

Development of a diabetes prevention programme for adolescents in five European countries: results of pilot workings



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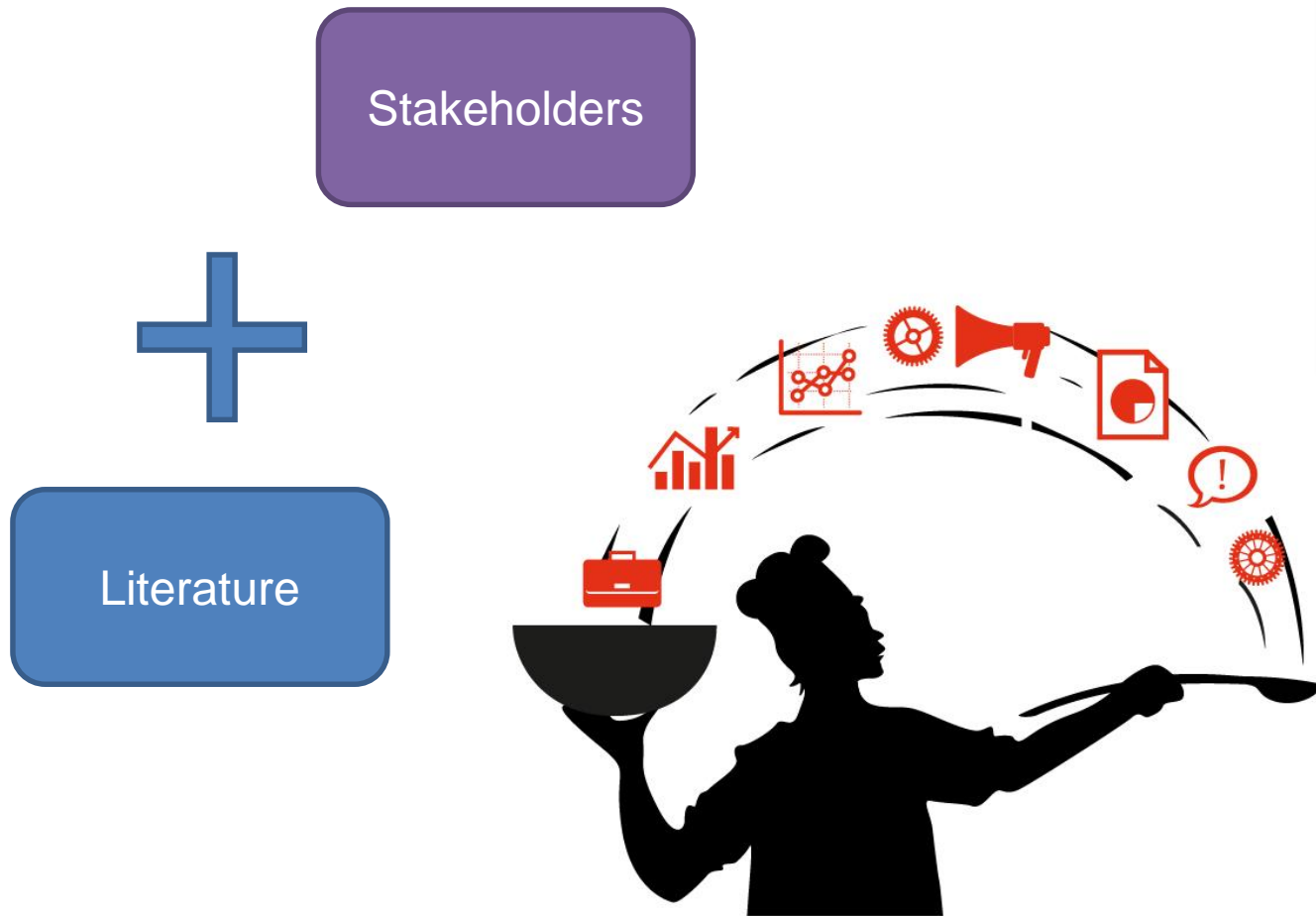
Background

- Type 2 diabetes is a condition traditionally associated with old age
- It is increasing in those < 40 years old
- Risk factors laid down before adulthood
- There is a need to develop prevention strategies for young people tackling key modifiable risk factors

