



NEW PUBLICATIONS IN THE LANCET - DIGITAL HEALTH

Effectiveness, reach, uptake and feasibility of digital health interventions for adults with type 2 diabetes and adults with hypertension: a systematic review and meta-analysis of randomised controlled trials

As part of the DigiCare4You project, consortium partners published two articles in The Lancet - Digital Health (March, 2023) on the **effectiveness, reach, uptake and feasibility of digital health interventions for adults with type 2 diabetes (T2D) and adults with hypertension (HTN).**

DigiCare4You is a Horizon-2020 project which aims to **improve the early prevention and management of T2D and HTN with the support of digital tools.** In this context, these new publications contribute to improving our understanding of the potential of different types of digital health interventions for managing these two conditions, in terms of their effectiveness, reach, uptake and feasibility.

Researchers analysed randomised controlled trials (RCTs) to assess the impact of SMS, smartphone applications and websites on improving glycaemic control and blood pressure levels.



SMS



Smartphone application



Website

TYPE 2 DIABETES

Findings

SMS and smartphone application interventions, but not website-based interventions, were associated with improved glycaemic control, compared with standard care.

Implications

A significant proportion of the global population has access to devices that can receive SMS and/or support a wide range of diabetes management applications. **Clinicians should familiarise themselves with these tools and encourage people living with T2D to utilise them to improve their self-management.**

[Read the full article on digital tools and T2D here](#)

HYPERTENSION

Findings

Digital health interventions were more effective in improving blood pressure levels than standard care, with no significant difference between the three types of digital tools.

Implications

Considering the comparable effectiveness of the three digital tools, **clinicians should recommend their adoption based on the context, feasibility, economics and the individual preferences of people with HTN.** Digital tools are particularly important for rural and remote areas, where health services are lacking, but HTN prevalence is high.

[Read the full article on digital tools and HTN here](#)

