



## **XIAMEN** THREE-DIVISION CO-MANAGEMENT MODEL

At 6.24%, the prevalence of diabetes in the city of Xiamen is lower than the national average in China<sup>1</sup>. To ensure that this remains the case, the city has rolled out a multi-level management system that co-ordinates between primary and tertiary levels of care.

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### **Partners**

- Xiamen Municipal Health Commission
- Xiamen Medical Association
- Xiamen Diabetes Institute



## **Preventing diabetes early with a multi-level management system**

### **High levels of undetected diabetes**

While Xiamen has a relatively low prevalence of diabetes, more than 53% of people living with diabetes in the city are unaware of their condition<sup>2</sup>. The longer diabetes goes undetected and unmanaged, the more likely an individual with the condition will develop diabetes-related complications that are difficult and costly to treat. By improving the standard of care at the primary level, it becomes possible to diagnose and manage cases of diabetes at an early stage.

### **A holistic approach to diabetes care**

In 2015, Xiamen implemented a system called the Three-Division Co-Management Model, which established coordination mechanisms between primary care (community health centres) and tertiary care (large hospitals) for the management of diabetes. This model has been supported by Cities Changing Diabetes since Xiamen joined the programme in 2017.

Under the Three-Division Co-Management Model, people with diabetes are cared for by a team of specialists, general practitioners and health managers who work together to provide comprehensive, multidisciplinary and holistic healthcare in the community. It was necessary to standardise and improve the overall capacity to diagnose and treat diabetes at the primary care to create the system. Through this process, it became evident that a system to support community-based general practitioners needed to be developed.

### Support from health managers

As part of the initiative, Xiamen has set up health clinics in the community and trained almost 1,000 health managers to support people living with diabetes. These health managers play an important role in monitoring blood pressure and blood glucose levels. They are also responsible for engaging with the community to improve health literacy and help prevent high-risk groups from developing diabetes. A city-wide screening programme further helps identify people with prediabetes and those living with

diabetes who are unaware of their condition to get the support that they need at their local community health centre.

“The Cities Changing Diabetes project can help the high-risk diabetes population to carry out early prevention, not only by expanding the primary prevention of diabetes, but also by improving the tertiary prevention of diabetes.” – Yao Guanhua, director of Xiamen Municipal Health Commission

