

# 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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## 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?
<a href="#">Results article</a>	results	01/09/2006		Yes	No