



Successful cultural adaptation of strategies to prevent Type 2 Diabetes in South Asians

**An inspirational discussion about
promising ideas to improve and test
interventions**

- Presentations of initial study findings on Type 2 Diabetes prevention in South Asians living in Europe
- Discussion on HOW to support South Asians in the uptake and maintenance of a healthy lifestyle

WORKSHOP: TMW 2 (SEMINAR)

Thursday 23-06-2016: 12.00 – 13.30h; Room N040.013

Summary report of the presentations and discussions during the project symposium at the EUPHA



Lay out of the EuroDHYAN symposium

Background: South Asian populations living in Europe have an extremely high risk of type 2 diabetes. The evidence base for effective prevention in South Asians is still limited. It is important to know HOW to support South Asian people in the uptake and maintenance of a healthy lifestyle and WHAT to focus on. Therefore we conducted an in-depth analyses 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. With this knowledge we aim to develop potential preventive strategies to increase effectiveness and to test these in small scale experimental evaluation studies

Objectives: Dissemination and discussion of findings in a setting in which researchers and policy makers are invited to reflect on the main findings and future plans

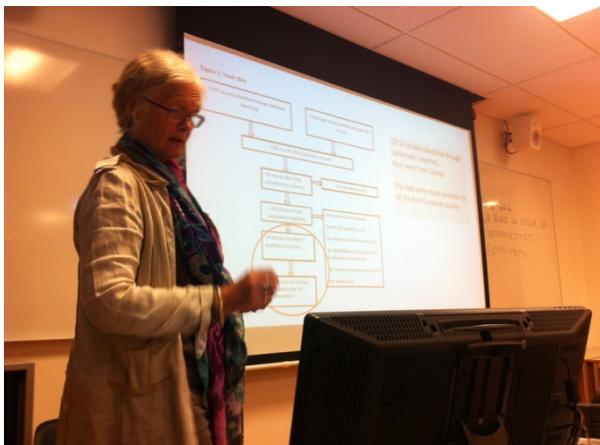
Results: Dissemination of the initial findings of the study and an inspirational discussion to get promising ideas to improve interventions to test in future experiments.

To achieve this we will combine presentation with subgroups discussions on specific questions arising from results and round table discussion fueled by this process

Message: For successful cultural adaptation of strategies to prevent T2D in South Asians more far-reaching and/or other adaptations are necessary than applied until now.

We will inspire discussion on promising ideas for future experiments

Four interactive presentations were given by Karien Stronks & Erik Beune (Short introduction and background of EuroDHYAN), Anne Karen Jenum & Idunn Brecke (Differential effectiveness on population subgroups of T2D prevention studies for SA migrant population subgroups and recommendations), Samera Qureshi (Current strategies used in T2D prevention studies for SA migrant and non-migrant populations) and Bernadette Kumar (Brief overview of migration related issues for SA migrants in relation to T2D prevention) (powerpoint presentations available).



Discussion with the public based materials developed for the symposium (see appendix)

After an interesting discussion the major learning points from the symposium are:

A simple solution for a new intervention model for the prevention of T2D among South Asians is not so easy to give. The main points to take into account for future interventions should be:

1. Try to embed new interventions within the communities: listen well to the voices of the communities! This implies a more comprehensive process than barely exploring the community for their ideas previous to the development of the intervention and getting endorsement from the community.
2. Approach the communities in the right way and do not disturb their internal environment in a way that may conduct to low adherence to the new intervention. This is a big challenge in itself.
3. Getting access to the communities in Europe is much more difficult compared to T2D intervention projects conducted in India. One reason is that it is not that clear who exactly the community leaders are. Take this into account
4. Focus also on migrant-status instead of only culture. So the circumstances in which migrants find themselves in the new living environment (e.g.; accessibility and availability of goods, services and opportunities to be physically active, to eat healthy); this may partly relate to more general issues that vulnerable/ lower SES-populations face.
5. Males seem to do better in T2D prevention among South Asians than females. This may have to do with structural (power) inequality of women in these communities. Therefore this gender issue deserves special attention in the intervention development and implementation of future interventions.

Next step:

These important issues are taken into account in the meta-analysis, where the gender issue will be studied more explicitly by stratification on sex differences, and in the process of intervention development in Work Package 5 of EuroDHYAN.

Further discussions about these important issues are being planned at a future workshop from the ISBNPA symposium to be held in June 2017:

<https://www.isbnpa.org/index.php?r=annualMeeting/index>.

Appendix: Materials developed and used during the symposium for effective discussion

The EuroDHYAN –WORKSHOP: programme of the Seminar			
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
B.	25	<p>Presentation of main findings EuroDHYAN</p> <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>) <p>Thoughts on possible reasons for moderate effectiveness</p> <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>) 	<p>Anne Karen Jenum & Idunn Brecke</p> <p>Samera Qureshi</p> <p>Bernadette Kumar & Esperanza Diaz</p>
C.	55	<p>Dialogue and active participation</p> <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>) 	<p>Erik Beune</p> <p>Karien Stronks</p>
	5	Closing	Karien Stronks

¹Facilitator within each subgroup participates in discussion and- if necessary- facilitates discussion

DISCUSSION CARD

I. INTRODUCTION: short introduction of group members

II. DISCUSSION: use the following questions and summarize most important results

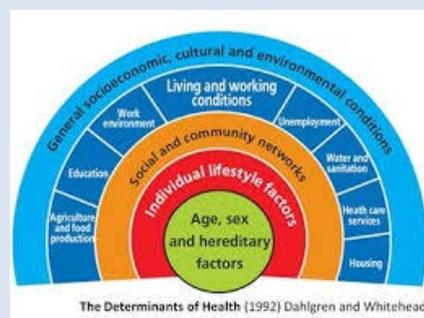
1. Which *migrant specific factors*¹ may have led to a *reduced impact* of T2D behavioral interventions among SA in Europe versus SA in the countries of origin?
 - a. Acceptability:
 - b. Effectiveness:

2. How could these *migrant specific factors*¹ be addressed in *potential (novel) intervention components and strategies*² to improve T2D prevention aimed at promoting physical activity and/or healthy diet for SA populations in Europe?
 - a. Acceptability:
 - b. Effectiveness:

3. What kind of *experiences* and examples of (novel) good practices do you have with T2D prevention in migrant populations?

¹Think of factors such as perceptions, social norms, identity related to healthy lifestyles, discrimination, socio-economic position.....etc

²Dahlgren and Whitehead's model (picture) can be used for inspiration with regard to the various levels of determinants of health and potential intervention components:



Individual level - Social&community level - Living and working conditions - Structural level (socio-economic, cultural, environmental conditions)

MIGRANT SPECIFIC FACTORS IN T2D PREVENTION FOR SOUTH ASIAN POPULATIONS IN EUROPE

1. WHICH factors led to reduced impact?	Acceptability	Effectiveness
2. HOW to address these factors in interventions?	Acceptability	Effectiveness

MIGRANT SPECIFIC T2D PREVENTION

3. EXPERIENCES with interventions?	Acceptability	Effectiveness