

Public involvement in developing and delivering a diabetes risk reduction programme for people of South Asian origin

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- ◆ People of South Asian background have a very high risk of developing diabetes
- ◆ 'Difficult' group to engage
- ⇒ Conversations with South Asian community groups about how best to tackle the problem – led by a researcher of South Asian background

Need to provide...

- ◆ Diabetes information
- ◆ Meal preparation advice
- ◆ Personal goal setting
- ◆ Encouragement and support from a 'buddy' to increase walking



⇒ 'STEP OUT' programme

- ◆ 9 months long
- ◆ 'healthy living' information session
- ◆ personal goal setting and baseline measurements taken (body mass index, step count)
- ◆ regular 'motivating' contact from another community member to walk more



- ◆ Invitations to community members to become volunteer 'Community Link Workers' (CLWs): 15 appointed
- ◆ Four days training
 - ◆ increased knowledge, confidence
 - ◆ felt part of a team (2 groups – Derby & Nottingham)
- ◆ Regular meetings with researchers: programme adapted to work more effectively in response to CLWs' ongoing feedback
- ◆ Successful – 13 CLWs and 70% of starters still in walking programme at 3 months and walkers' step counts have increased + pathway to work for some CLWs