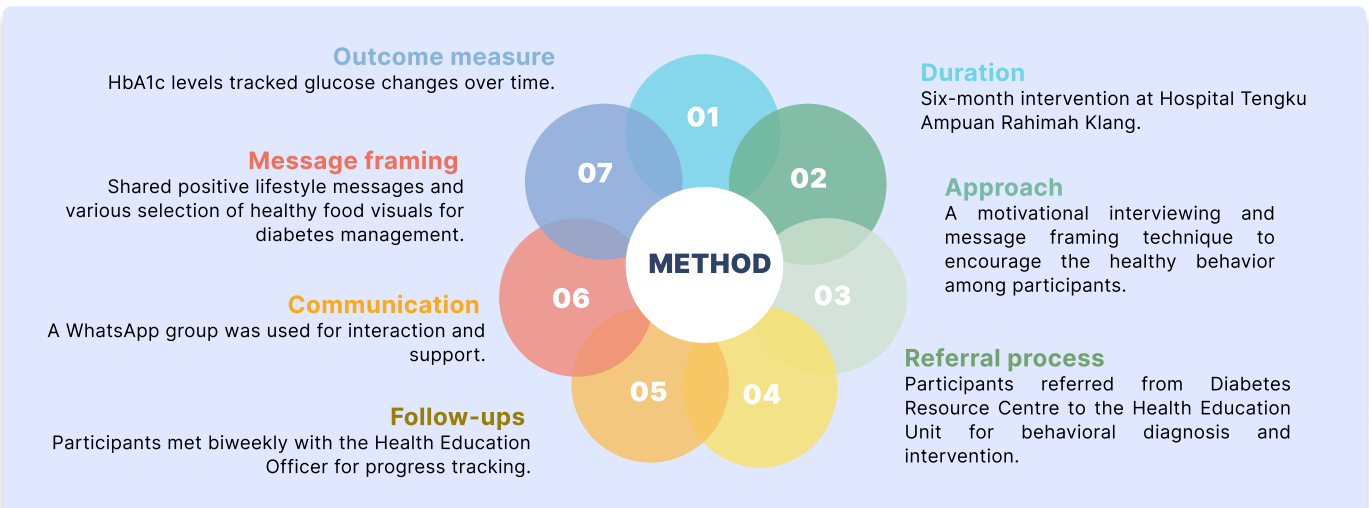
BUILDING HEALTHY HABITS FOR GLUCOSE CONTROL WITH BEHAVIOURAL INSIGHTS

BACKGROUND

Type 2 diabetes and its primary risk factor, metabolic syndrome, continue to place a significant strain on healthcare systems worldwide due to high treatment costs, elevated mortality rates, work incapacity, and early retirement. The National Health and Morbidity Survey (NHMS) have consistently shown an increasing prevalence of diabetes in Malaysia, reflecting a growing public health concern nationwide.



RESULTS

For female participants, random blood sugar level decreased from 11.5 mmol/L to 6.3 mmol/L following a six-month intervention.

For male participants, the average random blood sugar level decreased from 12.7 mmol/L to 5.7 mmol/L.

CONCLUSION

This study demonstrates that a behavioural insights approach, involving motivational interviewing and maintain regular communication, can lead to a significant improvements in blood sugar control among Type 2 diabetes patients. The reduction in HbA1c levels among participants showed the potential of behavioural insights approach in managing diabetes. Similar intervention could be expand to further support the management of diabetes and improve overall population health outcomes.

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