

Sugar.fit's diabetes prog receives accreditation from American Diabetes Association

15 June 2022 | News

Research reveals that the potential of technology and AI to change the conventional & medication-driven management of diabetes is significant as compared to standard care



Bengaluru-based health tech startup Sugar.fit has received official accreditation from the American Diabetes Association board. The association's study in Sugar.fit's Diabetes Reversal Program (SDRP) aimed to compare the changes in vital variables of type 2 diabetes (T2D), among 150 people, where a retrospective analysis was done of people with T2D who participated in SDRP compared with those who were not in SDRP.

As per the ADA's analysis in SDRP, through Sugarfit's Diabetes Reversal Program (SDRP), which uses a coach-led, technology-enabled, and habit-based approach, and with the help of the data points from the CGM technology, users of Sugar.fit are monitored regularly and are advised a customised diet.

As per the analysis, users showed a reduction in their overall weight, with outcomes affirming positive effects of behaviour change and sustained lifestyle practices in people with type II diabetes. Such evidence-based holistic recommendations to users have been life-altering & highly beneficial for people with type II diabetes.

Sugar.fit's comprehensive program combines medical experts with deep technology, which help consumers in coaching, personalised analytics, and integrated devices and testing to help them better understand sugar's effect. The brand has a presence in Delhi-NCR, Bengaluru, Chennai, Mumbai, and Hyderabad, aiming to expand to more cities in the coming months.