

The French national public health agency



PREDIABETES AND UNDIAGNOSED DIABETES PREVALENCE IN A FRENCH NATIONWIDE STUDY : ESTEBAN

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France in 2016 :

prevalence of pharmacologically treated diabetes is well known

→ 3,3 millions people = 5%

national estimations of prediabetes and undiagnosed diabetes prevalence are scarce

→ no studies in France since 2006 (ENNS)

**Objective : estimate prediabetes
and undiagnosed diabetes prevalence**

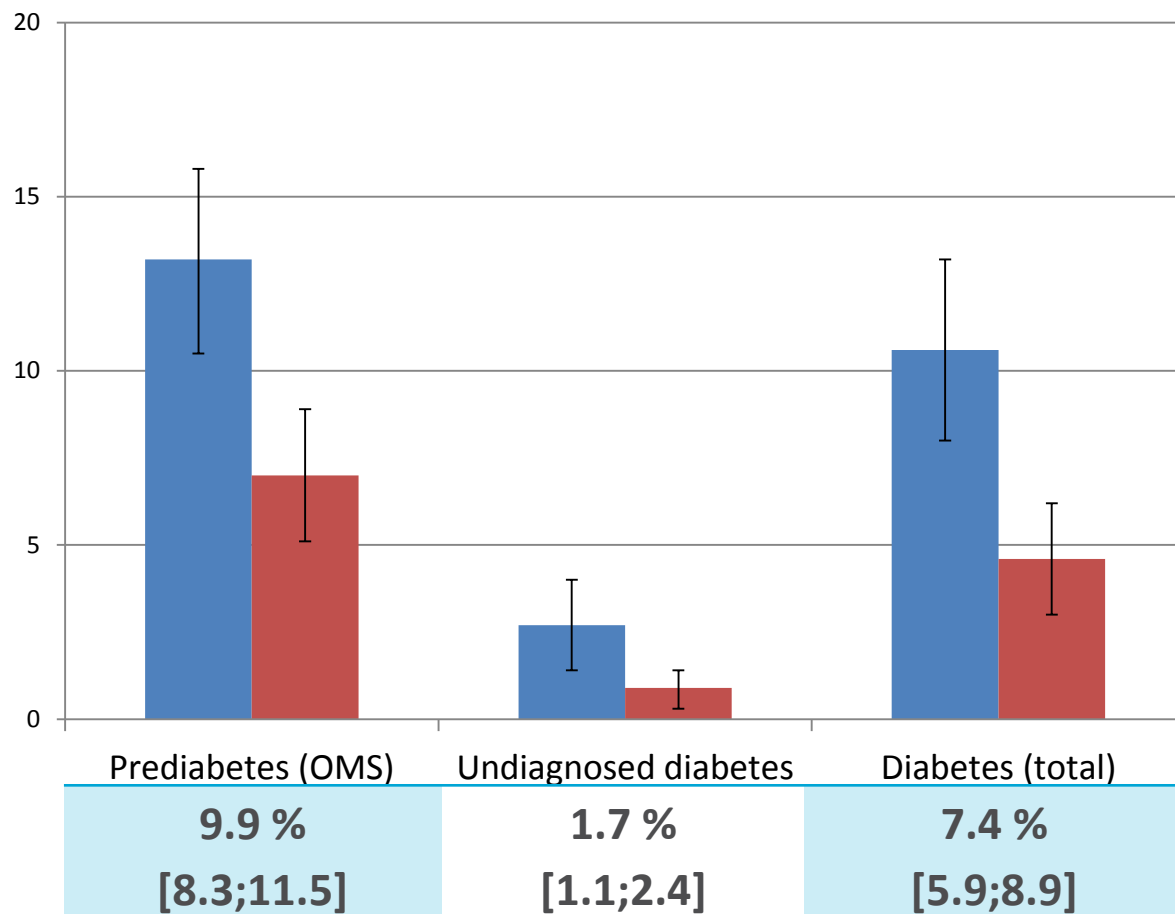
using **ESTEBAN** 2014-2016, a cross-sectional national survey
based on a French continental population
of adults aged 18-74 years

2270 participants who realized a **face to face** questionnaire +
a self **administered questionnaire** +
a **medical** examination (questionnaire +
blood sampling → fasting plasma glucose **measure**)

→ Linkage to the French national health insurance information system data

WEIGHTED PREVALENCE

■ Men ■ Women



- Prevalence of prediabetes and undiagnosed diabetes are high
- Prevalences are higher among men than among women
- Prevalences are comparable to the international and French literature

Weighted prevalence, total, in men and women

LIMITS

- Complex **pre analytical conditions** of fasting plasma glucose measurement
 - ❑ Esteban → **international recommendations** respected = utilization of tubes with rapidly effective glycolysis inhibitor
 - ❑ However, difficulty to compare **precisely** with previous French study
- ESTEBAN **participation rate** of 40%
- **No adjustment to the health status** of the weighting used

STRENGTHS

- Representative **random sample** at **national** level
- **Different sources**: face-to-face questionnaires and self-questionnaires, medical and biological examination data, linked to medico-administrative data.
- **Adjustment of weights** to correct non-response → to reduce biases related to non-participation

CONCLUSION

- ESTEBAN: prevalence of undiagnosed diabetes and prediabetes among 18-74 year-olds
 - new estimation
 - elevated and increasing
- important role of:
 - prevention campaigns to limit progression to prediabetes AND from prediabetes to diabetes.
 - diabetes screening to limit the share of undiagnosed diabetics

PROSPECTS

- Targeting populations most at risk of prediabetes and diabetes: use of large sample French cohort (Constances)
- Study of the links between prediabetes, diabetes and environmental factors

THANK YOU FOR YOUR ATTENTION