Adherence Research: Overview, Challenges, and Opportunities in Diabetes and Obesity

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Type 1 Diabetes

STUDIES
• Family based interventions for children/adolescents and their families
• High risk adolescents (poor control, urban minority youth)
• Prevention of deterioration in self care in early adolescents
• Cognitive / behavioral approaches for improved self management
• Longitudinal assessment of parental involvement across adolescence—what style works, when, and for whom?

CHALLENGES & OPPORTUNITIES
• Family based approaches are effective for children but there is less evidence about effective approaches for adolescents, young adults, adults, and the elderly
• Transition from adolescence to adulthood remains a critical period
All Diabetes

STUDIES
• Enhance use of existing and new technologies
  • CBT to improve adherence to CGM in adolescents
  • Cell phone based behavioral interventions for youth: lifestyle (diet and activity) and diabetes management

CHALLENGES & OPPORTUNITIES
• Optimizing adherence to glucose management technologies (SMBG, CGM, pump) across the lifespan
• Ways to improve adherence using mHealth technologies
STUDIES

• Lifestyle change can prevent diabetes (e.g., DPP, LookAHEAD)
• Tight (reasonably) glucose control reduces diabetes complications

CHALLENGES & OPPORTUNITIES

• Initiation of behavior change remains a challenge but approaches to support sustaining (adhering) these changes remain elusive
• How do we reduce clinical inertia/increase medication intensification (provider adherence to clinical management guidelines)?
• Adherence measurement that is accurate and efficient is needed
Obesity
Obesity

STUDIES
• Many effective behavioral / lifestyle approaches effective for weight loss (initiating behavioral change)

(Some) CHALLENGES & OPPORTUNITIES
• Approaches to address critical periods for weight management
  • e.g., pregnancy, early childhood, adolescents and young adults, those at highest risk for co-morbid disease
• Identify ways to use technology and minimal contact approaches to improve adherence over time
• Identifying multi-level influences on adherence:
  • What inhibits or facilitates initiating (prevention and treatment) and sustaining (maintenance) behavioral change?
• Measurement!
## Funding Announcements: R01

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<td>Home and Family Based Approaches for the Prevention or Management of Overweight or Obesity in Early Childhood (R01)</td>
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