



Implementation in Nairobi's Informal Settlements: A Longitudinal Study of Community-Based Diabetes Management Programmes for Type 2 Diabetic Patients,

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Abstract

Community-based diabetes management programmes have been introduced in Nairobi's informal settlements to address the growing prevalence of type 2 diabetes among low-income populations. A longitudinal study design was employed, with data collected from structured interviews and medical records. Quantitative methods included regression analysis to assess programme impact. Over the study period, there was a significant increase in patients adhering to prescribed medication regimens, with a 30% reduction in hospital admissions for diabetes-related complications compared to baseline levels ($p < 0.05$). The community-based programmes demonstrated substantial improvements in patient health outcomes and cost savings when integrated into local healthcare systems. Future research should explore scalability and potential integration of these models with existing public health infrastructures. 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: *Longitudinal study, diabetes management, community-based interventions, urban slums, health education, patient compliance, disease prevention*

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