

Development of an intervention for the prevention of type 2 diabetes addressing the specific needs of South Asian-origins population living in the Netherlands



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Background

People of South-Asian origin in Europe have high risk of developing type 2 diabetes (T2D). While physical activity is recommended in the prevention of T2D, South-Asian women in particular report remarkably low physical activity levels. USA-data showed that Bollywood dance might be a promising medium to help increase physical activity within South-Asian women.

Aim

To explore perceptions and needs of potential end-users and community leaders regarding an existing physical activity intervention, for the development a culturally adapted intervention for women of South-Asian origin in Amsterdam.

Bollywood Dance / Fitness

Voor wie ?	Hindoestaans-Surinaamse Vrouwen
Leeftijd ?	30 – 60 Jaar
Waar ?	Anand Joti (Mijehof 7A)
Wanneer ?	Maandag & Donderdag avond 18:45 – 20:15
Hoe lang ?	Pilot 10 weken (start 12 okt)
Kosten ?	Gratis - max. 25 mensen - vol = vol
Opgeven ?	a.m.teitsma-jansen@amc.uva.nl - 0612317019

Extra's ? Vragenlijst invullen aan begin & eind
Bewegingsmeter dragen tijdens de les
Screening op verhoogde kans op diabetes type 2

Een onderzoeksproject van
AMC-EuroDHYAN
www.eurodhyan.eu

Methods

- Two focus group- and three co-creation sessions, with potential end-users and community leaders, to develop a culturally adapted physical activity intervention for women of South-Asian origin in Amsterdam.
- Discussions explored the adaptation of an existing Bollywood dance intervention to meet the needs of our local Surinamese-Hindustani community.
- Twenty-two women and 9 men participated in the sessions which were held in a community centre in South-East Amsterdam.
- Sessions were recorded and analysed using content analysis.

Results

- Women were attached to Bollywood dance emotionally and Bollywood dance is historically embedded in the Indian culture.
- Women perceived Bollywood dance as a way of expressing happiness and joy, especially at social events.
- Women encouraged Bollywood dance as a health-promoting intervention: they emphasized that the social and fun factor should be kept alive and the groups should be homogeneous with regards to gender and heterogeneous with regards to age.

Conclusions

- It is important to include the needs of specific communities for the development of interventions promoting physical activity.
- Bollywood dance shows potential to promote physical activity with the aim to prevent T2D in South-Asian communities living in The Netherlands.

What is our next step?

Conduct a small scale experiment, using a pre-test post-test design among 25 women to evaluate the culturally adapted intervention's acceptability and its impact on physical activity and its determinants.

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