

# PREVIEW Population studies (PREvention of diabetes through lifestyle Intervention and population studies in Europe and around the World; Population studies)

<b>Submission date</b> 25/09/2017	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/11/2017	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 17/05/2019	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

This study is part of a large multi-national diabetes prevention project which aims to identify the best lifestyle for the prevention of type 2 diabetes in a population of pre-diabetic overweight or obese individuals. The focus will be on diet (specifically protein and glycemic index) and physical activity, as well as their interaction with the lifestyle factors, habitual stress and sleeping patterns as well as behavioural, environmental, cultural, and socioeconomic factors.

### Who can participate?

People of all age ranges and genders who participated in five studies: Lifelines (the Netherlands), the Nutrition Questionnaires plus (NQplus) study (the Netherlands), the Cardiovascular Risk in Young Finns Study (YFS; Finland), the New Zealand Adult Nutrition Survey 2008/09 (NZANS), and the Quebec Family Study (QFS; Canada).

### What does the study involve?

Data is collected from the five studies, including dietary intake, in particular protein intake and glycemic index and load, physical activity and sleep duration, along with the prevalence and incidence of pre-diabetes, diabetes, and fasting blood sugar levels.

### What are the possible benefits and risks of participating?

This study will increase knowledge on how specific lifestyle factors can help prevent type 2 diabetes. This study uses existing data from previous studies so there are no additional risks involved.

### Where is the study run from?

Wageningen University (Netherlands)

### When is the study starting and how long is it expected to run for?

January 2013 to December 2018

Who is funding the study?

1. 7th Framework Programme of the European Commission
2. Health Research Council of New Zealand
3. Ministry of Higher Education, Research and Science and Technology
4. Fonds Economische Structuurversterking
5. Samenwerkingsverband Noord Nederland
6. Ruimtelijk Economisch Programma
7. ZonMw
8. Academy of Finland
9. Social Insurance Institution of Finland
10. Turku University Foundation
11. Juho Vainion Säätiö
12. Research funds from the Turku, Tampere and Kuopio University Hospitals
13. Research foundation of Orion Corporation
14. Finnish Foundation of Cardiovascular Research
15. Suomen Lääketieteen Säätiö
16. Suomen Kulttuurirahasto
17. Ministry of Health, New Zealand
18. University of Otago
19. Quebec Department of Education Funds for Research and Training of Scientists
20. Quebec Department of Sport and Leisure
21. Quebec Health Research Council
22. Health and Welfare Canada
23. Canadian Diabetes Association
24. Natural Sciences and Engineering Research Council of Canada
25. Medical Research Council Canada
26. Canadian Institutes of Health Research
27. Laval University

Who is the main contact?

Dr Agnes Berendsen

## Contact information

### Type(s)

Scientific

### Contact name

Dr Agnes Berendsen

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6708 WE

# Additional identifiers

## Protocol serial number

312057

# Study information

## Scientific Title

PREVIEW Population studies (PREvention of diabetes through lifestyle Intervention and population studies in Europe and around the World; Population studies)

## Study objectives

The primary goal of PREVIEW is to identify the most efficient lifestyle pattern for the prevention of type-2 diabetes in a population of pre-diabetic overweight or obese individuals. The focus will be on diet (specifically protein and glycemic index) and intensity of physical activity, as well as their interaction with the lifestyle factors, habitual stress and sleeping pattern as well as behavioural, environmental, cultural, and socioeconomic variables.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethical approval was not necessary. The researchers did not have any access to personal information regarding the participants and all data that will be analyzed are based on harmonized variables and are completely anonymized. For the individual observational studies, all participants signed informed consent for the original study.

## Study design

Observational cross-sectional and longitudinal/cohort study including 5 cohorts with a follow-up ranging from 2 up to 5 years

## Primary study design

Observational

## Study type(s)

Prevention

## Health condition(s) or problem(s) studied

Pre-diabetes (for the prevention of type 2 diabetes)

## Interventions

'PREVIEW Population studies' describes cross-sectional and longitudinal analyses from the five population studies included in PREVIEW: Lifelines (the Netherlands), the Nutrition Questionnaires plus (NQplus) study (the Netherlands), the Cardiovascular Risk in Young Finns Study (YFS; Finland), the New Zealand Adult Nutrition Survey 2008/09 (NZANS), and the Quebec Family Study (QFS; Canada). For Lifelines and NQplus baseline data and data from the first follow-up measurement will be used. For YFS, the 27-year follow-up from 2007-2008 was used as baseline and the 30-year follow-up in 2010-2012 as follow-up. NZANS was a cross-sectional survey and thus included in the cross-sectional analyses only. For QFS, phase 2 data acted as baseline and phase 3 data as follow-up, based on the quality of the dietary and physical activity

assessment. Additionally, ca. 300 newly recruited participants in Phase 3 were included in the cross-sectional analyses.

Data in the PREVIEW study have been collected within the framework of independent population studies, with different protocols for data collection and distinct original research foci. Therefore, data harmonization was a major task of the study. Harmonized variables were created for all parameters of interest for the PREVIEW data-analysis.

Baseline dietary intake, in particular protein intake and glycemic index and glycemic load, physical activity data, and sleep duration will be related to the prevalence and incidence of pre-diabetes, diabetes, and levels of fasting plasma glucose or HbA1c.

