



Diabetes Self-Management Programmes in Ugandan Secondary Schools: A Systematic Review

Otombe Namugenyeni^{1,2}, Kizza Okello^{3,4}, Bikali Nakibuuka^{5,6}

¹ Department of Public Health, National Agricultural Research Organisation (NARO)

² Kyambogo University, Kampala

³ Department of Pediatrics, Uganda National Council for Science and Technology (UNCST)

⁴ National Agricultural Research Organisation (NARO)

⁵ Department of Surgery, Kyambogo University, Kampala

⁶ Uganda National Council for Science and Technology (UNCST)

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Correspondence: onamugenyeni@yahoo.com

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Author notes

Otombe Namugenyeni is affiliated with Department of Public Health, National Agricultural Research Organisation (NARO) and focuses on Medicine research in Africa.

Kizza Okello is affiliated with Department of Pediatrics, Uganda National Council for Science and Technology (UNCST) and focuses on Medicine research in Africa.

Bikali Nakibuuka is affiliated with Department of Surgery, Kyambogo University, Kampala and focuses on Medicine research in Africa.

Abstract

Diabetes is a significant public health issue in Uganda, particularly among secondary school students who are at an age with increasing risk factors for developing type 2 diabetes. A comprehensive search was conducted on PubMed, Google Scholar, and local databases using keywords related to diabetes management and education in secondary schools. Inclusion criteria included studies published between and that reported outcomes from at least one intervention aimed at improving self-management skills among diabetic students. The review identified five relevant studies, which collectively showed a moderate improvement ($p < 0.05$) in students' knowledge scores post-intervention compared to baseline. While the evidence is limited and mixed, there is a growing recognition of the need for diabetes self-management programmes in secondary schools, although their implementation varies widely across institutions. Schools should consider integrating diabetes education into existing curricula or as extracurricular activities. Future research should focus on evaluating long-term effects and cost-effectiveness. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African Geography, Diabetes Self-Management, Educational Interventions, Health Education, Qualitative Research, Quantitative Research, Systematic Reviews

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