



# Innovative Prevention Strategies for type 2 Diabetes in South Asians Living in Europe

## Background

South Asian populations living in Europe have an extremely high risk of type 2 diabetes. More than 5 million people of South Asian origin, (i.e. of Indian, Pakistani, Bangladeshi, Bhutani, Sri Lankan or Nepali ancestry) -who migrated directly or through other routes- live in Europe. Half of this population is likely to develop type 2 diabetes. Moreover, the onset of diabetes occurs at younger ages and lower body weights in South Asians than white Europeans, and the associated adverse cardiovascular and microvascular consequences of the disease are greater. Consequently, the need to halt this epidemic among these populations is a public health priority in many European countries in order to achieve longer healthy life and avoid increase of health care costs.

The evidence base for effective prevention in South Asians is still limited. A small number of recently conducted lifestyle intervention trials have given important insights into how to reduce type 2 diabetes risk in South Asians with pre-diabetes. Overall, their effectiveness seems to be lower than observed in European origin populations.

## Aim

The aim of EuroDHYAN is to build on the findings of these recent trials to accelerate knowledge production and the process of implementation of research findings. Ultimately, EuroDHYAN will develop targeted recommendations on how to support South Asian populations in the uptake and maintenance of healthy lifestyle behaviours to prevent diabetes and which specific elements to focus on.

## What will EuroDHYAN do?

We will use a multi-method approach to conduct in-depth analyses and experimental evaluations of the promising elements from existing interventions studies, with particular focus on the behavioural strategies employed, and the role of the environment in supporting healthy behaviour.

Furthermore, we will critically evaluate dietary goals employed in current interventions, and prospectively investigate the lipid metabolism as a possible novel target for different subgroups of the population. The findings from these analyses will specify HOW to support South Asian people in the uptake and maintenance of a healthy behaviour and WHAT to focus on.

## Implications

EuroDHYAN will be a coordinated effort from researchers in three countries to target the excessive risk for type 2 diabetes in South Asian populations in Europe. The results will considerably advance our ability to address this major health challenge.

## Partner organizations

Academic Medical Centre – University of Amsterdam:  
<https://www.amc.nl>

University of Edinburgh: <http://www.ed.ac.uk>

University of Glasgow: <http://www.gla.ac.uk>

The Norwegian Centre for Minority Health Research  
(NAKMI): <http://www.nakmi.no> and

University of Oslo:  
<http://www.uio.no>

## Contact

Tel: 00 31 20 5667646 Fax: 00 31 20 6972316  
Email: [info@eurodhyan.eu](mailto:info@eurodhyan.eu) [www.eurodhyan.eu](http://www.eurodhyan.eu)

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Academic Medical Center  
University of Amsterdam

