

A KING'S COLLEGE LONDON STUDY



This study has been approved by the King's College London Ethics Committee under reference LRS-15/16-3240 and it is funded by the National Institute of Health Research (NIHR)

CONTACT FOR FURTHER INFORMATION

If you would like further information about this study, please contact:

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INFORMATION FOR MOSQUES

Healthy Eating & Active Lifestyles for Diabetes (HEAL-D):
working in partnership with African and Caribbean
communities

Why are we doing this study?

In the UK, people of African or Caribbean descent are at increased risk of developing Type 2 Diabetes. Programmes involving healthy eating and physical activity are important to help people manage their illness, however they need to be responsive to an individual's lifestyle and culture to be most effective.

This research is being carried out to develop a programme of healthy eating and lifestyle advice for diabetes care, in association with African and Caribbean communities. We are going to talk to members of these communities who have diabetes, health professionals who support them and community and religious leaders. We would like to understand the factors that influence lifestyle behaviour and how advice can be tailored and delivered to meet health needs.

What would we like to do?

Firstly we would like to talk to people from your community, in small groups of 6-8 people, about their experiences of diabetes care, what they think about diet

and lifestyle for managing diabetes and how their family, friends and social community, influence their lifestyle choices.

We are also interviewing Religious Leaders who would like to contribute their views on one-to-one basis. We would like to discuss issues relating to the role of community networks in promoting health in your community, and how best to facilitate a community based health intervention.

How can the Mosque help with this work?

It would be very helpful if you could tell members about the study and encourage Type 2 Diabetes patients to get involved in a discussion group. If you are willing, this group can be held at your premises. Men and women will be in separate groups. Confidentiality of participants will be maintained at all times. We are also happy to come to the mosque and introduce members to the study to see if they would be interested in taking part.

We would also be delighted to interview any leaders from the mosques who would like to contribute.

How will participants benefit from taking part?

By taking part you will be directly involved in shaping a Diabetes Care programme, tailored to engage and support your community.

All participants will be given a £20 gift voucher as a small token of our appreciation.

Please contact us if you are able to join our study.

Your involvement will be valuable so we can better understand dietary and lifestyle choices among all sectors of the community. The development of a culturally tailored programme of care for Type 2 Diabetes is intended to improve access and engagement to lifestyle advice for diabetes and ultimate to improve long-term outcomes.

Thank you for reading this invitation

You can contact us on 0207 848 6023 or heal-d@kcl.ac.uk if you would like to be involved.

The HEAL-D Study Team



Dr Louise Goff

Louise is the Study Chief Investigator. She has a 20 year career in Diabetes research and has spent 7 years working specifically with the African and Caribbean communities.

Amanda Moore

Amanda is the HEAL-D study lead, responsible for the management and co-ordination of the study. Amanda is a Public Health Nutritionist and Doctoral Researcher.

Mistura Yusuf

Mistura is a Research Assistant on the team. She is from Nigeria, where she trained as a dietitian. Mistura is also a Diabetes UK Community Champion and Public Health Advocate with Brent Council.