Aim

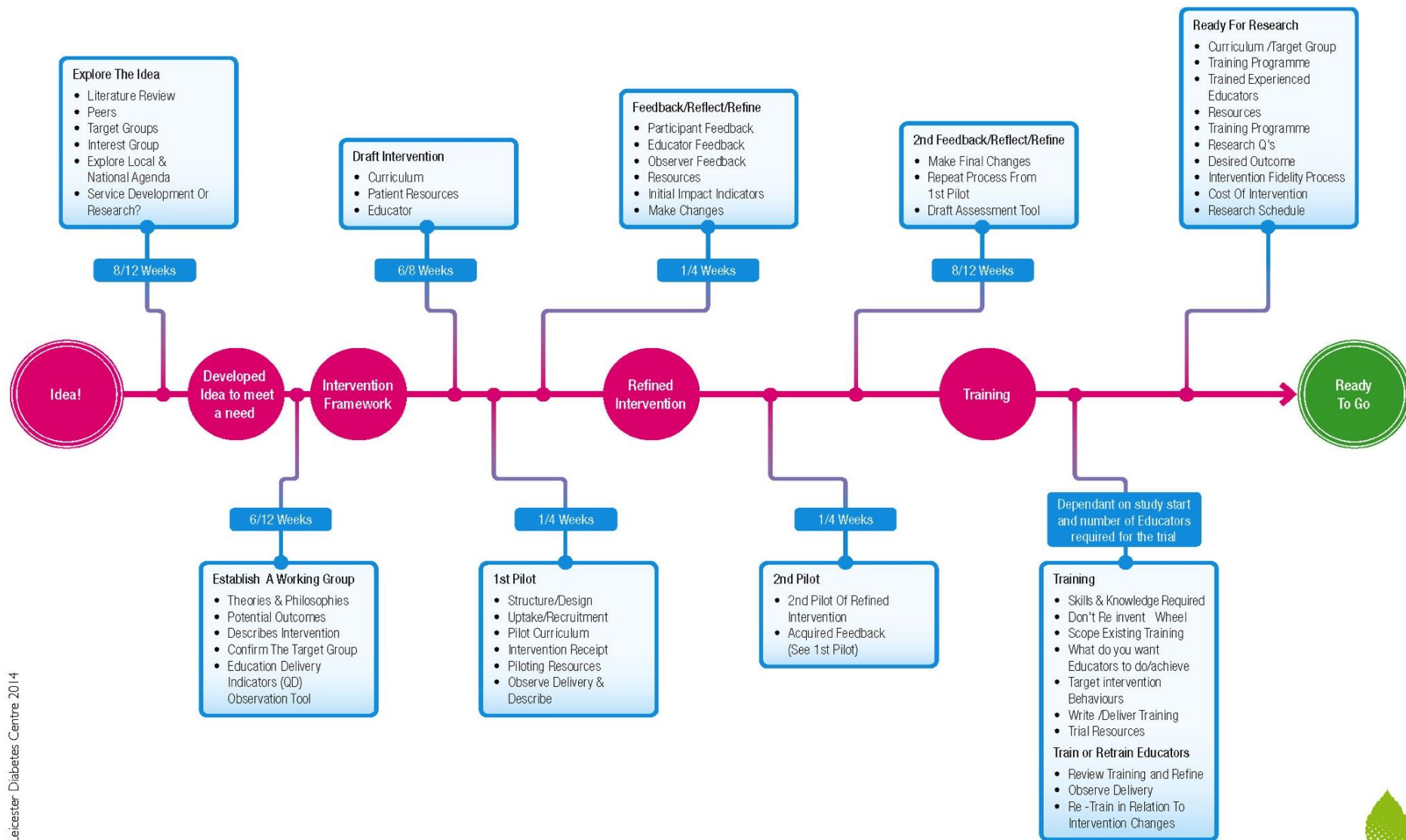
- To develop a T2D prevention programme for young people aged 12-14 year olds
- Collaborative workings between UK site and sites in five European countries - Germany, Greece, Portugal and Spain

