

Diabetes care for African-Americans can be improved

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Image courtesy of Blausen Medical

For African-Americans with type 2 diabetes, health care-promoted interventions targeting patients, the health care system, or both, can improve the quality of care, according to a review and meta-analysis published in the March issue of *Diabetes Care*.

(HealthDay)—For African-Americans with type 2 diabetes, health care-promoted interventions targeting patients, the health care system, or both, can improve the quality of care, according to a review and meta-analysis published in the March issue of *Diabetes Care*.

Ignacio Ricci-Cabello, Ph.D., from the University of Oxford in the United Kingdom, and colleagues conducted a systematic review and meta-analysis to identify and characterize health care-led interventions aimed at improving the quality of care for African-Americans with type 2 diabetes. Data from 32 articles, reporting 31 health care-promoted interventions, were included.

The researchers found that 22 interventions targeted patients, five targeted the [health care system](#), and four addressed both patients and the health care system. Interventions that targeted patients, which mainly included culturally-adapted diabetes self-management education, correlated with a 0.8 percent decrease in the percentage of [hemoglobin A1c](#). Available evidence suggested that interventions targeting the health care system and multifaceted interventions may be effective and can potentially improve [diabetes care](#) and health outcomes.

"This systematic review provides evidence about the key role that health care can play in reducing [ethnic disparities](#) in African-American patients with type 2 diabetes by designing and conducting interventions aimed at this specific purpose," the authors write.

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