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The Dexcom Community Glucose Monitoring Project

SIX-MONTH RESULTS USING CONTINUOUS GLUCOSE MONITORING IN TYPE 2 DIABETES

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STUDY OBJECTIVE

To evaluate **how providing CGM at no cost** to uninsured adults with type 2 diabetes in a primary care setting **impacts A1C and glycemic control over 6 months**

RESEARCH METHODS

PARTICIPANTS

N=237
WITH COMPLETE 6-MONTH GLYCEMIC CONTROL OUTCOMES

9.4 ± 1.7%
MEAN A1C

DESIGN

- Adults (≥18 years) with type 2 diabetes
- CGM-naive
- No insurance coverage for CGM
- Willing to wear CGM sensors
- Residents of Ohio referred by PCPs

INTERVENTION

- Dexcom G6 CGM provided for 6 months
- Basic CGM training only; no additional education or clinical visits
- Data shared via Dexcom Clarity or receiver

RESULTS

54% OF PARTICIPANTS ACHIEVED
A1C <7.0%
(vs. 0.4% at baseline)

83% ACHIEVED
A1C <8.0%
(vs. 18.6% at baseline)

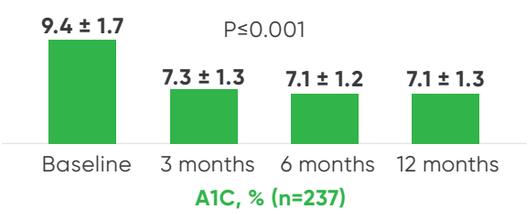
TIR INCREASED BY
5.5%, +1.32 hrs/day
(from 60.2% to 65.6%, P = 0.022)

MEAN GLUCOSE DROPPED TO
168.4 ± 36.7 mg/dL
(vs. 175.0 ± 38.6 at baseline)

GMI IMPROVED TO
7.3%
(vs. 7.5% at baseline)

IMPROVEMENTS OCCURRED
with minimal training and no medication protocol changes

CHANGE IN A1C FROM BASELINE TO 12 MONTHS



A1C, % (n=237)

PROPORTION OF PARTICIPANTS MEETING A1C TARGETS

A1C	Baseline	12 months
<7	0.4%	54.0%
<8%	18.6%	82.7%

2024 HEDIS glycemic status assessment includes A1C or GMI

TABLE 2 CHANGE IN CGM METRICS FROM BASELINE TO 6 MONTHS (N =149*)

Parameter	Baseline	Follow-up	Change	*P*
Mean glucose, mg/dL	175.0 ± 38.6	168.4 ± 36.7	-6.6 ± 40.4	**0.047**
GMI, %	7.5 ± 0.9	7.3 ± 0.9	-0.2 ± 1.0	**0.047**
CV, %	23.1 ± 5.9	23.5 ± 6.1	0.4 ± 4.6	0.268
PERCENTAGE OF TIME IN RANGE				
TIR 70-180 mg/dL	60.2 ± 28.6	65.6 ± 26.1	5.5 ± 28.7	**0.022**
TITR 70-140 mg/dL	30.9 ± 25.6	34.8 ± 26.0	3.9 ± 25.8	0.068
TAR > 180 mg/dL	39.5 ± 28.8	34.0 ± 26.3	-5.5 ± 28.9	**0.021**
TAR 181-250 mg/dL	29.0 ± 18.4	25.2 ± 16.6	-3.8 ± 18.3	**0.012**
TAR > 250 mg/dL	10.5 ± 15.3	8.8 ± 14.3	-1.7 ± 17.4	0.231
TBR < 70 mg/dL	0.3 ± 0.7	0.3 ± 1.3	0.05 ± 1.2	0.613
TBR < 54 mg/dL	0.02 ± 0.1	0.06 ± 0.3	0.03 ± 0.3	0.168

Data are presented as mean ± SD. Bold type indicates statistical significance.
*Met data sufficiency criteria and elected to share their data through Clarity Clinic account.

KEY TAKEAWAYS

- Uninsured adults with type 2 diabetes saw a **2.4% drop in A1C, from 9.4 at baseline to 7.1 at 6 months with CGM**
- CGM use significantly **reduced time spent above 180 mg/dL** and **improved TIR after 6 months of CGM use**
- **54% reached and sustained the ADA A1C target of <7% after 6 months of CGM**, up from 0.4% at baseline
- CGM data **helps PCPs overcome therapeutic barriers** and **adjust treatment faster**
- Real-time glucose visibility **drives patient behavior change**, especially when goals aren't met
- No difference in outcomes between CGM app and receiver users, showing **consistent benefit across platforms**

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