Developing the programme

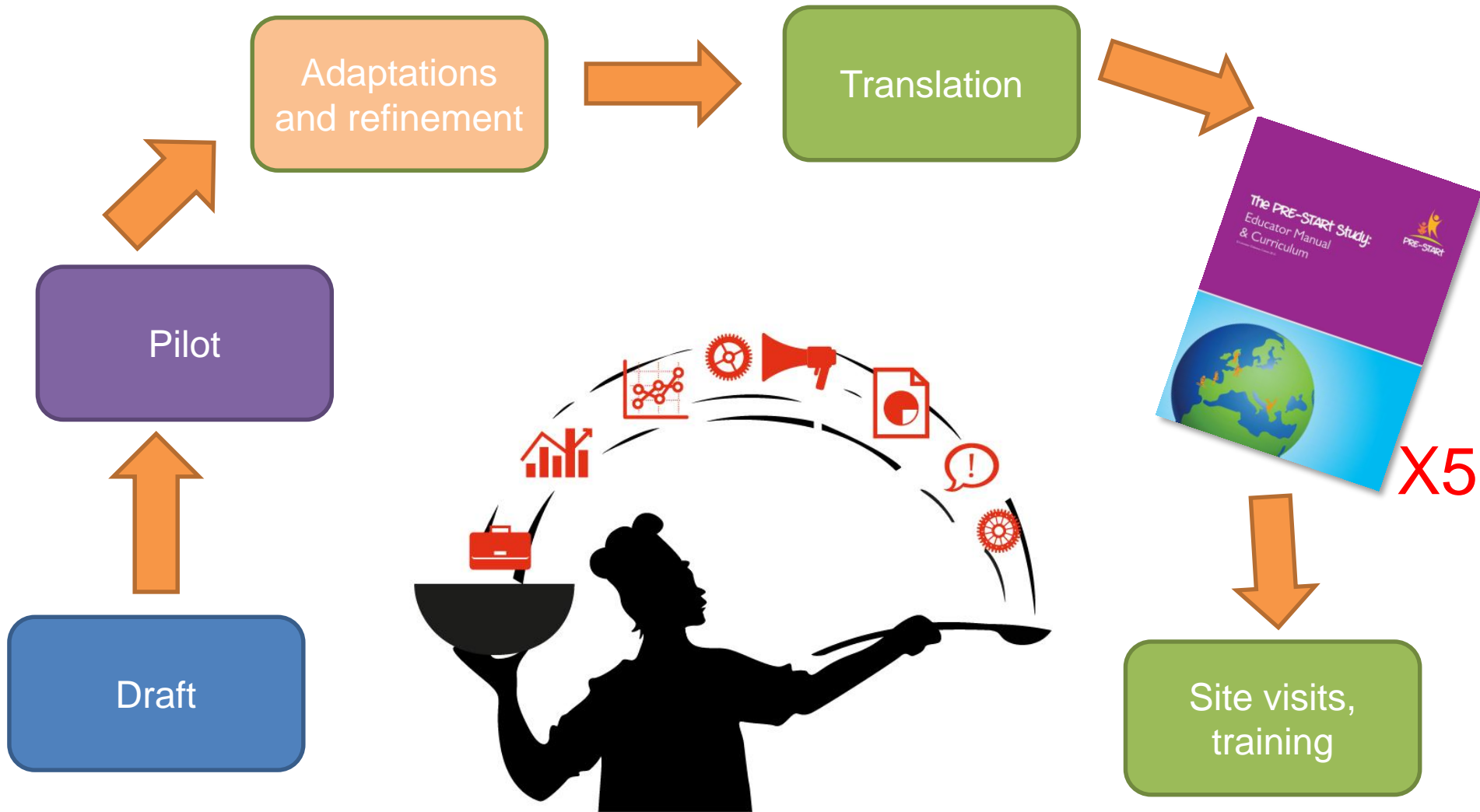


Developing the programme





Activities undertaken



Activities undertaken

Adaptations
and refinement

Pilot

Draft



Site visits,
training



PRE-START

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
GETTING STARTED	25 mins	5 mins	15 mins	15 mins	15 mins	15 mins	15 mins	20 mins
GET GOING	TOPIC 1 55 mins Being Healthy	TOPIC 2 65 mins Being More Active	TOPIC 3 55 mins Getting the Balance Right	TOPIC 4 55 mins Sitting Less	TOPIC 5 55 mins Building a Better Breakfast	TOPIC 6 55 mins Choosing Healthy Snacks and Drinks	TOPIC 7 55 mins Treats and Healthier Fast Foods	TOPIC 8 60 mins Making a Family Plan
LET'S GO	10 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	10 mins
TOTAL TIME	90 mins	90 mins	90 mins	90 mins	90 mins	90 mins	90 mins	90 mins

PRE-START



PRE-START

Being More Active



PRE-START

“Sitting Less”

