



Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends interventions engaging community health workers (CHWs) for diabetes management based on strong evidence of effectiveness in improving blood glucose level and lipid control among patients with diabetes and in reducing their healthcare use.

Major Findings

- Interventions engaging CHWs for diabetes management improved blood glucose level control (A1c) and reduced healthcare use among patients with diabetes.
- Improvements were seen for lipid control in patients with diabetes, while intervention effects on blood pressure control and weight-related outcomes were mixed.
- Overall improvements were also seen in health behavior outcomes, including increases in physical activity and improvements in nutrition.



A systematic review of economic evidence found that these interventions are cost-effective, with the estimated median cost per quality-adjusted life year (QALY) gained being \$38,276 in 2016 U.S. dollars – a figure well below a \$50,000 benchmark for cost effectiveness.

Interventions engaging CHWs for diabetes management are typically implemented in underserved communities and can improve health and enhance health equity.

What are Interventions Engaging CHWs for Diabetes Management?

Interventions engaging CHWs involve patient education, coaching, and social support to improve diabetes testing and monitoring, medication adherence, diet, physical activity, or weight management. Through these activities, CHWs provide support to improve diabetes care and self-management behaviors among patients.

CHWs deliver services through one-one-one interaction or in group sessions that can take place in homes or community settings. They deliver program content alone or as a part of an intervention team comprised of clinicians, counselors, and other health professionals. CHWs can be engaged as health education providers, outreach and information agents, members of care delivery teams, patient navigators, and community organizers.

Facts about Diabetes

- Around 1 in 11 people in the United States have diabetes.¹
- Research shows that although there is no cure for diabetes, a healthy diet, physical activity, and medication adherence can prevent or delay complications.²

Learn More

Summary of Evidence and CPSTF Finding and Full-text Publications

<https://www.thecommunityguide.org/findings/diabetes-management-interventions-engaging-community-health-workers>

National Diabetes Prevention Program

<https://www.cdc.gov/diabetes/prevention/index.html>

CDC, Diabetes

<https://www.cdc.gov/diabetes/>

¹ Centers for Disease Control and Prevention. (2015). Basics About Diabetes. *Diabetes Home*. Retrieved from <https://www.cdc.gov/diabetes/basics/diabetes.html>.

² American Diabetes Association. (2017). Living with Diabetes. *Living with Diabetes Home*. Retrieved from <http://www.diabetes.org/living-with-diabetes/>.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.