

Can peer educators influence healthy eating in people with diabetes?

Submission date

30/09/2004

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

30/09/2004

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

09/07/2009

Condition category

Nutritional, Metabolic, Endocrine

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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LS2 9PL

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0626133451

Study information

Scientific Title

Study objectives

To assess the impact of a peer educator in promoting healthy eating in people with diabetes.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

GP practice

Study type(s)

Quality of life

Participant information sheet**Health condition(s) or problem(s) studied**

Nutritional, Metabolic, Endocrine: Diabetes

Interventions

The study will carry out a randomised controlled trial of peer education for healthy eating in people with diabetes living in Burnley and Bradford. These are areas with large ethnic minority population and a high level of low income families. The peer education will involve training 'expert patients' who will then pass on their knowledge to groups of other people with diabetes from their locality. The control group will receive standard care. This will involve an individual 15 minute appointment with a dietitian and GP/practice nurse. Follow up of both groups will be conducted at three months post education and at 12 months. Differences between groups in terms of food and nutrient intake, weight and measures of diabetic control will be compared.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

1. Differences in food/nutrient intake patterns between the group receiving peer education and the standard education package - specifically: changes in fat, saturated fat, energy, fibre, and

fruit and vegetable intakes.

2. Assessment of the sustainability of any changes over a one year period.
3. Assessment of the ability of the peer educator to promote improvement in diabetic control over 3 months and 12 months as compared with the standard educational package alone.
4. Development of a culturally acceptable, health promotion intervention.
5. Difference in continued motivation to change between groups.
6. Difference in cost of intervention between the groups.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/09/2002

Completion date

31/08/2005

Eligibility

Key inclusion criteria

Adults with type 2 diabetes (defined as onset over 30 years, not on insulin within the first year). Registered with GP practices selected from socially deprived catchment groups (using Jarman scores) and with a high percentage of people of South Asian origin. 135 subjects will be needed in each group (270 total). This number will be split between Bradford and Burnley.

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

270

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/09/2002

Date of final enrolment

31/08/2005

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

71-75 Clarendon Road

Leeds

United Kingdom

LS2 9PL

Sponsor information

Organisation

Department of Health

Sponsor details

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

Sponsor type

Government

Website

<http://www.dh.gov.uk/Home/fs/en>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Bradford South and West Primary Care Trust (UK)

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/09/2006		Yes	No