

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

Round Table Meeting

16th May 2018

Venue: Edinburgh International Conference Centre, Harris Room 2 (Level 1)

10:00-12.30 (UK time)

AIM OF THE ROUND TABLE:

- To generate recommendations on the future research priorities and recommendations for practice based on the findings from the EuroDHYAN project

A brief overview of EuroDHYAN collaboration

South Asian populations living in Europe are at a particularly high risk of Type 2 Diabetes (T2D), therefore making prevention of type 2 diabetes in these populations a public health priority. Previous research has shown that intensive lifestyle interventions (focusing on diet and physical activity) adapted specifically for these populations may be effective in producing clinically small, but consistent changes which can assist in preventing the onset of T2D (e.g. in glucose measures, weight and waist circumference). However, despite the intense effort put into these interventions, the overall effectiveness seems to be lower for South Asian migrant populations than observed in similar interventions for European-origin populations.

EuroDHYAN is a multi-centre, mixed-methods project involving collaborators from University of Amsterdam, University of Oslo, Norwegian Centre for Migrant and Minority Health Research, University of Glasgow and University of Edinburgh which aims to improve the effectiveness of diabetes prevention strategies for South Asian populations living in Europe by bringing together the existing evidence to identify what strategies appear to work, what has not been so successful, and from this evidence select promising elements to develop and test. EuroDHYAN had seven work packages (WPs) and the purpose of this round table meeting is to summarise the findings from these WPs, the synthesis of our findings, and to seek recommendations arising from this work.

Agenda

Time	Agenda	Speaker
10:00 – 10:10	Welcome and introductions	<ul style="list-style-type: none">• Aziz Sheikh
10:10 – 10:35	Short Presentations of EuroDHYAN and Work Packages (WP) main findings: <ul style="list-style-type: none">• Overview and aims of EURODHYAN• WP4 In-depth analysis of existing interventions<ul style="list-style-type: none">○ Meta-analysis○ Quantitative evaluation• WP5 Validation of promising strategies to optimise health promotion strategies<ul style="list-style-type: none">○ Physical activity feasibility study○ Text Messaging feasibility study• WP6 - Evaluation of current dietary goals and novel targets (5 minutes each)	Speakers to be Confirmed

10:35 - 11:00	Synthesis of EuroDHYAN WPs (WP7) and Realist evaluation findings (15 minutes + 5 minutes for questions)	<ul style="list-style-type: none"> Marta Krasuska/Emma Davidson
11:00 - 11:10	Short coffee break (10 min)	
11:10: 12:30	Discussion: <ul style="list-style-type: none"> Implications of EuroDHYAN findings for practice and research Recommendations for future health promotion strategies Recommendations for future research proposals Possible collaborations and funding opportunities *	<ul style="list-style-type: none"> Aziz Sheikh (Facilitator)
12.30- 13.00	Close and Lunch (packed lunch also available)	

*The round table discussion will be recorded to facilitate writing up of the recommendations and conclusions from the round table, but the anonymity of the participants will be preserved at all times.