



SMARThealth Diabetes in China

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The George Institute
for Global Health
China

Facts:

- Type 2 Diabetes (T2DM) affects approximately 114 million people in China, the largest number of any country in the world.
- China's T2DM prevalence has risen dramatically from around 1% in the 1980s to now over 10% and is expected to continue rising.
- In China, only 5.6% of diabetes patients are achieving target glucose, blood pressure and cholesterol levels.

Partners:

Beihang University

Shijiazhuang City Center for Disease Control and Prevention

Hebei Medical University

The George Institute for Global Health

Supporters:

National Health and Medical Research Council, (NHMRC) Australia

Global Alliance for Chronic Diseases, GACD

The George Institute for Global Health

Background:

- Health system infrastructure in China is struggling to meet the gaps in diabetes care and management and innovative solutions are needed.
- One potential solution is to incorporate state-of-the-art mobile technology to improve self-management support and build the capacity of family members to provide high-quality diabetes care for their family members with T2DM at home.

Aims:

- The goal of this project is to design and develop an innovative mobile application that can promote improved diabetes management for the Chinese T2DM patients.
- The program will evaluate the impact of the new mobile application in both urban and rural areas of China.

Methods:

- This project will comprise a comprehensive barriers analysis to understand the opportunities and constraints experienced by Chinese T2DM patients in accessing high-quality diabetic management; a user-centred design approach to develop the mobile application; and a large-scale cluster randomized controlled trial of the mobile application and evaluate its clinical impact.

Impact:

- SMARThealth Diabetes aims to provide improved care and management for patients with T2DM using innovative mobile technology.
- The findings of this study will be able to inform policy on a scalable strategy to overcome sub-optimal access to effective health care in China.

Contact:

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