

## ABSTRACT TITLE

**A retrospective evaluation of the combined effectiveness of using Coach led, technology enabled, habit based approach, with personalised nutrition, progressive fitness and behavioral interventions on reducing Hba1c levels in people living with type 2 diabetes**

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## BACKGROUND AND AIM

Type 2 Diabetes (T2D) has emerged as one of the most rapidly growing health challenges of the 21st-century. But until quite recently it was believed that T2D is irreversible and a lifelong affliction.

The objective of the study highlights the use of multifaceted and holistic interventions personalised for each participant and delivered by diabetes coaches over 90 days, and its effectiveness in reducing glycemic levels.

## MATERIALS AND METHODS

A total of 150 participants with (HbA1c of over 6.5%) were enrolled into the 3-month Sugar.Fit programme. The study aimed to retrospectively evaluate the Sugar.Fit approach; a selection of lifestyle interventions, education and self-monitoring with or without involvement of pharmacological therapy.

The study focuses on evaluating the combined impact of the approach on HbA1c, fasting blood sugar (FBS), and body weight post 90 days from enrolment.

## RESULTS

The findings on completion of the study showed that the Sugar.Fit approach led to significant improvements in glycemic control with an average reduction in HbA1c by 1.9 points, an average drop of 62.2mg/dl in FBS value, and an average weight loss of 3.3 kgs in overweight participants

## CONCLUSION

Personalised diet, fitness and mental wellness interventions, along with educating and motivating an individual to make small changes to their routines resulted in significantly improved clinical and emotional parameters. It also shows the impact of coaching, thus highlighting the potential of non-pharmacologic interventions in influencing positive clinical outcomes.