



# Glucose Management Indicator Based on Sensor Data and Laboratory HbA<sub>1c</sub> in People With Type 1 Diabetes From the DPV Database: Differences by Sensor Type

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Julia M. Grimsman,<sup>1,2</sup>  
Simone von Sengbusch,<sup>3</sup> Markus Freff,<sup>4</sup>  
Uwe Ermer,<sup>5</sup> Kerstin Placzek,<sup>6</sup>  
Thomas Danne,<sup>7</sup> Elke Hammer,<sup>8</sup> and  
Reinhard W. Holl,<sup>1,2</sup> for the DPV  
Initiative

The glucose management indicator (GMI) estimates HbA<sub>1c</sub> from continuous glucose monitoring (CGM) profiles. The formula was developed with real-time CGM (rtCGM) sensors (1). As previous data indicated discrepancies between observed laboratory HbA<sub>1c</sub> and CGM-derived estimates of HbA<sub>1c</sub> for some individuals and sensor types (1,2), we aimed to compare observed HbA<sub>1c</sub> and GMI using both rtCGM and intermittent scanning CGM (iscCGM) profiles collected during routine care in people with type 1 diabetes.

We analyzed 132,361 CGM days from a total of 1,973 individuals with type 1 diabetes for  $\geq 1$  year from the German/Austrian/Swiss/Luxembourgian Prospective Diabetes Follow-up Registry (DPV) (3). As measurement ranges of the CGM devices differed, we truncated glucose values to the same range (40–400 mg/dL). We calculated the GMI from up to 90 CGM days per individual (median [interquartile range] 77 [46–89] days per individual) as  $GMI (\%) = 3.31 + 0.02392 \cdot [\text{mean glucose (mg/dL)}]$  (1). We compared GMI and observed HbA<sub>1c</sub> at the end of the 90-day period overall and

by age-group. Absolute differences between GMI and observed HbA<sub>1c</sub> were illustrated for rtCGM vs. iscCGM and stratified by glucose variability, normal weight vs. overweight, and HbA<sub>1c</sub> <7.5% vs.  $\geq 7.5\%$  using boxplots. Low/high glucose variability was defined as coefficient of variation (CV = SD divided by the mean) <36/ $\geq 36\%$ . Overweight was defined based on German Health Interview and Examination Survey for Children and Adolescents (KiGGS) reference as  $>90$ th percentile for individuals aged <18 years and as BMI  $>25 \text{ kg/m}^2$  for adults.

Median age and duration of type 1 diabetes were 14 [10, 17] and 5 [3, 9] years, respectively; 52% ( $n = 1,031$ ) were boys/men, and 68% ( $n = 1,329$ ) were pump users. Mean ( $\pm$  SD) GMI estimated from CGM data were slightly higher than mean observed HbA<sub>1c</sub> in the overall cohort ( $7.8 \pm 0.9\%$  vs.  $7.6 \pm 1.2\%$ ) and within each age-group (<6 years:  $7.5 \pm 0.7\%$  vs.  $7.2 \pm 1.0\%$ , 6 to <12 years:  $7.7 \pm 0.7\%$  vs.  $7.3 \pm 0.9\%$ , 12 to <18 years:  $8.0 \pm 0.9\%$  vs.  $7.8 \pm 1.3\%$ ,  $\geq 18$  years:  $7.7 \pm 1.0\%$  vs.  $7.6 \pm 1.3\%$ ). Overall, 11% ( $n = 224$ ) had an absolute difference between GMI and observed HbA<sub>1c</sub> of less than  $\pm$

0.1%, and 46% ( $n = 910$ ) had an absolute difference of at least  $\pm 0.5\%$ .

Stratification by sensor type revealed that mean GMI and HbA<sub>1c</sub> were similar in rtCGM users ( $n = 341$  CareLink Pro/Personal,  $n = 64$  Dexcom G5;  $7.6 \pm 0.7\%$  vs.  $7.6 \pm 1.1\%$ ), whereas iscCGM users ( $n = 1,568$  FreeStyle Libre) had higher mean GMI than HbA<sub>1c</sub> ( $7.9 \pm 0.9\%$  vs.  $7.6 \pm 1.2\%$ ). Similar patterns were observed after stratification by glucose variability or weight (Fig. 1): while absolute differences between GMI and laboratory HbA<sub>1c</sub> were almost symmetrically distributed around 0 in rtCGM users, GMI was higher than the laboratory HbA<sub>1c</sub> value in almost three-fourths of iscCGM users. This finding was still observed after additional stratification by age-group (data not shown). Stratification by HbA<sub>1c</sub> level revealed higher GMI than HbA<sub>1c</sub> in most individuals with HbA<sub>1c</sub> <7.5%, with GMI-HbA<sub>1c</sub> differences being higher in iscCGM users. In contrast, three-fourths of all rtCGM users with HbA<sub>1c</sub>  $\geq 7.5\%$  had lower GMI than HbA<sub>1c</sub>, whereas differences in iscCGM users with HbA<sub>1c</sub>  $\geq 7.5\%$  were almost symmetrically distributed around 0 (Fig. 1).

