



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

Coordinated by:

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Background & Objective

- South Asians (SA) high risk of type 2 diabetes (T2D)
- Interventions moderately effective

Build on evidence from studies in SA populations

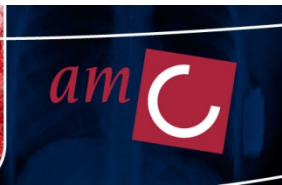
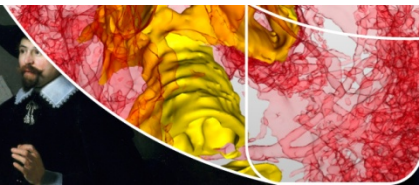
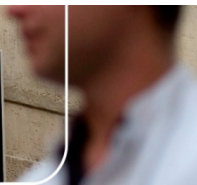
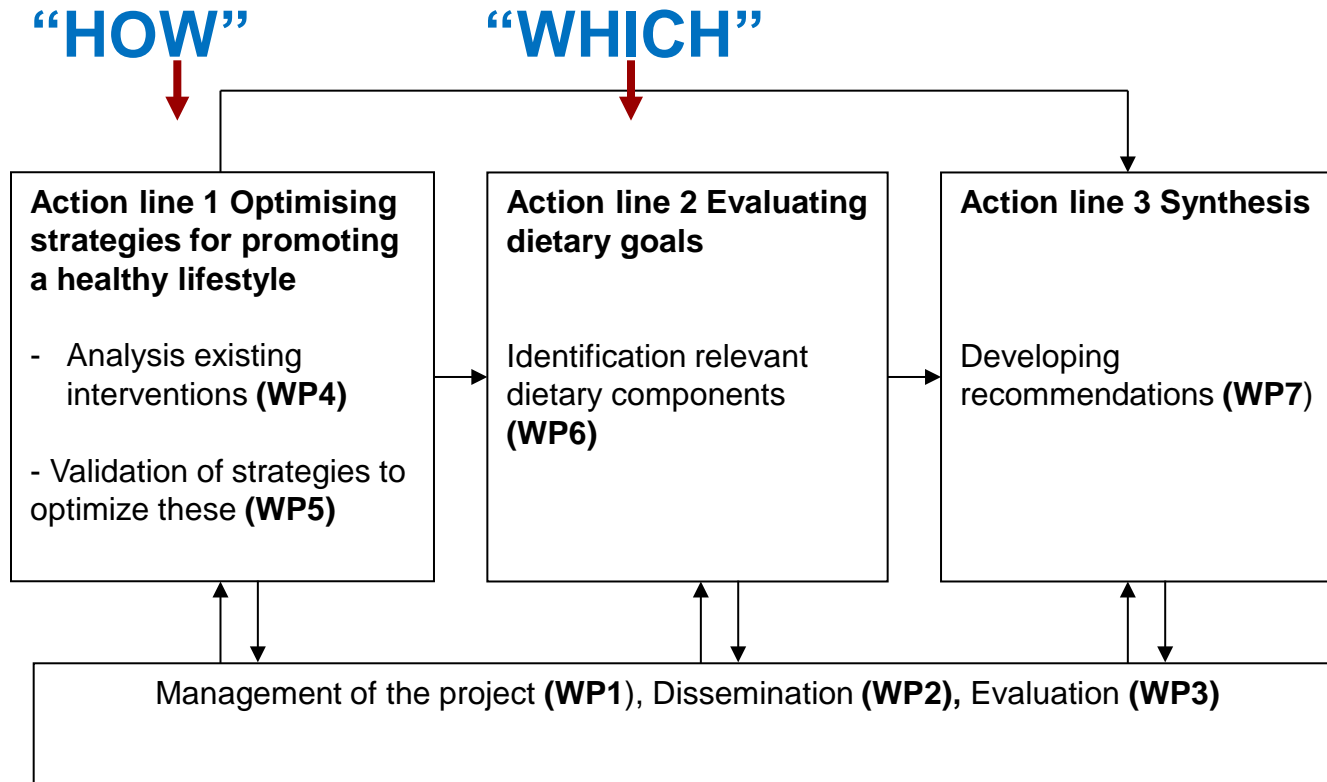
- ❖ **HOW** to support the uptake and maintenance of a healthy lifestyle
- ❖ **WHICH** specific elements to focus on

Collaboration in international expert consortium

to accelerate knowledge production & stimulate future implementation



Methods



Main results achieved

(after 8 months of the project)

- Internal & external communication structure built
- Literature review
 - ❖ Protocol submitted; 14 studies identified; Preliminary evaluation shows that most of the interventions were not successful as a whole (only partly); no involvement of the user in the designing of the intervention
- Meta-analysis ‘pooled’ trial data all European studies
 - ❖ Effects on weight loss, particularly in high BMI at baseline group. Analyses of other primary measures ongoing
- Validation strategies
 - ❖ Workshop at Migrant&Health conference Oslo, 07-'16



Expected outcomes

- Report with basic knowledge on **HOW** to achieve change & **WHICH** elements to focus for effective preventive interventions in South Asians in particular
- Recommendations for preventive policy and practice
-robust plan for dissemination for preventive interventions
- Ultimately, lower incidence of T2D in SA populations living in Europe!



Tools produced or planned

- **Leaflet**
- **Website**
- **Workshop Migrant&Health Conference 2016**
- **International expert consortium & sustained collaboration**
- Project symposium at EUPHA 2017
- Five publications in international scientific journals
- Detailed report on effective strategies and recommendations to prevent T2D among South Asians
- Communication and implementation strategies for dissemination: e.g. workshop for experts & stakeholders
- Layman version of the final report for the target group



Gaps identified

- Number of studies very limited!
 - ❖ striking with respect to the magnitude of the problem that we are investigating
 - ❖ underscores the importance of our project



Priorities for future interventions

Future interventions that fit within the local social, cultural and economic context will come from our in-depth analysis (**HOW&WHICH**), e.g:

- ❖ Adaptation of counselling methods / use novel IT-solutions
- ❖ Community ownership & build capacity
 - Build on expertise within SA-community (peers); Community health workers
 - Social support groups
 - Involve churches/mosks, self organisations, local media
- ❖ Access/Availability healthy food/physical activity
- ❖ Adaptation dietary goals/guidelines (e.g. lipid intake)



Partnership

Interdisciplinary team and consortium from three countries

Academic Medical Center – University of Amsterdam

❖ *K. Stronks,, I. v Valkengoed, E. Beune , M. Muilwijk*

University of Glasgow

❖ *J. Gill, C. Celis, N. Sattar*

University of Edinburgh

❖ *A. Sheikh, R. Bhopal, E. Davidson, L. Mc*

NAKMI/University of Oslo

❖ *B. Kumar, A.K. Jenum, S. Quereshi*



Advisory board

❖ *Experts T2D (e.g.; Prof. Latha Palaniappan) & representatives CHAFEA*

Other stakeholders

❖ *Outside the consortium, incl. policy makers, health promotion professionals*





Thanks for your attention!

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