



# Reducing HbA1c Levels through Community Health Worker Care Packages for Diabetic Patients in Urban Nigeria: A Meta-Analysis

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## Abstract

Diabetes prevalence is increasing in urban Nigeria, requiring effective community-based interventions to manage HbA1c levels. A systematic review and meta-analysis approach was employed, including studies that met predefined inclusion criteria focusing on CHW intervention effectiveness for managing diabetes. Data synthesis indicated a moderate reduction in HbA1c levels (mean difference -0.6%,  $p < 0.05$ ) associated with the use of care packages by CHWs compared to usual care controls. CHW-delivered care packages effectively reduced HbA1c levels among diabetic patients, supporting their role in urban diabetes management. Further randomized controlled trials are recommended to confirm these findings and explore cost-effectiveness. Diabetes, Community Health Workers, Care Packages, HbA1c Reduction

**Keywords:** *Sub-Saharan, community health workers, randomized controlled trials, meta-analysis, diabetes management, HbA1c, systematic review*

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