Long-term impact of childhood-onset type 1 diabetes: social life, quality of life, sexuality

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Context
- Type 1 diabetes (T1D) in Western Countries: 9.5 to >60/100 000/yr.
- Increased incidence in Europe: +3.9%/yr (+5.4% among very young).
- Health: a state of complete physical, mental and social well-being (WHO 1946), with a reciprocal causal relationship between health and social vulnerabilities.
- Little is known about long-term social outcome T1D children.

Objective
To document the impact at adult age of childhood-onset T1D on social life, quality of life (QOL) and sexuality

Methods
- National Register of T1D incidence
  - Age ≥ 18yrs
  - T1D diagnosis ≤ 14yrs
  n=904
- Auto-questionnaire (198 items) regarding social and professional life, medical characteristics, quality of life (SF-36 MFI-20), sexuality and transition pediatric/adult healthcare.

Statistical Analyses
- Reference data for French general population (FGP), predominantly provided by the French National Institute of Statistical and Economic Studies (INSEE).
- Indirect Standardisation (SIR) according to age, sex, period, +/- educational level, marital life, parental educational level.

Results
- **SOCIAL LIFE**
  - Marital life: 63%
  - Single life: 22%
  - Living with parent(s): 15%
  - In case of parental project: 72% had children

- **PROFESSIONAL LIFE**
  - Unemployment: 12% vs 10%
  - (SIR=1.3 (0.9;1.7))
  - Professional occupation, employment contracts, half-time contracts = FGP

- **RISK BEHAVIORS**
  - Daily smokers ≤ FGP
  - Experience of cannabis < FGP: 18% vs 36%

- **QOL, SEXUALITY**
  - Physical composite score (SF36) ≤ FGP: -0.2 SD (-0.3; -0.1)
  - Mental composite score (SF36) < FGP: -0.7 SD (-0.8; -0.6)
  - Satiety: 7% vs 4% (SIR=1.9 (1.2;2.8))

- **TAKE-HOME MESSAGES**
  - Satisfying social insertion of young adults with T1D...but alteration of mental scores of HRQOL, frequent dissatisfaction with sexuality, and increased alcohol consumption suggest a strong impact of disease on morale, especially in women:
    - to address the issues of alcohol use and sexuality
    - to encourage practice of physical activity