

Using research evidence and community knowledge to address local priorities

Community-directed development of a diabetes prevention program for young Aboriginal people



Kimberley Seear David Atkinson
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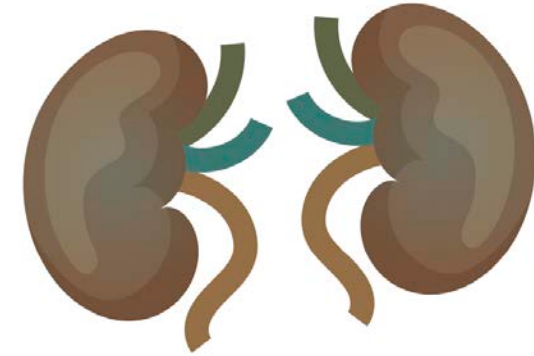
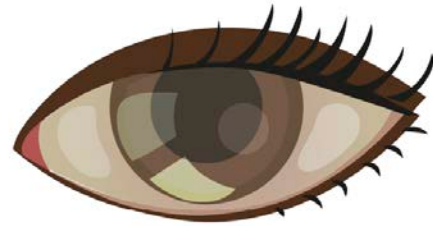
Derby Aboriginal Health Service (DAHS)

Empowering Aboriginal people in the prevention and management of ill-health, and in the promotion of well-being for individuals, families and communities



Consequences of diabetes

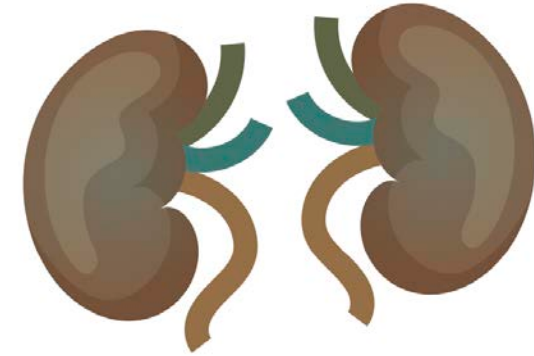
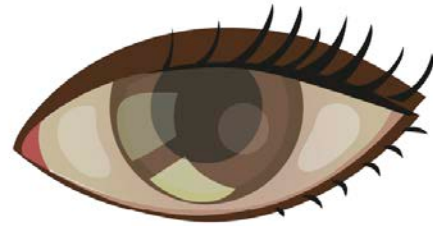
Untreated diabetes can seriously affect your heart, eyesight, feet and kidneys.



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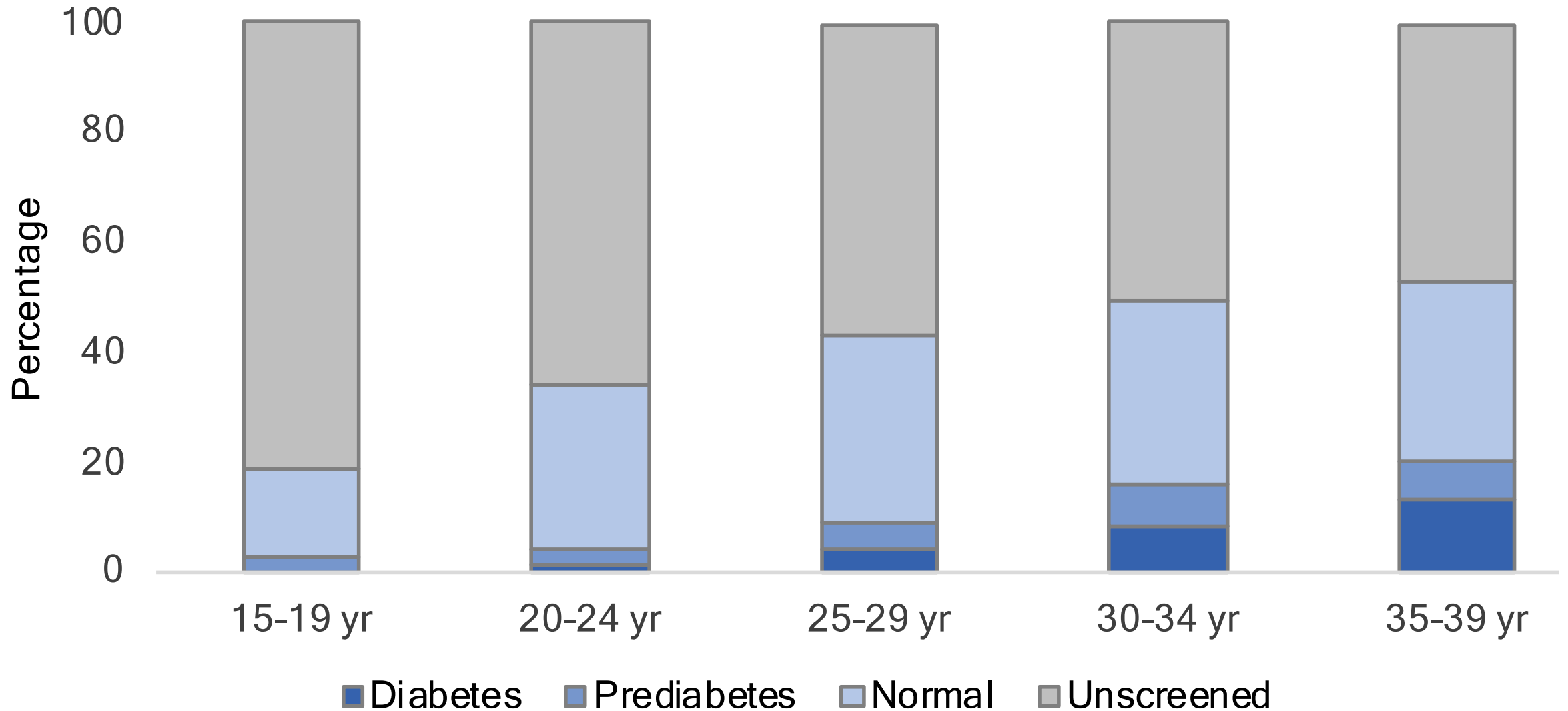


