

Innovative prevention strategies for type 2 diabetes in South Asians living in Europe

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Problem

Type 2 diabetes mellitus (T2D) is a major public health challenge in Europe. Ethnic minorities of South Asian (SA) origin are particularly affected, with a risk 6 times higher than in the European majority. How to tackle this problem?

What did we do?

- Individual patient data meta-analyses of all 6 trials with an intensive diet and physical activity intervention worldwide in SA.
- A systematic review of current recommendations for dietary behaviour and physical activity in SA.
- Small-scale pilots:
 - ▲ Traditional dance (Bollywood).
 - ▲ Text messaging.

What have we found?

- Targeted, culturally adapted intensive lifestyle interventions in those with a high risk of T2D were effective; a clinically important 35% relative reduction in diabetes incidence was found (Jenum et al. Diabetologia 2019).
- Included dietary and physical activity goals were largely in line with general population guidelines (Mulwijk et al. Plos One 2018).
- Potential strategies to further increase the impact of these interventions relate to the
 - ▲ Content: strengthening community's involvement; incorporating a package of cultural adaptations;
 - ▲ Implementation: approaching the community in the right way; taking enough time; getting support from public authorities (Terragni et al. Public Health 2018).

Recommendation

All South Asians with a high risk of T2D need to be offered a targeted intensive lifestyle interventions to prevent T2D. Further adaptations of available interventions might further improve their effectiveness.

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