



Eating Disorders among People with and without Type 1 Diabetes in Finland: Incidence and Treatment

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Abstract

Objective: Eating disorders are over-represented in type 1 diabetes mellitus (T1DM) accompanied with major morbidity and mortality, but less is known about how T1DM affects the treatment of eating disorders. We assessed incidence and treatment of eating disorders in a nationwide sample of T1DM and diabetes-free controls.

Method: Our study comprised 11 055 patients aged ≤ 30 and with T1DM in 1998-2010, and 11 055 controls matched for age, sex and hospital district. We assessed incidence of eating disorders using hospital records and Poisson regression. Eating disorder treatment was assessed by newly prescribed psychotropic medications and hospital treatment for eating disorders.

Results: During a mean follow-up of 13 years, there were 175 incident cases of eating disorders among those with T1DM and 75 among the controls, which yielded an adjusted incidence rate ratio of 2.35, 95% CI 1.79-3.08. There were no differences in the prescription of psychotropic medications between eating disorder patients with versus without T1DM, but those with T1DM received hospital treatment for their eating disorder less often (mean 2.41 vs. 3.69 inpatient care days per year [difference 0.99, 95 % CI 0.02-1.96] and mean 3.32 vs. 5.33 outpatient care visits per year [difference 1.65, 95% CI 0.80-2.49]).

Discussion: People with T1DM are more likely to be diagnosed with eating disorders than their diabetes-free peers. However, those with T1DM are less likely to get treatment for their eating disorders despite their greater risk for major

health outcomes. These findings emphasize the need for more equal treatment.

Topics: Treatment

For workshops only

No Answer Given

Submission Format: Scientific Paper

Is It a Student Paper? No