



TMW 2 Workshop

EuroDHYAN

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

Migrant&Health, Oslo

23-06-2016



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

Aims			
<ol style="list-style-type: none"> 1. Provide insight in the EuroDHYAN project and preliminary findings 2. Discuss ways to improve behavioral interventions aimed at the uptake or maintenance of physical activity and/or healthy diet among SA populations in Europe 			
	Duration		Speaker/Chair
A.	5	Short introduction of the workshop and background of EuroDHYAN (www.eurodhyan.eu)	Karien Stronks & Erik Beune (AMC-University of Amsterdam)
B.	25	Presentation of main findings EuroDHYAN <ol style="list-style-type: none"> 1. Differential effectiveness on population subgroups of T2D prevention studies for SA migrant population subgroups and recommendations + clarifying questions from audience (<i>10 min, results from meta-analyses</i>) 2. Current strategies used in T2D prevention studies for SA migrant and non-migrant populations and recommendations + clarifying questions from audience (<i>10 min, results from literature review</i>) Thoughts on possible reasons for moderate effectiveness <ol style="list-style-type: none"> 1. Brief overview of migration related issues for SA migrants in relation to T2D prevention (<i>5 min, inspirational talk</i>) 	Anne Karen Jenum & Idunn Brecke (University of Oslo) Samera Qureshi (NAKMI) Bernadette Kumar & Esperanza Diaz (NAKMI)
C.	55	Dialogue and active participation <ol style="list-style-type: none"> 1. Brief outline next step (<i>5 min</i>) <ul style="list-style-type: none"> - subgroups (5-8 people); use of discussion card 2. Discussion in subgroups¹ (<i>35 min</i>) about potential strategies for optimization of acceptability and effectiveness of behavioral interventions aimed at the uptake or maintenance of physical activity and/or healthy diet among SA populations in Europe. 3. Plenary discussion (<i>15 min</i>) 	Erik Beune Karien Stronks
	5	Closing	Karien Stronks



Discussion in subgroups

Key-factors and strategies for *acceptability* and *effectiveness* in an intervention setting?

- 1. WHICH migration factors led to reduced impact?**
- 2. HOW to address these factors in future interventions?**
- 3. EXPERIENCES with interventions?**

→ Prioritize

- **Acceptability** e.g. (cultural) relevance, usability, accessibility, feasibility, comprehensibility
 - translates into attendance, satisfaction, acceptance
- **Effectiveness** outcomes in terms of awareness, knowledge, attitudes, self efficacy....behavior change
 - translates into reduction of Weight/WC, Fasting glucose, T2D incidence
- **Dahlgren and Whitehead's model**





General discussion

1.WHICH factor in the context or behavior of SA migrants needs to be addressed to have an impact?

2.HOW to do this?