

Why do People with **Type 2 Diabetes** Eat What They Eat?

From diet to everyday-social life: a salutogenic approach towards enabling healthful eating among people with type 2 diabetes

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Edema-
Steernberg
Foundation



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Fit with the Edema-Steernberg Foundation

- Why do we eat what we eat?
- Type 2 Diabetes
 - nutrition-related disease
 - can be reversed by lifestyle changes
- Interdisciplinary, Intersectoral, International
- Focussed on everyday life situation



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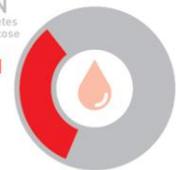
Problem definition

DIABETES IS ON THE RISE

422 MILLION
adults have diabetes

3.7 MILLION
deaths due to diabetes
and high blood glucose

1.5 MILLION
deaths caused
by diabetes



THAT'S 1 PERSON IN 11



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Figures: World Health Organization

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Problem definition

Main types of diabetes

TYPE 1 DIABETES
Body does not produce enough insulin

TYPE 2 DIABETES
Body produces insulin but can't use it well

GESTATIONAL DIABETES
A temporary condition in pregnancy

90-95% T2DM

Netherlands

2015: 1 out of 17 adults

2040: 1 out of 10 adults

Risk factors T2DM

Unhealthy diet

Physical inactivity

Figures: World Health Organization

Problem definition

Remission of T2DM

Health intervention with strict dietary regimes



Lacking **long-term** effects

→ Limited eye for **everyday-life context** in which people with T2DM have to **organize dietary change**

Problem definition

A different, salutogenic perspective

- Focussed on **people**
- Interaction between **individual and environment**
- **Life course** perspective: past, present, future
- Ability to **cope with stress**
- **Learning** takes place in the face of **life-events** in which people identify and apply **resources**, resulting in a movement towards ease or dis-ease

Main objective

To **develop, implement** and **evaluate** a salutogenic intervention for people with T2DM and support them eating in line with recommendations.

Sub-Questions

1. What is the **effectiveness** of intervention programs in adults with T2DM and what are **characteristics** of programs effectively addressing a change in dietary patterns?

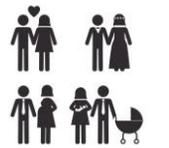
→ **Systematic** (mixed methods) **review**



Sub-Questions

2. How do adults with T2DM **perceive life-events, turning points and resources** within and outside themselves that contribute to eating a healthy dietary pattern along their life-course?

→ **Narrative analysis** and **Assets mapping**



Sub-Questions

3. How can we **develop an intervention** program for adults with T2DM using evidence from existing interventions (**RQ1**) and the insights derived from the study towards perceptions of adults with T2DM (**RQ2**)?

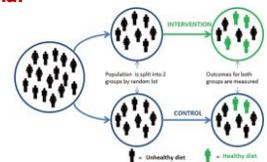
→ **Data Integration** (guided by the PRECEDE-PROCEED model)

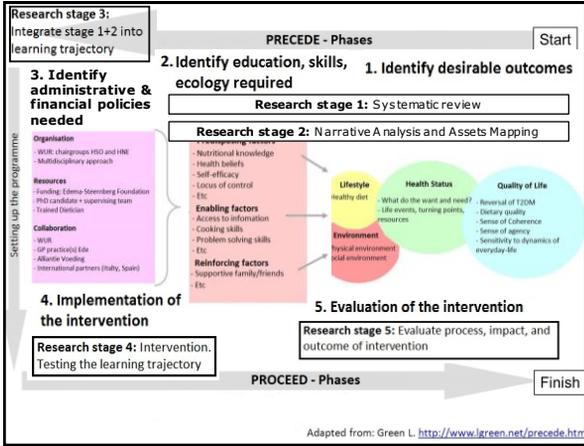


Sub-Questions

4. What is the **effect of the intervention** program on overall health and well-being, dietary composition, diabetes related risk factors, diet-related behaviours and individual psycho-social factors?

→ **Randomized controlled trial**





	Year 1 (2017/2018)		Year 2 (2018/2019)		Year 3 (2019/2020)		Year 4 (2020/2021)	
	Apr - Sep	Oct - Mar	Apr - Sep	Oct - Mar	Apr - Sep	Oct - Mar	Apr - Sep	Oct - Apr
Research stage 1								
Literature search and processing								
Writing systematic review								
Meetings Genevieve Ede, Allante Vooijng, Rotterdam.								
Research stage 2								
Recruitment of interviewees								
Everyday life story interview								
Data analysis								
Writing paper 2								
Research stage 3								
Development of measurement tools								
Testing measurement tools								
Research stage 4								
Preparation of METC								
Intervention preparation								
Recruitment intervention participants								
Program implementation								
Data collection								
Data analysis								
Writing paper 3								
Follow-up data integration								
Research stage 5								
Writing paper 4								
Thesis writing (conclusion, discussion)								

Questions?

Thanks for your attention!

DIABETES

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Loesje

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