

**Background**

According to a recent PatientsLikeMe® Poll, one out of every two type 2 diabetes patients (50%) and nearly two out of every three type 1 diabetes patients (65%) say having diabetes affects their holidays. Of the 226 poll respondents, all of whom are members of PatientsLikeMe’s online health data-sharing community (www.patientslikeme.com), more than half of respondents (59%) say the upcoming holiday season, marked by Thanksgiving and Christmas, is most difficult for controlling blood glucose; 25% don’t find the holidays difficult. Full results, including coping strategies, are below.

Note to Editor: Please source all poll data as originating from PatientsLikeMe®

**PatientsLikeMe® Poll Methodology**

Between November 14<sup>th</sup> and November 18<sup>th</sup>, PatientsLikeMe invited all diabetes members to participate in the PatientsLikeMe® Poll, with 226 members completing the poll. Respondents represent patients with both type 1 diabetes (24%), where patients are usually diagnosed at a young age and need to daily blood glucose monitoring and insulin therapy, and type 2 diabetes (73%), where patients develop the condition gradually over time typically due to environmental factors resulting in increased blood glucose levels. In this poll, more than 200 respondents shared their HbA1c scores, with 49% reporting a score of 7.0 or lower (which represents well-controlled glucose).

**PatientsLikeMe® Poll Results**

**About the Respondents**

**What type of diabetes do you have? (n = 226)**

Type 1 Diabetes .....	24%
Type 2 Diabetes .....	73%
Another type of diabetes .....	3%

**What was your most recent HbA1c (or hemoglobin A1c) result? (n = 226)**

Unknown .....	14%
0-7.0 (well-controlled) .....	49%
Higher than 7.0 (poorly controlled) .....	37%

**As a consequence of your diabetes, do you need to be careful with your glucose intake? (n = 226)**

Yes .....	91%
No .....	9%

**Does having diabetes affect your holidays? (n = 226)**

Yes .....	54%
No .....	46%

**Type 1 patients (n = 55)**

Yes .....	65%
No .....	35%

Type 2 patients (n = 164)

Yes .....	50%
No .....	50%

Holidays & Coping Strategies

**Do you have a goal for control of your blood glucose level? (n = 226)**

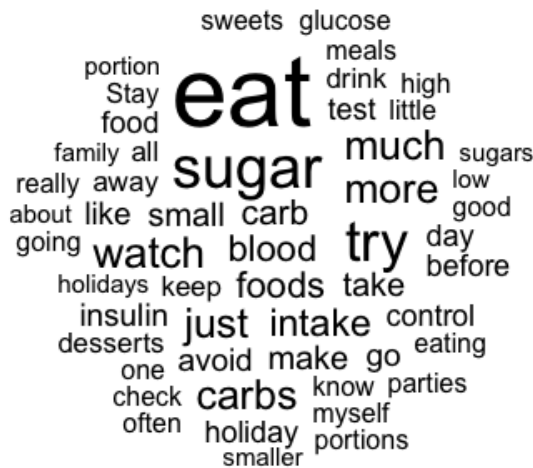
Yes .....	88%
No .....	12%

**During the past 4 weeks, how would you say your control of your blood glucose level has been? (n = 226)**

Very good .....	20%
Good .....	53%
Bad .....	18%
Very bad .....	6%
I don't know .....	2%

**Do you take any special precautions or use any strategies around holidays to keep your blood glucose under control? (n = 226)**

Patients contributed free text responses. The graphic (or “word cloud”) below represents response keywords that appeared more than six times.



**Despite your best efforts, do you find your blood glucose control is worse around holidays? (n = 226)**

Yes .....	49%
No .....	51%

**During which holiday period do you find it most difficult to control your blood glucose? (n = 226)**

Easter .....	2%
Ramadan .....	0%
Passover .....	0%

Halloween .....	6%
Thanksgiving .....	15%
Hanukkah .....	0%
Christmas .....	44%
New Year's .....	3%
Other .....	5%
I don't have any difficulty .....	25%

**If you consume too many things during the holidays that raise your blood glucose, do you do anything to offset that? (n = 226)**

I don't consume too many things that raise my blood glucose .....	27%
I don't do anything and hope for the best .....	12%
I change the dosage of my medication .....	33%
I try alternative things, like more exercise .....	28%

Type 1 patients (n = 55)

I don't consume too many things that raise my blood glucose .....	9%
I don't do anything and hope for the best .....	2%
I change the dosage of my medication .....	76%
I try alternative things, like more exercise .....	13%

Type 2 patients (n = 164)

I don't consume too many things that raise my blood glucose .....	34%
I don't do anything and hope for the best .....	13%
I change the dosage of my medication .....	18%
I try alternative things, like more exercise .....	34%

**Do you mind if diabetes comes up in holiday conversation? (n = 226)**

Yes .....	10%
No .....	90%

**Do your friends and family understand how diabetes affects you during the holidays? (n = 226)**

Yes .....	62%
No .....	38%

**What is the main way you deal with meal planning during the holidays? (n = 226)**

I eat before I go .....	7%
I bring my own meals .....	2%
I host so that I'm in control of the menu .....	7%
I manage with what's available .....	84%

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