Harsimran Singh¹, Rowan Hillson² and Clare Bradley¹

¹Department of Psychology, Royal Holloway, University of London, Egham, Surrey, UK
²Diabeticare Unit, The Hillingdon Hospital, Uxbridge, Middlesex, UK

Diabetes control and management among South Asian and White men and women

**Background** UK research into HbA₁c levels in South Asians with diabetes compared to native Whites has found mixed results.

**Aims** To investigate diabetes control, support systems and barriers to diabetes management in South Asian and White adult outpatients with diabetes from Hillingdon Hospital (Middlesex).

**Method** Ethical committee approval was obtained and 585 South Asians (SA) and 230 Whites (W) were selected and invited to participate. Three most recent HbA₁c readings were accessed for each consenting patient (SA = 56; W = 52) the majority of whom, had Type 2 diabetes. Interviews were conducted with a sub-sample of White (n=8) and South Asian (n=12) volunteers.

**Results** ANOVA revealed a significant interaction between gender and ethnicity affecting the most recent HbA₁c (F(1,117) = 4.119, p<0.05) with worse glycaemic control in South Asian women. Overall South Asians with Type 2 diabetes had a significantly lower age of diagnosis compared to Whites (44.12 ± 10.591 vs 52.42 ± 14.05 years, p<0.01). Analysis of interviews revealed some important differences in diabetes management.

**Conclusion** These findings suggest how diabetes management interventions might be targeted more effectively.