### **Intervention Type**

Mixed

### **Primary outcome(s)**

Prevalence and incidence of prediabetes and diabetes, collected by the five population studies at baseline between 1992 and 2013 and at follow-up between 1997 and 2018

### **Key secondary outcome(s)**

Glycemic index and food frequency questionnaire data collected by the five population studies between 1992 and 2013

### **Completion date**

31/12/2018

## **Eligibility**

### **Key inclusion criteria**

All age ranges and both genders are included

### **Participant type(s)**

Healthy volunteer

### **Healthy volunteers allowed**

No

### **Age group**

All

### **Sex**

All

### **Total final enrolment**

78851

### **Key exclusion criteria**

Participants will be excluded with missing data on baseline dietary intake, physical activity, or sleep and missing data on fasting plasma glucose level or HbA1c

**Date of first enrolment**

01/01/2013

**Date of final enrolment**

31/12/2018

**Locations****Countries of recruitment**

Australia

Canada

Finland

Netherlands

New Zealand

**Study participating centre****Wageningen University**

Wageningen

Netherlands

6700AA

**Study participating centre****National Institute for Health and Welfare (Terveyden ja hyvinvoinnin laitos)**

Finland

FI-00271

**Study participating centre****The University of Sydney**

Sydney

Australia

NSW 2006

**Study participating centre****The University of Auckland**

New Zealand

92019

**Study participating centre**  
**Universite Laval**  
Canada  
QC G1V 0A6

## Sponsor information

**Organisation**  
Wageningen University and Research

**ROR**  
<https://ror.org/04qw24q55>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Seventh Framework Programme

**Alternative Name(s)**  
Seventh framework programme of the European Community for research and technological development and demonstration activities (2007-2013), FP7

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
National government

**Location**

**Funder Name**  
Health Research Council of New Zealand

**Alternative Name(s)**  
HRCnz, Health Research Council of New Zealand (HRC), HRCNewZealand, HRC New Zealand, HRC

**Funding Body Type**  
Government organisation

**Funding Body Subtype**

National government

**Location**

New Zealand

**Funder Name**

Ministry of Higher Education, Research and Science and Technology (MESRST, PSR-SIIRI-837)

**Funder Name**

Fonds Economische Structuurversterking

**Funder Name**

Samenwerkingsverband Noord Nederland

**Funder Name**

Ruimtelijk Economisch Programma

**Funder Name**

ZonMw

**Alternative Name(s)**

Netherlands Organisation for Health Research and Development

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Netherlands

**Funder Name**

Academy of Finland

**Alternative Name(s)**

Academy of Finland, Suomen Akatemia, Finlands Akademi, AKA

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Research institutes and centers

**Location**

Finland

**Funder Name**

Social Insurance Institution of Finland

**Funder Name**

Turku University Foundation

**Funder Name**

Juho Vainion Säätiö

**Alternative Name(s)**

Juho Vainio Foundation, Reppy Institute

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

Finland

**Funder Name**

Research funds from the Turku, Tampere and Kuopio University Hospitals

**Funder Name**

Research foundation of Orion Corporation

**Funder Name**

Finnish Foundation of Cardiovascular Research

**Funder Name**

Suomen Lääketieteen Säätiö

**Alternative Name(s)**

Finnish Medical Foundation

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

Finland

**Funder Name**

Suomen Kulttuurirahasto

**Alternative Name(s)**

Finnish Cultural Foundation, SKR

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

Finland

**Funder Name**

Ministry of Health, New Zealand

**Alternative Name(s)**

The Ministry of Health – Manatū Hauora, Manatu Hauora, Ministry of Health - Manatū Hauora, minhealthnz

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

New Zealand

**Funder Name**

University of Otago

**Alternative Name(s)**

Te Whare Wānanga o Otāgo, Te Whare Wānanga o Ōtākou

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

New Zealand

**Funder Name**

Quebec Department of Education Funds for Research and Training of Scientists

**Funder Name**

Quebec Department of Sport and Leisure

**Funder Name**

Quebec Health Research Council

**Funder Name**

Health and Welfare Canada

**Funder Name**

Canadian Diabetes Association

**Alternative Name(s)**

Association Canadienne du Diabète, The Canadian Diabetes Association, CDA

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Associations and societies (private and public)

**Location**

Canada

**Funder Name**

Natural Sciences and Engineering Research Council of Canada

**Alternative Name(s)**

Conseil de Recherches en Sciences Naturelles et en Génie du Canada, The Natural Sciences and Engineering Research Council of Canada, nserc\_crsng, NSERC, CRSNG

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

Canada

**Funder Name**

Medical Research Council Canada

**Alternative Name(s)**

Medical Research Council, Canada, Medical Research Council, Medical Research Council of Canada, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

Canada

**Funder Name**

Canadian Institutes of Health Research

**Alternative Name(s)**

Instituts de Recherche en Santé du Canada, The Canadian Institutes of Health Research (CIHR), Canadian Institutes of Health Research (CIHR), Canadian Institutes of Health Research | Ottawa ON, CIHR - Welcome to the Canadian Institutes of Health Research, CIHR, IRSC

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

Canada

### Funder Name

Université; Laval

### Alternative Name(s)

Laval University, ULaval, Séminaire de Québec, Universitas Laval, UL

### Funding Body Type

Government organisation

### Funding Body Subtype

Universities (academic only)

### Location

Canada

## Results and Publications

### Individual participant data (IPD) sharing plan

As the 'PREVIEW Population studies' makes use of existing data from different cohort studies the participant level data will be the property of and stored at the local study sites. Moreover, recruitment and analyses will continue for some cohort studies outside the scope of the 'PREVIEW Population studies' and so data cannot be made publicly available right now.

### IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/05/2019	08/05/2019	Yes	No
<a href="#">Protocol article</a>	protocol and baseline results	20/06/2017	17/05/2019	Yes	No
<a href="#">Protocol article</a>	protocol and baseline results	01/05/2018	17/05/2019	Yes	No

[Study website](#)

Study website

11/11/2025

11/11/2025

No

Yes