



# Community-Based Diabetes Management Programmes in South African Rural Areas: Health Outcomes, Cost Savings, and Community Satisfaction

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**Published:** 18 March 2009 | **Received:** 08 December 2008 | **Accepted:** 26 February 2009

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**DOI:** [10.5281/zenodo.18886776](https://doi.org/10.5281/zenodo.18886776)

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### Abstract

Community-based diabetes management programmes have emerged as a promising strategy to address high prevalence rates of type 2 diabetes in South African rural areas. A mixed-methods approach incorporating surveys, medical records analysis, and qualitative interviews was employed to assess programme effectiveness. Participants demonstrated a significant improvement in glycemic control (HbA1c reduction by an average of 7.5% from baseline), with improvements sustained over two years. The community-based diabetes management programmes not only enhanced patient health outcomes but also resulted in substantial cost savings for the healthcare system, translating to a

*200 per participant annual cost reduction. Future initiatives should prioritise ongoing support ^ continuous eng*  
 $\text{logit}(\pi) = \beta_0 + \beta^{\text{top}} X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Community Health Models, Diabetes Management, Outcome Evaluation, Mixed-Methods Research, Rural Healthcare, Cost-Benefit Analysis*

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