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Complications 13-20 years earlier for people diagnosed before age 40

(Song et al. 2009, *QJM* 102:799)

HbA1c results for patients aged 15–39



Preventing diabetes

US Diabetes Prevention Program

(Knowler et al. 2002, *N Engl J Med* 346:393)

Finnish Diabetes Prevention Study

(Tuomilehto et al. 2001, *N Engl J Med* 344:1343)

Da Qing Diabetes Prevention Study

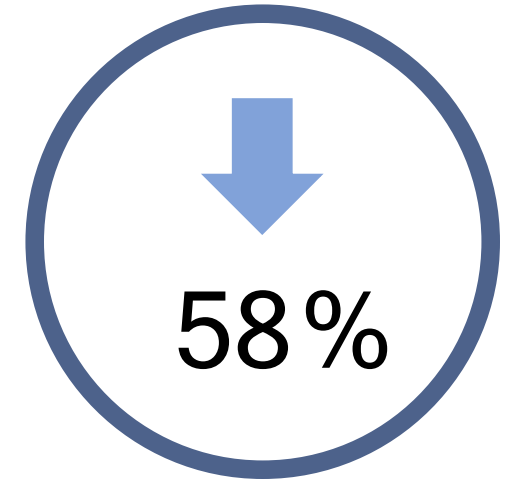
(Pan et al. 1997, *Diabetes Care* 20:537)

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Translations in real-world settings, e.g. PILI 'Ohana

(Mau et al. 2010, *Prog Community Health Partnersh* 4:7)

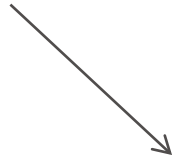


Maboo, wadi nyadoo yika yakoorr ngoo-jin mangaran

Be healthy, this sickness can make you really sick



Systematic review

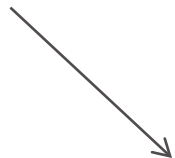


Maboo Wirriya
Be Healthy

Interviews



Systematic review



Maboo Wirriya
Be Healthy

MID 2016

LATE 2016

Interviews

Focus groups

Systematic review



Maboo Wirriya
Be Healthy

MID 2016

LATE 2016

EARLY 2017

Learning about physical activity
Doing physical activity in a group
Support for doing physical activity on own