A Day In The Life Of Me

WHAT ACTIVITIES DO YOU DO SITTING DOWN?	AMOUNT OF TIME DOING THESE
Watching TV/DVDS/Videos	1 hour



Summary of commercially available self-monitoring* tools for physical activity under £100**

	Location	Steps	Distance	Cals	Activity			Idle time ^a	Inactive alerts ^b	Battery life	Feedback			Goal setting	Link to others	Review (out of 5)	Cost
					Duration	Intensity	Type				Display on device	App	Web				
Yamax SW200 Pedometer ^c	Waist band	✓	X	X	X	X	X	X	X	1 year	✓	X	X	X	X	4.5	£18.00
Mi Band	Wrist	✓	✓	✓	✓	X	X	X	X	30 days	✓	✓	X	✓	✓	4	£15.00
Misfit Flash	Anywhere	✓	✓	✓	✓	X	✓	X	X	6ms	X	✓	X	✓	✓	3	£24.95
Nuyu	Anywhere	✓	✓	✓	X	X	X	X	X	4 mths	✓	✓	X	X	X	3	£33.00
LifeTrak C200 Core ^c	Wrist	✓	✓	✓	X	X	X	X	X	1 year	✓	X	X	✓	X	4	£39.00
Jawbone Up Move	Anywhere	✓	✓	✓	X	✓	X	✓	X	6mths	X	✓	X	✓	✓	3.7	£39.99
Razer Nabu X	Wrist	✓	✓	✓	✓	✓	X	X	X	5-7days	X	✓	X	✓	✓	2.8	£43.00
Fitbit Zip ^d	Waist, pocket	✓	✓	✓	X	X	X	X	X	6mths	✓	✓	✓	✓	✓	4	£39.99
Polar Loop	Wrist	✓	✓	✓	✓	✓	✓	X	✓	~5 days	✓	✓	✓	✓	X	3.5	£52.00
Misfit Shine	Anywhere	✓	✓	✓	✓	X	✓	X	X	6mths	X	✓	X	✓	✓	3.5	£59.99
Acer Liquid leap	Wrist	✓	✓	✓	✓	X	X	X	X	7 days	✓	✓	X	✓	X	3	£43.00
Fitbit One ^d	Waist, pocket	✓	✓	✓	X	X	X	X	X	10-14 days	✓	✓	✓	✓	✓	4.5	£69.99
Fitbit Flex ^d	Wrist	✓	✓	✓	✓	✓	X	X	X	5 days	✓	✓	✓	✓	✓	4	£53.99
Garmin VivoFit2	Wrist	✓	✓	✓	X	X	X	X	✓	1yr+	✓	✓	✓	✓	✓	3.5	£72.99
Jawbone Up 24	Wrist	✓	✓	✓	✓	✓	X	✓	✓	14 days	X	✓	X	✓	✓	3.6	£37.99
Garmin VivoSmart	Wrist	✓	✓	✓	X	X	X	X	✓	7 days	✓	✓	✓	✓	✓	3.6	£99.99

Considerations

- Financial considerations
- Practicality
- Skill of the site staff
- What would be needed to support the sites and the educators
- What the programme was designed to change

UK Focus Group

- Positives
 - Enjoyed the display screen on the device
 - Regularly checked their activity levels (steps, calories and activity bar).
 - Didn't mind charging the device.
 - Liked that it could also be used to tell the time
- Challenges
 - Needed more assistance with setting up the device and downloading the app in the first place
 - Echoed by the teacher/facilitator
- Suggestions
 - A step by step guide for set-up with screen shots would be helpful.
- Alternatives?
 - They did not like the look of a traditional pedometer (i.e., Yamax sw200) to put on the waistband, they felt it wasn't cool at all.
 - The parents and teacher didn't think it was appropriate for the young age group.

Results

- This work has resulted in a flexible curriculum with shared learning outcomes for sites to use with young people and their families.
- A PA self-monitoring tool was included to supporting participants in achieving PA related goals.
- Following a systematic approach to programme development has meant that the interactive educational programme is being tested within a feasibility study at each site.

Message for policy or practice

- Developing a standardised programme across countries is challenging.
- Agreeing on underpinning theories and philosophies as well as learning outcomes will ensure the programme is delivered in a similar spirit across and within sites.

In collaboration with:

UNIVERSITÄT LEIPZIG



UNIVERSITY OF
LEICESTER

University Hospitals
of Leicester
NHS Trust



PRE START is a pilot project
funded by the European union.

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