

Gender-based Health Program Evaluation and Cost Effective analysis: Building a Case for Policy Change

Diabetes affects 12% of the women who live in Inkster, Michigan. This project aims to determine the cost-effectiveness of providing community wide gender integrated programs via community partners as a sustainable way to delay or prevent diabetes and improve diabetes outcomes in women. Approximately 2,000 individuals have completed chronic disease self-management (CDSMP) and or health literacy mentoring programs. Knowing the cost effectiveness of community programs can help focus resources on programs that will have the greatest sustained impact on women's health with limited budgets, and may also support advocacy efforts for increased funding. Published findings in the literature have shown cost-savings and overall effectiveness of evidence-based programs focused on CDSMP, including the use of community health workers, CDSMP programs, Enhance Fitness, and the Diabetes Prevention Program. Emerging evidence exists regarding improved health outcomes and potential cost-savings for people who have improved positive self-perceptions related to their quality of life and self-efficacy. Costs are analyzed to deliver these programs in Inkster and measure health outcomes in the community. The preliminary analysis combines that information with existing cost effectiveness data to estimate the potential cost-savings generated by intervention strategies through improved health conditions or behaviors such as reduced inactivity, depression and improved diabetes control. Adopting a gender-based approach to community programs targeted at preventing and controlling diabetes could have great potential impact in improving public health. Economic evaluation may be an important tool to support decisions for policy makers when allocating health care program budgets at the local, state and national level.

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