

Volume 11, 27 June 2011

Publisher: Igitur publishing

URL: <http://www.ijic.org>

URN:NBN:NL:UI:10-1-101506 / ijic2011-69

Copyright: 

Poster abstract

Behaviour modification within a population health management programme for diabetics and obese insured in Abu Dhabi, United Arab Emirates

Tanja Kreiser, Almeda GmbH, Munich, Germany

Alfons Grabosch, Daman National Health Insurance, Abu Dhabi, UAE

Stefan Kottmair, Almeda GmbH, Munich, Germany

Pawel Brock, Almeda GmbH, Munich, Germany

Correspondence to: Tanja Kreiser, E-mail: tanja.kreiser@almeda.com

Abstract

Purpose: According to the International Diabetes Federation the prevalence for diabetes type 2 is expected to grow from 18.7% in 2010 up to 21.4% in 2030 in the UAE. Against this backdrop Daman National Health Insurance Company in Abu Dhabi decided in 2008 to implement a Population Health Management Programme for diabetic type 2 UAE Nationals.

Objectives: The aims of the programme are to influence and motivate patients to change their lifestyle, to self-manage their chronic condition in order to prevent complications, to improve the quality of life and to reduce costs in the long run.

Methods: The programme combines a telecoaching programme and a face-to-face training. The core element of the telecoaching is a structured supervision of participants via phone by a personal coach. Both programmes have been successfully used and evaluated in Germany and have been adapted for use in accordance with the UAE's cultural environment.

The results were evaluated in a prospective longitudinal study. The data were collected from the participants throughout the programme.

Results: Twenty-nine thousand insured persons were identified as diabetics. ten thousand and one hundred patients have been contacted so far whereas 4800 of them turned out to be qualified for the programme. Two thousand eight hundred out of this group agreed to participate. One thousand three hundred patients submitted signed consent forms and could be enrolled.

One year after programme start, first positive results of those participants are available. The body-mass-index was lowered significantly from a mean value of 31.90 to 31.58 ($p < 0.05$). The HbA_{1c} was lowered from a mean value of 7.55 to 7.29 (%) ($p = 0.157$).

Conclusion and outlook: Population Health Management Programmes from Western countries can be transferred to the international market and are particularly interesting for countries with a high prevalence of diabetes. The results indicate that medical parameters such as BMI and HbA_{1c} can be improved by such programmes.

Keywords

population health management, diabetes type 2, obesity, UAE, telecoaching programme
