



## DARIO EXECUTIVE BRIEF

# Integrated Digital Health Delivers Better Results for Cardiometabolic Health Needs



Because obesity, high blood pressure, type 2 diabetes, and other metabolic conditions put people at greater risk of cardiovascular disease—the leading cause of death worldwide—more attention is being given to the importance of cardiometabolic health.

Research conducted in 2018 showed that only 6.8% of people in the U.S. have optimal cardiometabolic health, which is determined by ideal body mass index and waist circumference ranges; normal blood pressure, blood sugar, and cholesterol without medication; and no evidence of prior cardiovascular disease.<sup>1</sup> Between 2000 and 2018, the percentage of U.S. adults with ideal body weight and normal blood sugar levels fell from 34% to 24% and 59% to 37% respectively.<sup>2</sup>

1. [How good is your cardiometabolic health – and what is that, anyway?](#)

August 18, 2022 Robert H. Shmerling, MD.

2. Same

# Cardiometabolic Health Facts

2 out of 3

Patients with diabetes will die of heart disease

50%

Americans have diabetes or prediabetes

2x-4x

Diabetics have a higher risk of cardiovascular disease

50%

Women have a higher risk of fatal heart disease associated with diabetes.<sup>3</sup>

## Multiple conditions compound the risk

According to Jos Ordovs, PhD, Director of the Nutrition and Genomics Research Lab at the Human Nutrition Research Center on Aging at Tufts University, the combination of two or more cardiometabolic risk factors, including abdominal obesity, high fasting triglycerides, low HDL cholesterol, and elevated blood pressure—known collectively as metabolic syndrome—doubles the risk of heart attack and stroke and increases the risk of diabetes by a factor of five over a period of five to 10 years.<sup>4</sup>

Since comorbidities increase risk so dramatically, Dario is studying correlations among co-occurring conditions that can help determine better care protocols via digital therapeutics platforms. New research on Dario users with both diabetes and hypertension, for example, suggests that blood pressure reduction may also serve as a mechanism of blood glucose reduction.

A study published in the Journal of Medical Internet Research (JMIR) provides solid evidence that a single, integrated digital health platform is more effective than separate point solutions. And additional research, presented at the American Diabetes Association's (ADA) 82<sup>nd</sup> Scientific Sessions in June 2022, validates and expands on those findings.

One study examined users with both **diabetes** and **stage-1-and-above hypertension** to understand the impact of using a single digital health management solution on both conditions.

Results showed significant improvements in both conditions after six months:

- **More than 66% of users improved their systolic blood pressure by 13 mmHg and diastolic by 8 mmHg**
- **38.7% lowered their hypertensive state by one stage**
- **High-risk Type 2 diabetes reduced average blood glucose readings by 15%**

3. [National Library of Medicine](#)

4. <https://www.nutritionletter.tufts.edu/ask-experts/q-what-is-cardiometabolic-disease-and-how-is-it-different-from-cardiovascular-disease/>

Another study, which examined the outcomes of users living with high-risk diabetes and self-reported stress and/or depression, found that users reduced their average blood glucose by 13% after one year. ***“Our deepening knowledge about the importance of a single solution approach has enormous potential to change the way people manage chronic conditions,”*** says Yifat Hershcovitz, PhD., Scientific and Clinical Director at Dario. ***“We’re proud to share these and future insights with the scientific community.”***

## Clinical Research Validates Dario's Effectiveness

1.4%

A1C reduction after  
12 months

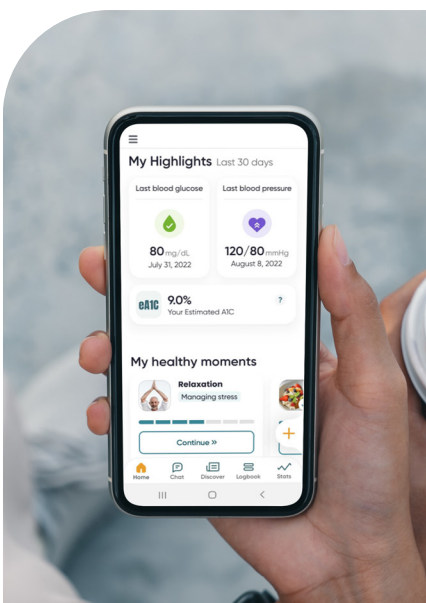
38%

blood pressure reduction  
by one stage

10%

reduction in Body Mass  
Index (BMI)

Unified solutions that make it easy for users to take readings, track activities, view educational and connect with a health coach—while using data analytics to help keep users on track—will go a long way to helping people reduce or eliminate the metabolic indicators that increase the risk of heart disease. While most digital health management solutions see drop-off rates of 43% or more after two months, Dario's focus on engagement leads to the kind of behavior change that generates long-lasting results.



### About Dario

Founded in 2011 as a direct-to-consumer digital health provider, Dario perfected its solution with real users before selling to employers, health plans, and providers. Dario's proven and popular solution makes it easy for people to care for their health, with continuous and connected digital support that meets and anticipates individual needs, understands personal motivators, and facilitates engagement and behavior change.

Learn more at [dariohealth.com](https://dariohealth.com).

[Contact us](#) for more information or to schedule a demo.