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Title of project: Enhancing Methods for Scale-Up in Diabetes Prevention

ABSTRACT

This proposal is grounded in public health approaches to the primary and secondary prevention of diabetes. It is premised on two concepts. First, a substantial proportion of diabetes is associated with preventable factors, and those that are modifiable include preventing obesity, maintaining a healthy diet, not smoking and increasing physical activity. Interventions are required that can effectively influence these risk behaviours to reduce the risk of incident diabetes. The second premise is that much of the published evidence base for efficacious interventions comes from controlled trials in selected settings. If population rates of diabetes are to be reduced, the evidence generated in controlled studies needs to be scaled up to reach more at-risk individuals in the population.

The same approach is relevant to secondary prevention (high risk of developing diabetes) and tertiary prevention programs [for people with existing diabetes] that improve healthy lifestyles. Those that access diabetes clinics and lifestyle programs are likely to benefit in terms of improved glycaemic control and reduced diabetes-related morbidity, but the challenge is to reach many more in the community with diabetes or prediabetes with evidence-based intervention strategies.

This proposal is to work with existing collaborative prevention projects across Denmark and work with them in implementing and evaluating program delivery at a greater population scale. For each project, methods for scale up will be developed and tested. Generalised principles will be synthesised on research methods for evaluating scale up of diabetes prevention projects, and this will also be disseminated through training and capacity-building short courses in research translation and scale up delivered as part of this visiting professorship across Denmark.