PhD Completion Seminar: Sathish Thirunavukkarasu

Feasibility and effectiveness of a cluster randomised controlled trial of lifestyle intervention in high-risk Asian Indians: Kerala Diabetes Prevention Program (K-DPP).

Supervisors:

Professor Brian Oldenburg, (Principal Supervisor) – Director, Centre for Health Equity, Melbourne School of Population and Global Health, University of Melbourne

Professor Rob Moodie (Co Supervisor) – Professor of Public Health, Melbourne School of Population and Global Health, The University of Melbourne

Professor Amanda Gay Thrift (Co Supervisor) – Head, Epidemiology and Prevention Division, Stroke and Ageing Research (STAR), School of Clinical Sciences, Monash University

Professor K R Thankappan (Ext Supervisor) – Professor and Head, Achutha Menon Centre for Health Science Studies, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Kerala, India.

Date: Wednesday, 9th December, 2015 at 11:00am to 12:00pm

Venue: Level 4, Room 410, 207 Bouverie Street, Carlton

This thesis investigates the feasibility and effectiveness of a community-based cluster randomised controlled trial of a lifestyle intervention program in individuals at high risk of developing type 2 diabetes in Asian Indians: Kerala Diabetes Prevention Program (K-DPP).

The key research aims were: 1) To assess the reach of a stepwise screening strategy to recruit participants for the trial; 2) To examine the feasibility and performance of a risk score for screening individuals at high-risk of developing type 2 diabetes for the trial; and 3) To evaluate the effectiveness of a culturally adapted, peer-led and group-based lifestyle intervention program on glucose tolerance and cardiometabolic risk factors at one year.

Sathish is a PhD student in the Centre for Health Equity at the University of Melbourne. He is a medical doctor with training in public health. His research interests concentrate on the epidemiology of type 2 diabetes, with a strong focus on longitudinal studies assessing trends in risk factors, examining the performance of diabetes risk scores, and evaluating the effects of lifestyle intervention programs for prevention of type 2 diabetes and improving cardiometabolic risk factors in developing countries.

RSVP not required. For any enquiries please contact: Ruth Hentschel at CHE-enquiry@unimelb.edu.au or telephone 03 8344 4037, Centre for Health Equity, Melbourne School of Population and Global Health