

# Transition from child to adult with diabetes (ages 15-25)

Björn Ehlin

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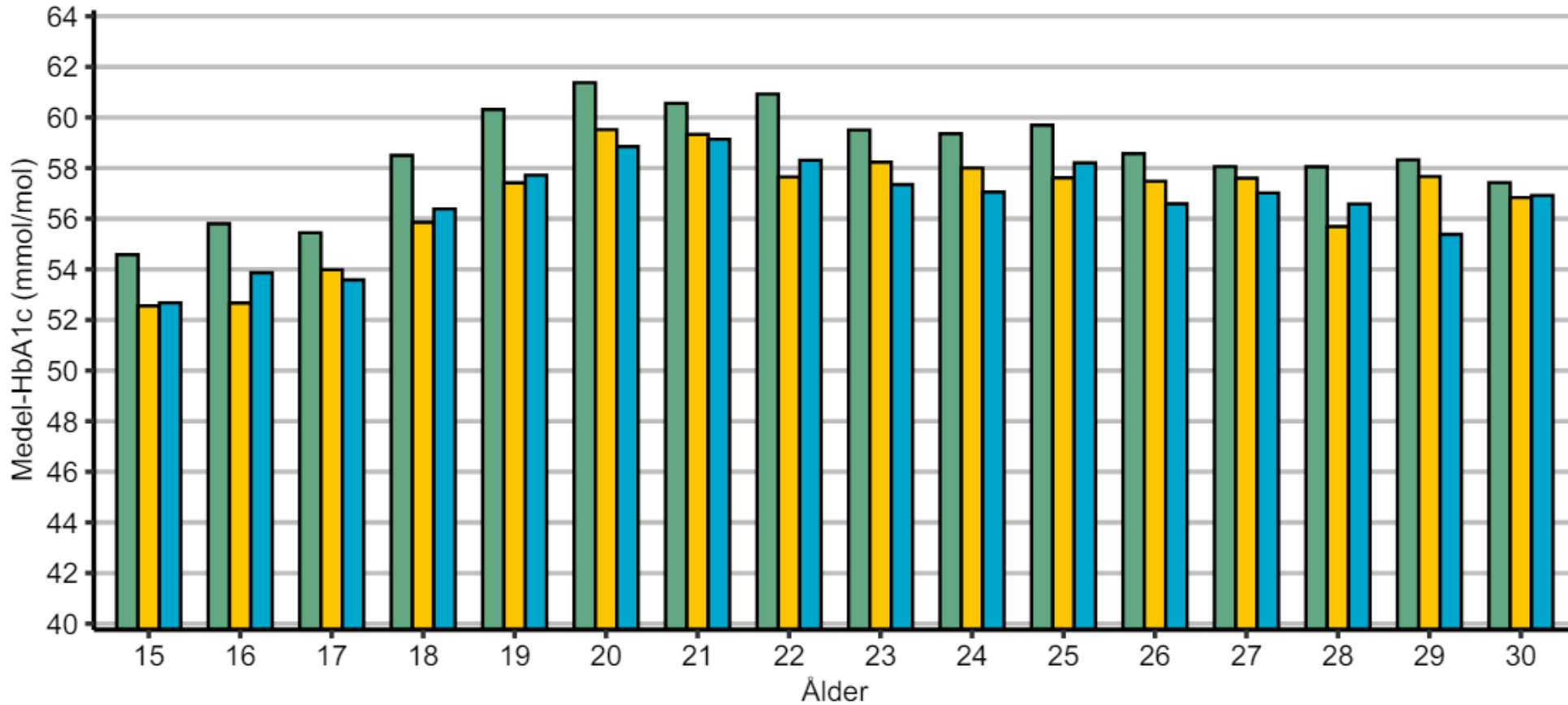
# Global Diabetes Targets

- 80% have good control of glycaemia



# Average HbA1c at different ages

Figur 41. Medel-HbA1c (mmol/mol) i olika åldrar. Diabetes typ 1.



From The Swedish National  
Diabetes Register's Annual Report  
2023

■ 2021 ■ 2022 ■ 2023

HbA1c-värden vid diabetesduration < 3 månader har exkluderats.

# Purpose

Create guidelines for healthcare in order:

- To achieve good and equal care for people with diabetes in the ages between 15 and 25.
- Encompass the entire care process that should support the young person in the transition from childhood to adulthood with diabetes.



# Challenges

- Age 0-17 (pediatric care) – pediatric guidelines
- Age 18+ (adult care) – adult guidelines
- 21 healthcare regions
- 1 200+ primary care health centers
- 40+ pediatric diabetes clinics
- 80+ adult diabetes clinics (hospitals)



# Enablers

- The Swedish Diabetes Association
- The Swedish Association for Pediatric Endocrinology and Diabetes
- The National Working Group for Diabetes
- The Swedish National Diabetes Register
- The Swedish Association for Nurses in Diabetes Care
- The Swedish Association for Diabetology



# Outcome

- Guidelines are currently being reviewed by the healthcare regions.
- Plan is to publish guidelines in early 2025.
- Nationally accessible through National system for knowledge-driven management within Swedish healthcare.

