

INVESTIGATING DIABETES

Using data to assist in the proactive care of populations at risk

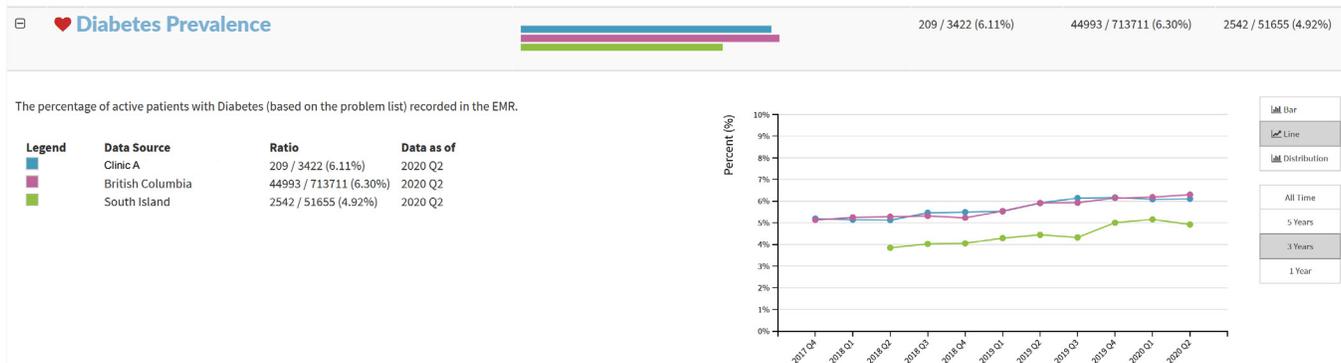
Diabetes is often related to additional health issues, including obesity and hypertension. Some patients with type 2 diabetes can achieve target blood glucose levels with nutrition guidance and physical activity alone, but many will also require glucose-lowering medications.

Using **HDC Discover**, healthcare providers can compare the prevalence of diabetes to other clinical measures. They can then compare to colleagues, the community, and the province at large. Looking at this data, they are empowered to reflect and ask themselves questions that can lead to practice improvements and better patient care.

This handout outlines a few steps on how you can use **HDC Discover** to gain a broader perspective of diabetes in your practice.

STEP 1: REVIEW DIABETES PREVALENCE IN YOUR PRACTICE

- Compare your data to both B.C. and your Division of Family Practice
- Consider documentation, coding, screening, type of patients in your practice, socioeconomic status, etc.



Questions to reflect on:

1. How does the prevalence of diabetes in your practice compare to BC or your community or region?
2. How do you account for any difference that you might see? What other reasons might account for differences?

STEP 2: REVIEW YOUR POPULATION PYRAMID

- Compare your data to both B.C. and your Division of Family Practice
- Consider your age, gender, years in practice, community of practice, preferences of patient type

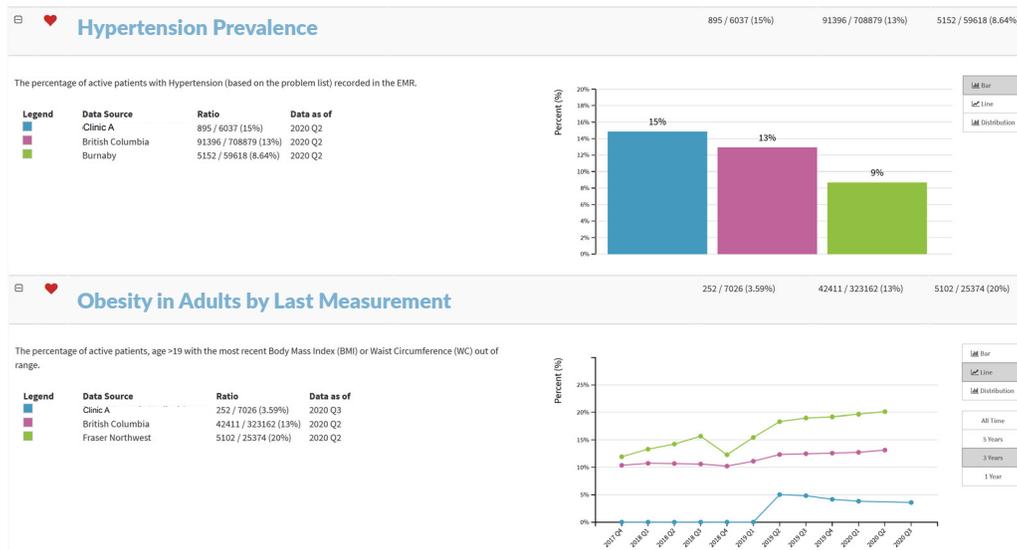


Questions to reflect on:

1. How does the age/gender distribution in your practice compare to BC or your community or region?
2. How do you account for any difference that you might see? What other reasons might account for differences?

STEP 3: INVESTIGATE PREVALENCE OF OBESITY & PREVALENCE OF HYPERTENSION

- Compare your data to both B.C. and your Division of Family Practice



Questions to reflect on:

1. Considering your patient population age pyramid and prevalence of obesity, what would you expect your practice prevalence of diabetes and hypertension to look like in comparison to the population of the rest of BC or your community?
2. What is your process for screening for diabetes and hypertension in your practice? How could you improve screening? Consider other resources available to you such as the Practice Support Program, Peer Mentors, and tools like [CANRISK](#).