

Diabetes intervention study in Hindustani Surinamese

Gepubliceerd: 04-09-2007 Laatste bijgewerkt: 18-08-2022

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.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON23888

Bron

NTR

Verkorte titel

DHIAAN

Aandoening

Population screening
Type 2 diabetes
Lifestyle intervention
Prevention

Populatie screening
Type 2 diabetes
Leefstijlinterventie
Preventie

Ondersteuning

Primaire sponsor: Prof. dr. K. Stronks
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Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

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 ≥ 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.

Doel van het onderzoek

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.

Onderzoeksopzet

-

Onderzoeksproduct en/of interventie

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

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel

Blindering:	Enkelblind
Controle:	Placebo

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-10-2007
Aantal proefpersonen:	878
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies	
Datum:	04-09-2007
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL1019
NTR-old	NTR1050
Ander register	Zonmw : 6130.0034

Register

ISRCTN

ID

ISRCTN wordt niet meer aangevraagd

Resultaten