Enhancing the Efficacy of Type II PROPOSAL & METHODOLOGY Diabetes Prevention

Literature Review

Diabetes Type II -537 million adults (epidemic) 1.2 million (14.45%) in NL

Expert Interviews

Intervention **Proposal**

Proposal:

Mobile Health Units: enable prevention Food vouchers: encourage healthier food choices

- Early detection & lifestyle
- Focus on low SES communities and



EXPERT INTERVIEWS

Government action

Sugar tax

Environmental contribution

intervention

Lifestyle

Prevention advantage

ATLAS.ti insulin

intervention

reach underserved communities

Legislative measures: Healthier food production

Address health disparity roots

Relevant factors:

- Individual Metabolic health
- Environmental Surroundings, walkability, societal inequalities
- Structural societal change
- Income disparity considerations

LITERATURE REVIEW

Prevention Theory

Primary prevention: preventing onset [proactive health promotion and lifestyle interventions]

Secondary prevention: early detection and timely intervention

Voucher Ecuador (Hidrobo et al, 2012)

Voucher -> 16% increase nutritional diversity

MHU United States (Yu et al, 2017)

40% of visits were preventable

\$474 cost per visit \$558 million total cost

Voucher United States (Sung Eun, 2017)

30% subsidy -> 10.3% type II incidence decrease

\$952 averted incidence

CONCLUSION

Prediction: Effective reach to high-risk groups

Integration of primary & secondary strategies

Enhanced detection and dietary changes



A proposed 6 month pilot program for a scalable model for broader health improvement