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Glycaemic Control and Quality of Life among Older Population with Diabetes in Three Districts of Peninsular Malaysia

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Introduction: The older population is increasing in numbers worldwide. Most of them have multiple comorbidities including diabetes. Diabetic control in elderly is usually challenging. Their quality of life and socioeconomic condition could affect their disease progress. This study aims to measure the diabetic control and its associated factors, including quality of life among the older population with diabetes in three different districts of Malaysia. **Materials and Methods:** The patients' health and background details were recorded. A validated Malay version of diabetes quality of life questionnaire (DQOL) was used. 485 elderly diabetic patients were recruited based on two proportion formula comprising all clinics in those districts representing urban vs rural area. Data were analyzed using simple and multiple logistic regression for the association. **Results:** Only 30.5% of the patients have good diabetic control of HbA1c $\leq 7.5\%$ with patients in Kuala Terengganu district achieved better sugar control ($p < 0.001$). Univariate analysis showed significant association between diabetic control and male gender, ex-smoker, comorbid, insulin treatment, Kuala Terengganu district and quality of life score. However, the only significant diabetic control predictor based on multiple logistic regression is the quality of life of the elderly patients (OR = 1.32, CI 1.047 – 1.224). **Conclusion:** Level of diabetes control in these three districts are poor, concomitant with the poor control of all the non-communicable disease profiles. It is essential to embark on a holistic approach in dealing with the elderly diabetic management by including the quality-of-life assessment. Improvement of the quality of life in those with poor glycaemic control can in fact result in better disease outcomes.

Keywords: Diabetes; elderly; quality of life