

# Diabetes intervention study in Hindustani Surinamese

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON23888

### Source

Nationaal Trial Register

### Brief title

DHIAAN

### Health condition

Population screening  
Type 2 diabetes  
Lifestyle intervention  
Prevention

Populatie screening  
Type 2 diabetes  
Leefstijlinterventie  
Preventie

## Sponsors and support

**Primary sponsor:** Prof. dr. K. Stronks

Professor of Social Medicine

Dept. of Social Medicine

Academic Medical Centre, University of Amsterdam

**Source(s) of monetary or material Support:** ZonMw

## Intervention

## Outcome measures

### Primary outcome

1. Normal blood glucose values;
2. Prediabetes (impaired fasting glucose and impaired glucose tolerance);
3. Diabetes.

### Secondary outcome

1. Views on the screening;
2. Views on the intervention.

## Study description

### Background summary

#### Background

Type 2 diabetes mellitus (DM) is highly prevalent among the Hindustani Surinamese; 30% in the group 45-60 years. This group is not only younger at presentation, but also at high risk of developing CVD. Early detection and treatment of DM may decrease the risk of complications. The objective of this study is to develop a screening program and lifestyle intervention for Hindustani Surinamese, aimed at identifying pre-diabetes and preventing DM.

#### Methods

**Screening:** 1500 Hindustani Surinamese in The Hague, aged 18 to 60 years, will be randomized to a standard or intensive recruitment strategy. Participants will be asked to donate a fasting blood sample and an oral glucose tolerance test will be carried out.

**Intervention:** Persons found to have impaired fasting glucose (fasting plasma glucose 5.6-<7.0mmol/l) or impaired glucose tolerance (2-hour post-load glucose  $\geq 7.8$ -<11.1mmol/l) will be invited to participate in the intervention; they will be randomized to the lifestyle intervention or control group.

The content of the intervention is based on previous lifestyle interventions and will be targeted to the Hindustani Surinamese. Data on physical activity and dietary habits in the Hindustani Surinamese population are available from the SUNSET-study. A process evaluation among Surinamese participants in a physical exercise programme will provide insight into determinants of physical activity. Additional focus group discussions will take place among Hindustani Surinamese to gain further insight in determinants of physical activity and healthy dietary habits.

#### Results

The full design of the screening will be presented. Moreover, we will discuss the content of

the the lifestyle intervention, including the results of the SUNSET data and the focus group discussions.

#### **Conclusion**

If the screening and lifestyle intervention are found to be feasible, a larger intervention study will be set up in order to determine the effectiveness of the screening followed by the intervention.

#### **Study objective**

A systematic screening and a lifestyle-intervention for pre-diabetes targeted at the Hindustani Surinamese population will prevent or postpone the onset of diabetes mellitus type 2.

#### **Study design**

-

#### **Intervention**

Lifestyle intervention, which consists of dietary counseling and supervised physical activity.

## **Contacts**

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## **Eligibility criteria**

## Inclusion criteria

Inclusion criteria screening:

1. Hindustani Surinamese background;
2. Aged between 18-60 years.

Inclusion criteria intervention:

1. Hindustani Surinamese background;
2. Aged between 18-60 years;
3. Persons found to have prediabetes during the screening.

## Exclusion criteria

Exclusion criteria screening:

1. Known diabetes patients.

Exclusion criteria intervention:

1. Persons found to have diabetes during the screening;
2. Any chronic illness that makes participation during lifestyle-intervention impossible;
3. Medication known to interfere with glucose tolerance;
4. Participation in a regular vigorous exercise and/or diet program.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Masking:	Single blinded (masking used)
Control:	Placebo

## Recruitment

NL  
Recruitment status: Recruitment stopped  
Start date (anticipated): 01-10-2007  
Enrollment: 878  
Type: Actual

## IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Positive opinion  
Date: 04-09-2007  
Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL1019
NTR-old	NTR1050
Other	Zonmw : 6130.0034
ISRCTN	ISRCTN wordt niet meer aangevraagd

## Study results