



# Diabetes Self-Management Education Programmes in Rural Senegalese Adults: Longitudinal Health Outcomes Analysis in Ghana,

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**Published:** 25 June 2011 | **Received:** 27 February 2011 | **Accepted:** 02 May 2011

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**DOI:** [10.5281/zenodo.18931187](https://doi.org/10.5281/zenodo.18931187)

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## Abstract

Diabetes is a significant public health issue in rural Senegalese communities. A longitudinal study design was employed to assess changes in health indicators post-implementation of DSMEP. Data from multiple surveys conducted between and were analysed using mixed-effects regression models with robust standard errors. In the first year post-intervention, a statistically significant reduction ( $p < 0.05$ ) in HbA1c levels was observed among participants compared to baseline data. The DSMEP programme showed promise in improving diabetes management outcomes over time, particularly concerning glycemic control. Future research should investigate the sustainability of these findings and explore potential barriers to long-term adherence to self-management education. Diabetes Self-Management Education Programmes, Rural Senegalese Adults, Longitudinal Study, Health Outcomes Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_p$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Diabetes Self-Management Education Programmes, Longitudinal Study, Public Health, Rural Communities, Outcome Analysis, Geographic Variation*

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