Learning about healthy eating

Cooking

Trying healthy foods

Dealing with stress

One-on-one support

Group support

Interviews

Focus groups

Systematic review



Maboo Wirriya
Be Healthy

MID 2016

LATE 2016

EARLY 2017

Interviews

Focus groups

Design

Systematic review



Maboo Wirriya
Be Healthy

MID 2016

LATE 2016

EARLY 2017

MID 2017



MID 2016

LATE 2016

EARLY 2017

MID 2017

OCT-DEC 2017

Overview

What is health | What is this program for | Looking after ourselves

Physical activity

What's good about it | How much to do | Safety | Getting past barriers

Healthy eating

Guide to healthy eating | Portions | Getting past barriers

Diabetes

What does diabetes do | How to stop it from happening

Choosing foods and drinks

Meal planning | Saving money | Label reading | Sugary drinks | Alcohol

Cooking

Tips | Ideas | Recipes

Stress

Sleep | Breathing | Mindfulness meditation | Muscle relaxation

Keeping it going

Program summary | Goal setting | Problem-solving | Useful apps



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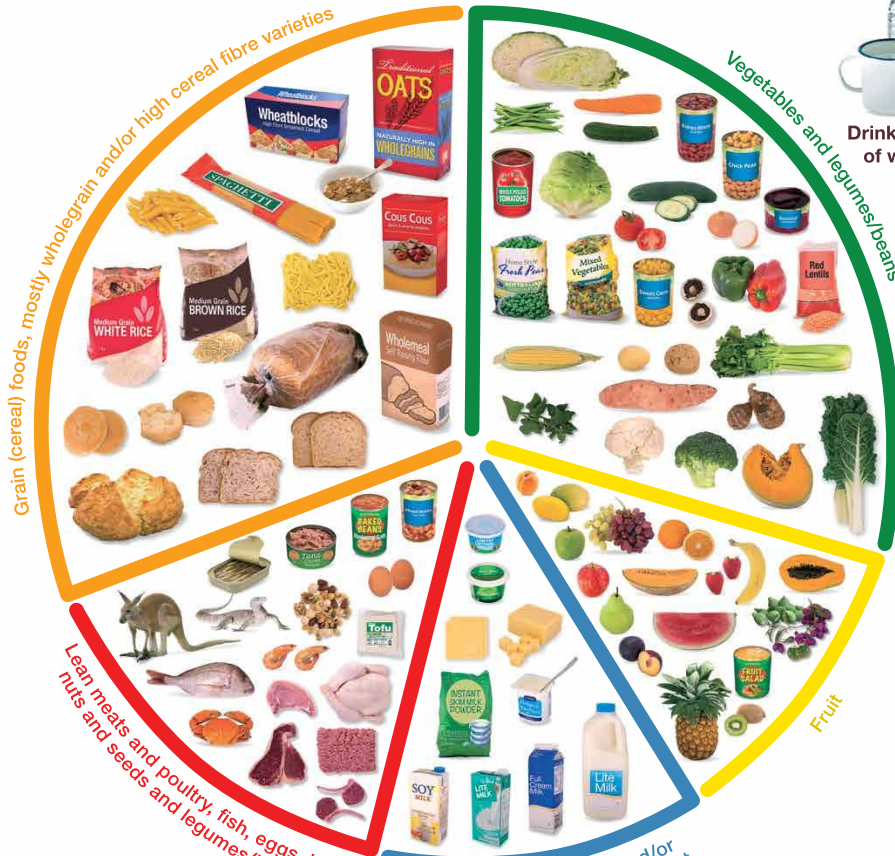


Aboriginal and Torres Strait Islander Guide to **Healthy Eating**

Eat different types of foods from the five food groups every day.



Drink plenty of water.



Use small amounts



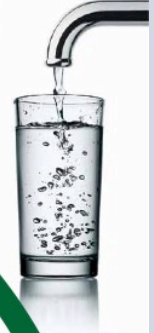
Only sometimes and in small amounts



12246 September 2015

Australian Guide to **Healthy Eating**

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Vegetables and legumes/beans

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Use small amounts



Only sometimes and in small amounts



Source:
National
Health
and
Medical
Research
Council

Findings

“People are seeing it as a motivation to kick-start their change.”

”You’ve got me being concerned about what I’m buying now.”

“Everyone needs to know about this.”

Findings

“He explains things in a calm way, in an understanding way.”

Findings

“This program actually made me stop drinking cool drink, completely.”

Where to from here?

- Efforts for sustainability
- Challenges
- Need ongoing programs

Conclusions

- Respect, flexibility, time
- Support people to be healthy
- Prevention needs funding

Acknowledgements

- A/Prof Julia Marley
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- Matthew Lelievre
- Derby community members