is to improve the diabetes control rate by more than 50% from the baseline.

The districts of Dongcheng and Tongzhou were chosen for the study. 15,000 residents of similar economic and medical insurance backgrounds were selected by CHCs in the districts for a comparative study before and after the programme.



Concurrently with the research study, 2,000 people at high-risk for living with diabetes received a tailor-made diet and exercise plan. Study participants were enrolled after a screening programme targeted at high-risk groups was rolled out in both districts.

A successful intervention programme

The network of community doctors across the 30 CHCs has been vital to the success of the intervention programme. A core aim of the programme is to strengthen doctors' capacity to screen, diagnose and treat residents. Tools, including a standardised guide to diagnosis and treatment, were provided and supported by training modules to better equip medical staff to implement the guidelines.

Outcomes measured by health indicators

The Cities Changing Diabetes working group is organising education and training programmes to strengthen diabetes management among the community doctors. Using indicators, including blood glucose, blood lipids, blood pressure, the group hopes that the compliance rate in the programme areas could increase by more than 50% compared with the baseline.



www.citieschangingdiabetes.com



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1. Liu Jia, Chen Xuan, Liu Yue, Luo Yanxia, et al. Prevalence of Overweight, Obesity, Centripetal Obesity and Abnormal Waist-to-hip Ratio Among People Undergoing Physical Examination in Beijing in 2018. *Journal of Health Examination and Management*. 2020,1(1):26-31. 2. Ma AJ, Dong J, Wei YQ, Fang K, et al. [Comprehensive control rate and related factors of diabetes mellitus in Beijing]. *Zhonghua Yu Fang Yi Xue Za Zhi*. 2020 Nov 6;54(11):1283-1288. Chinese. doi: 10.3760/cma.j.cn112150-20200616-00887.