<sup>1</sup>Institute of Epidemiology and Medical Biometry, ZIBMT, Ulm University, Ulm, Germany

<sup>2</sup>German Center for Diabetes Research (DZD), München-Neuherberg, Germany

<sup>3</sup>University Hospital Schleswig-Holstein, Lübeck, Germany

<sup>4</sup>Princess Margaret Children's Clinic, Darmstadt, Germany

<sup>5</sup>Kliniken St. Elisabeth, Neuburg/Donau, Germany

<sup>6</sup>University Hospital Halle (Saale), Martin-Luther University, Halle, Germany

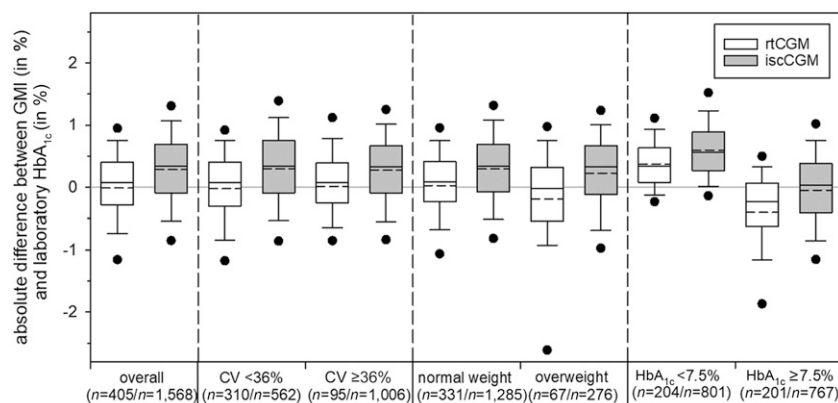
<sup>7</sup>Children's and Youth Hospital Auf der Bult, Hannover, Germany

<sup>8</sup>Catholic Children's Hospital Wilhelmstift, Hamburg, Germany

Corresponding author: Julia M. Grimsman, [julia.grimsman@uni-ulm.de](mailto:julia.grimsman@uni-ulm.de)

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**Figure 1**—Difference between CGM-derived estimated HbA<sub>1c</sub> and observed laboratory HbA<sub>1c</sub>. Difference between laboratory HbA<sub>1c</sub> and GMI by sensor type, stratified by age-group, glucose variability, and HbA<sub>1c</sub> (based on truncated sensor values). Boxes represent the interquartile range (IQR = Q3 – Q1), whiskers represent the 1.5-fold IQR, and dots represent 5th and 95th percentiles. Solid and dashed lines within boxes indicate median and mean, respectively.

In conclusion, our analysis of glucose profiles collected during routine care from people with type 1 diabetes revealed discrepancies between CGM-derived GMI and laboratory HbA<sub>1c</sub> in a considerable subset of individuals. This finding is in line with results from Leelarathna et al., who analyzed data from three different rtCGM sensors. They found an absolute difference between GMI and laboratory HbA<sub>1c</sub> of  $\geq 0.5\%$  in one-third of all participants but found that only 20% of all participants had differences of  $< 0.1\%$ . It has been suggested that the difference between laboratory HbA<sub>1c</sub> and CGM-derived GMI is clinically meaningful and should be considered when therapeutic goals are set (1).

Our analysis, however, found that discrepancies between GMI and HbA<sub>1c</sub> differed between iscCGM and rtCGM. Measurement ranges as well as distribution of sensor glucose values differed by sensor type. CGM systems typically have a higher accuracy in the euglycemic range, whereas accuracy often decreases in the hypoglycemic and/or hyperglycemic range (4). Moreover, different modes of calibration lead to different sensitivities and specificities in the detection of biochemical hypoglycemia (5). This indicates that it is necessary

to adjust the GMI formula for sensor type.

As both measures, CGM-derived GMI and laboratory HbA<sub>1c</sub>, may affect therapeutic goals and diabetes management, further research is needed to examine potential explanatory factors, for example, duration of CGM usage, indication for usage, sensor type/version, ethnicity, subcutaneous adipose tissue, glucose variability, life span of red blood cells, or hemoglobinopathies that may affect glycosylation. Formulas specific for sensor type that account for the respective measurement range and type of calibration may be needed to accurately estimate GMI.

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