

## **Title: Effectiveness of a novel community-based intervention in non-communicable disease management in rural India**

### **Abstract**

**Background:** To combat the growing burden of non-communicable diseases, India needs a multidisciplinary approach, including ownership within the communities to improve self-care practices, besides improvement in health systems and access to care.

**Objective:** The present paper reports the effectiveness of a novel community empowerment methodology called the “Community Life Competence Process” (CLCP) on healthy habits & self-care practices and achieving improved metabolic and clinical control among patients with diabetes and/or hypertension.

**Methods:** A four arm quasi-experimental design with baseline and endline surveys was adopted. Based on the exposure of intervention, the four arms of the study were termed as old CLCP arm, new CLCP arm, *HealthRise* arm and control arm and compared over time for lifestyle behaviours and metabolic control of disease. A pre-tested structured questionnaire was administered on 459 patients from Shimla and 309 patients from Udaipur.

**Results:** Most of the lifestyle behaviours and self-care practices of the patients significantly improved from baseline to endline in the intervention arms. Significantly higher improvements in metabolic control were found in old CLCP arm (66% to 82%-Shimla and 58% to 84%-Udaipur) and new CLCP arm (54% to 78%- Shimla and 61% to 82%- Udaipur) compared to other arms.

**Conclusion:** The SALT-CLCP methodology showed promising results in improving lifestyle behaviours and self-care practices of patients, which may be instrumental in improving metabolic control of their disease conditions. This shows the potential for better NCD care by shifting the focus of care from health care facility to the community.

**Keywords:** Diabetes, Community-centric intervention, Community Life Competence Process, Hypertension, Metabolic control, Non-communicable diseases, SALT-CLCP

**Key Message (35-50 words):** The findings provide supportive evidence of the favourable changes in the lifestyle behaviours and self-care practices of patients due to SALT-CLCP methodology. Thus, SALT-CLCP methodology has potential to shift NCD management from facility led model to community led model by creating a sense of ownership within the community.

The entire paper should be published in the “*International Journal of Noncommunicable diseases*”.