*Font: Arial 11 pt - alpha/numeric characters only*

Abstract title (max. 25 words):

*The title should be as brief as possible and clearly indicate the nature of the abstract. If you wish to include a subtitle, it must be included in this field and included in the 25-word limit.*

Health status of adults with type 1 diabetes aged 60 years or more.

Abstract content (max. 300 words):

*The abstract structure should include: Aim/s, Methods, Results, Conclusion.*

*A single table or single figure is allowed (up to 6 lines –word limit is reduced to 240 words; 7 to 10 lines - 10 lines maximum size – word limit is reduced to 200 words).*

Aims: Age and Type 1 diabetes (T1D) duration increase risk of chronic diabetes complications. We determined the current health status and risk factor control of adults with T1D aged ≥60 vs <60y.o.

Methods: Cross-sectional study of 1480 T1D adults attending the Baker Heart and Diabetes Institute clinic in the past decade. Median values for nine risk factors were compared between the ≥60 vs <60y.o. groups: HbA1c, systolic and diastolic blood pressure (SBP, DBP), body mass index (BMI), urine albumin-creatinine ratio (uACR), estimated glomerular filtration rate (eGFR), low-density-lipoprotein-Cholesterol (LDL-C), triglycerides (TG) and high-density-lipoprotein-Cholesterol (HDL-C). The percent meeting recommended treatment targets was assessed.

Results: ≥60y.o vs <60y.o. group; median age 69 vs 40 yrs; 59% vs 55% male; 19% vs 33% pump-users; 67% vs 72% continuous glucose monitor-users; and 18.7% vs 13% prior cardiovascular disease (CVD). Smoking status available for 70%; 11% v 17% current smokers. Risk factor levels in Table 1. Median (25th-75th percentile) number of targets met for both groups was 6 (5-7).

Median (25th-75th percentile), % meeting target for <60 and ≥60y.o. groups:

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| --- | --- | --- | --- |
| Risk factor level, (Risk factor target) | <60y.o. (n=1011) | ≥60y.o. (n=469) | p-value |
| HbA1C mmol/mol, (<53) | 58 (52-69), 28% | 61 (53-70), 22% | p>0.05 |
| SBP mmHg, (<130) | 125 (115-135), 51% | 137 (125-147), 33% | p<0.0001 |
| DBP mmHg, (<80) | 79 (71-85), 45% | 73 (65-80), 66% | p<0.0001 |
| BMI kg/m2, (<27.5) | 26.5 (23.7-30.1), 53% | 26.9 (23.8-29.6), 49% | p>0.05 |
| LDL-C mmol/L, (<2.0) | 2.4 (2.0-3.1), 20% | 1.9 (1.5-2.4), 52% | p<0.0001 |
| HDL-C mmol/L, (>1.0) | 1.6 (1.3-2.0), 82% | 1.6 (1.3-2.1), 87% | p>0.05 |
| TG mmol/L, (<2.0) | 1.1 (0.8-1.6), 80% | 1.0 (0.8-1.5), 86% | p>0.05 |
| eGFR ml/min/1.73m2, (>60) | 90 (89-90), 89% | 76 (58-88), 71% | p<0.0001 |
| uACR mg/mmol, (<3.5 F; <2.5 M) | 1 (0.5-1.9), 74% (F) 76% (M) | 1.4 (0.8-3.6), 28% (F) 38% (M) | p<0.0001 |

Conclusions: T1D adults ≥60y.o. have lower health status and suboptimal risk factor levels than those <60y.o.