

Nonmedical interventions may improve type 2 diabetes outcomes

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Addressing the social determinants of health may improve diabetes

outcomes, according to a review published in the July issue of *Health Affairs*.

Leonard E. Egede, M.D., from the Medical College of Wisconsin in Milwaukee, and colleagues conducted a systematic literature review to identify studies evaluating nonmedical interventions (e.g., those targeting social determinants of health) to reduce risk and improve [clinical outcomes](#) for type 2 diabetes.

The researchers found that interventions with targeted, multicomponent designs that combine both medical and nonmedical approaches can reduce risk and improve clinical outcomes for type 2 diabetes. Food supplementation with referral and diabetes support; financial incentives with education and skills training; housing relocation with counseling support; and the integration of nonmedical interventions into [medical care](#) using the [electronic medical record](#) all were associated with significant improvement in hemoglobin A1C.

"Actionable strategies outlined in this article may be used as a guide to build that empirical foundation to improve clinical outcomes for adults with type 2 diabetes," write the authors. "Multiple policy opportunities also exist that have the potential to target structural inequalities in health as pathways to decrease social risk and improve [health outcomes](#) for this segment of the U.S. population."

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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