

Can peer educators influence healthy eating in people with diabetes?

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
30/09/2004	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
30/09/2004	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
09/07/2009	Nutritional, Metabolic, Endocrine	

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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Additional identifiers

Protocol serial number

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

Study type(s)

Quality of life

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(s)

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.

Key secondary outcome(s)

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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

United Kingdom

England

Study participating centre

71-75 Clarendon Road

Leeds

United Kingdom

LS2 9PL

Sponsor information

Organisation
Department of Health

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Bradford South and West Primary Care Trust (UK)

Results and Publications

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