

Innovative Prevention Strategies for type 2 Diabetes in South Asians Living in Europe

Aims

1. Provide insight in the EuroDHYAN project and preliminary findings
2. Discuss ways to improve behavioral interventions aimed at the uptake or maintenance of physical activity and/or healthy diet among SA populations in Europe

	Duration		Speaker/Chair
A.	5	Short introduction of the workshop and background of EuroDHYAN (www.eurodhyan.eu)	Karien Stronks & Erik Beune (AMC-University of Amsterdam)
B.	25	Presentation of main findings EuroDHYAN <ol style="list-style-type: none"> 1. Differential effectiveness on population subgroups of T2D prevention studies for SA migrant population subgroups and recommendations + clarifying questions from audience (<i>10 min, results from meta-analyses</i>) 2. Current strategies used in T2D prevention studies for SA migrant and non-migrant populations and recommendations + clarifying questions from audience (<i>10 min, results from literature review</i>) Thoughts on possible reasons for moderate effectiveness <ol style="list-style-type: none"> 1. Brief overview of migration related issues for SA migrants in relation to T2D prevention (<i>5 min, inspirational talk</i>) 	Anne Karen Jenum & Idunn Brecke (University of Oslo) Samera Qureshi (NAKMI) Bernadette Kumar & Esperanza Diaz (NAKMI)
C.	55	Dialogue and active participation <ol style="list-style-type: none"> 1. Brief outline next step (<i>5 min</i>) - subgroups (5-8 people); use of discussion card 2. Discussion in subgroups¹ (<i>35 min</i>) about potential strategies for optimization of acceptability and effectiveness of behavioral interventions aimed at the uptake or maintenance of physical activity and/or healthy diet among SA populations in Europe. 3. Plenary discussion (<i>15 min</i>) 	Erik Beune Karien Stronks
	5	Closing	Karien Stronks