

## CLINICAL PROFILES AND GLYCEMIC CONTROL OF WOMEN WITH TYPE 2 DIABETES IN OUTPATIENT CLINICS IN JORDAN

**Aims or Objectives:** This study aimed to assess the clinical profiles and glyceemic control of women with type 2 diabetes (T2D) in governmental outpatient clinics.

**Methods:** A cross-sectional study was conducted among 477 women with type 2 diabetes attended governmental outpatient clinics in Zarqa Directorate between 2008 – 2010. Information about diabetes were obtained by trained interviewers, using a standardized questionnaire. Body weight and height were measured; Body mass index (BMI) was calculated. Fasting blood samples were taken to determine fasting blood glucose, glycosylated haemoglobin and lipid levels.

**Results:** Women mean age was 56 years. Twenty-five percent of the sample was at reproductive (age range 18–49 years). Fourteen percent of the subjects were diagnosed as GDM at a mean age of 34years. Women have previously delivered large babies (above 4 kg) were 30% of the sample. The majority of women were obese (73%) and 95% have waist circumference more than 80 cm. The prevalence of inadequate glyceemic control was 83.7% (above the recommended target of 7%). In 34% of the sample, LDL was more than 100 mg/dl, 22% have HDL less than 40mg/dl and 36% have Triglycerides more than 150mg/dl.

**Conclusions:** The majority of women attending the outpatient clinic had poor glycaemic control. There is need to empower patients with knowledge and resources to enhance their individual participation in diabetes self-care. Diabetes care providers and facilities also need capacity building to improve care of patients with diabetes.