

Diabetes Prevention and Screening in the Metropolitan Lisbon Area

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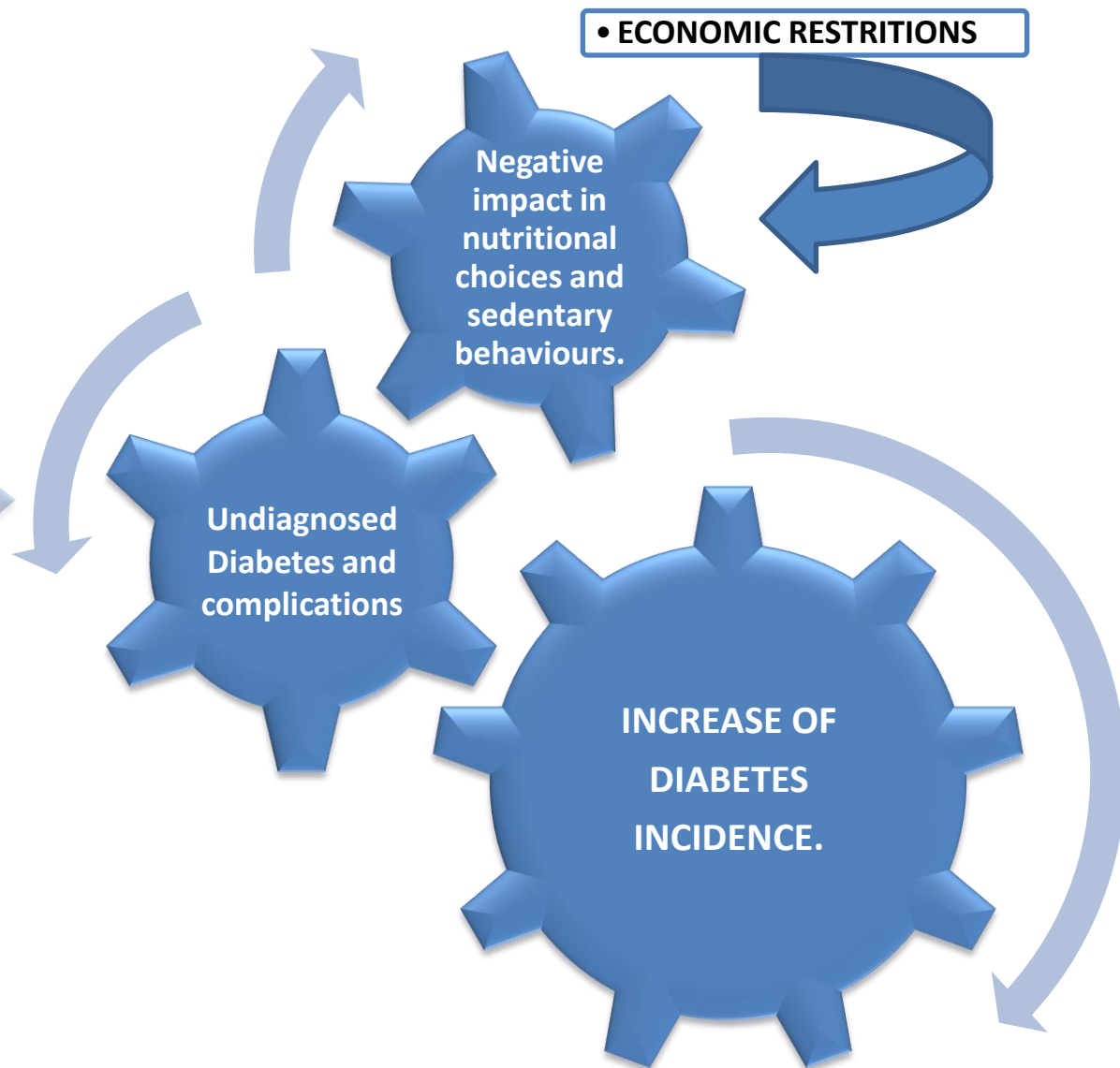


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1. Description of Problem

Vulnerable populations experience health disparities as a result of social and physical determinants of health.



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2. Objectives and Area of intervention

Main aim: To address the hypothesis that low socioeconomic populations are at an increased risk to develop diabetes.

Main objectives: To promote health in vulnerable communities in the Lisbon Metropolitan Area, especially to detect undiagnosed diabetes and high-risk individuals.

Metropolitan area of Lisbon



3. Methods and Logistics

1. **Health Promotion and diabetes prevention sessions for general public**
2. **Training lectures on prevention and management of diabetes for health and social professionals**
3. **Evaluation (in general population) of:**
 - **Weight**
 - **Height**
 - **Waist circumference**
 - **Risk of developing Type 2 diabetes within 10 years**

The **FINDRISK questionnaire** was applied by **interview a total of 10 825 individuals (58% women and 42 % men ; mean age 57 years)**

- **Close relationship with municipalities, healthcare providers, local NGOs and communities.**
- **All activities implemented within the community.**



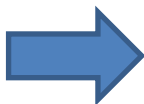
4.Results

AWARENESS ACTIONS

Informative actions on Diabetes

addressed to the community, with
the aim of promoting :

- Attitudes
- behaviors



- prevent the disease
- detect it earlier.

Awareness actions	104
Participants	2493



4.Results

TRAINING ACTIONS

- **Course** “How To Prevent And Control Diabetes”
- **Social care professionals.**
Understanding the prevention and control of diabetes in terms of nutrition, exercise, self-monitoring, medication and prevention of diabetic foot

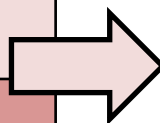
Training sessions	12
Participants	230



4.Results

Of the **11.712** people who carried out the risk assessment, **1.959** were identified as having high/very high risk of developing diabetes (≥ 15 score) and invited to do a oral glucose tolerance test (OGTT) at APDP.

Risk Profile	Incidence
Low risk	20,6%
Slightly elevated risk	37,8%
Moderate risk	24,6%
High risk	14,0%
Very high risk	2,7%



20.8% had undiagnosed diabetes
34.2% had pre diabetes



5. Insights

The screening and educational intervention showed to address the assumptions of the target population (satisfaction reports).

It also revealed barriers and facilitators for the scale-up of diabetes prevention actions.

Major valued characteristics of intervention were (by the people involved) :

- The close relationship with municipalities, healthcare providers, local NGOs and communities.
- The implementation of activities within the community (with the exception of the OGTT, with clear problems of adherence).
- The free (without cost) activities.



6. Conclusions

While the distribution of diabetes risk assessment in the studied low socioeconomic population was similar to that observed in the general population, the **high-risk profile was shifted to a lower age.**

Diabetes incidence happens earlier in this vulnerable population.



Thank You



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