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Investigating Temporal Patterns of Glycemic Control around Holidays

Do people have worse glycemic control during holidays?

PURPOSE OF THE STUDY

Investigating the effects of winter holidays on glycemic control

537 million people
worldwide are affected with diabetes

A significant fraction of people with diabetes
fail to achieve recommended goals for glycemic control

Changes in person's routine during holidays
may further affect glycemic control in diabetes patients

Hypothesis

People with diabetes have worse glycemic control during holidays compared to non-holidays

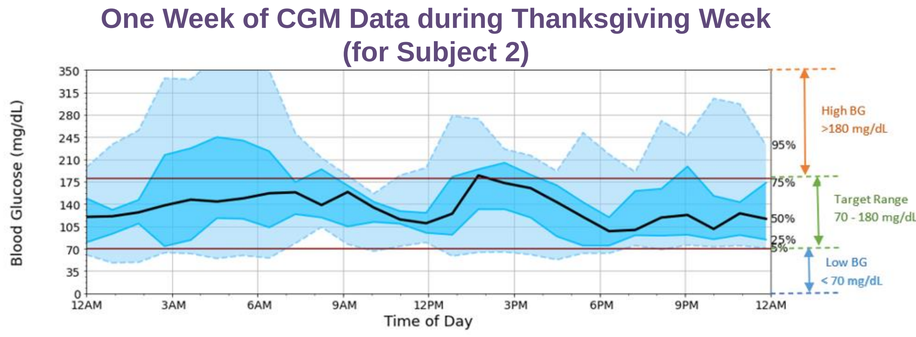
METHOD

14 subjects with type 1 diabetes

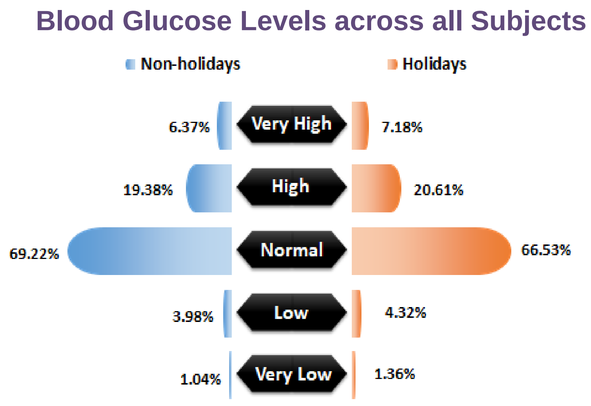
91 days continuous glucose monitor (CGM) data (week 46 to week 6)

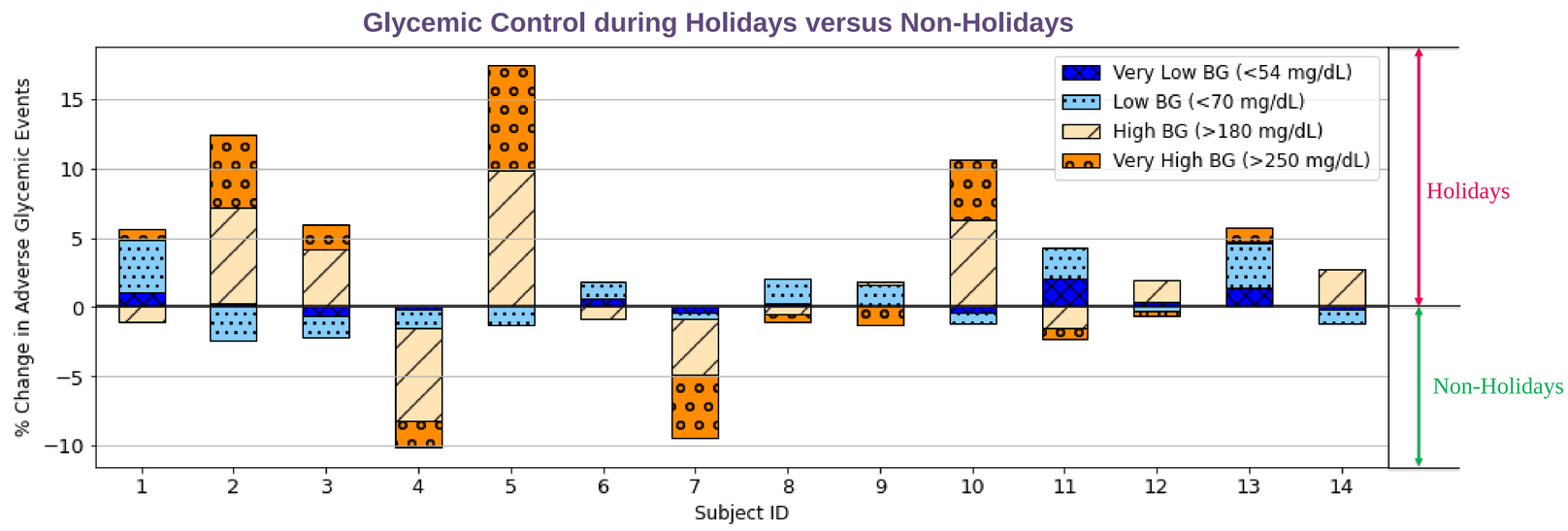
Holiday Weeks:
Week 46: Thanksgiving
Week 52: Christmas
Week 1: New Year

- Compared blood glucose data during holiday weeks with non-holiday weeks using clinically-validated metrics for quantifying diabetes management



RESULTS





KEY TAKEAWAYS

86% Subjects had worse glycemic control during holiday weeks

42% Subjects had more hypoglycemic events during holidays

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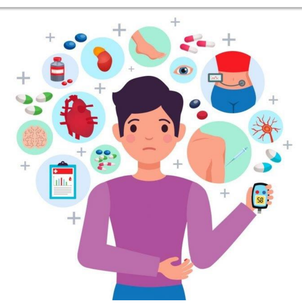

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