



# Adherence and Health Outcomes in an Elderly Diabetes Management Programme in South African Cities,

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**Published:** 08 February 2001 | **Received:** 07 October 2000 | **Accepted:** 28 December 2000

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**DOI:** [10.5281/zenodo.18733405](https://doi.org/10.5281/zenodo.18733405)

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## Abstract

The study examines adherence to diabetes management programmes among elderly individuals in South African cities, focusing on health outcomes. Participants were selected from urban areas of South Africa. Data was collected through self-reported questionnaires and clinical assessments over two years. Adherence levels varied between 60% and 75%, with higher adherence linked to better glycaemic control (HbA1c < 7%). Higher adherence rates were associated with improved health outcomes, suggesting a need for tailored interventions to enhance engagement. Interventions should focus on improving communication and simplifying treatment regimens to increase patient compliance. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African geography, Diabetes management, Elderly population, Adherence rates, Glycaemic control, Health outcomes assessment, Epidemiology studies*

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