

## PACE DIABETES PROJECT – A Translational Research in the Community

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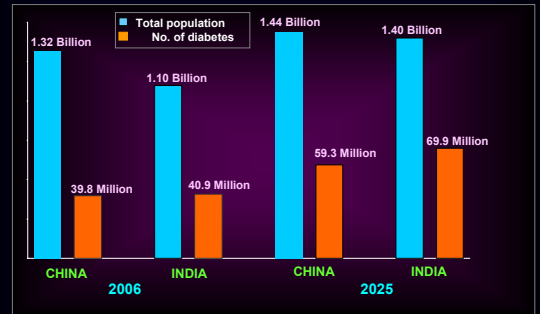


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SIRUSERI, CHENNAI**



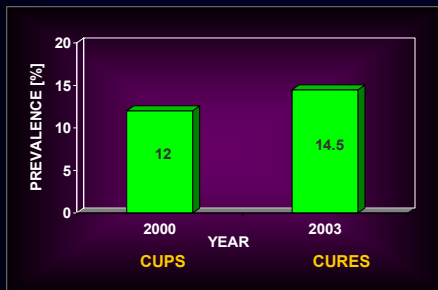
## DIABETES scenario in : CHINA & INDIA



Diabetes Atlas, International Diabetes Federation, December 2006



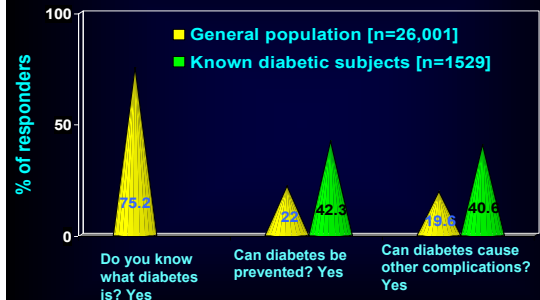
## RISING PREVALENCE OF DIABETES in Chennai



Mohan et al., CUPS, 2000, Mohan et al., CURES, 2003



## LACK OF AWARENESS ABOUT DIABETES KNOWLEDGE OF DIABETES IN CHENNAI RESIDENTS CURES



Mohan V et al, CURES, 2004



## THIS FORMED THE BASIS FOR THE PACE PROJECT

From research to community health  
**RESEARCH** → **ACTION**

**PREVENTION OF DIABETES AT THE COMMUNITY LEVEL**



## OBJECTIVES OF PACE DIABETES PROJECT 3 Year Project

### PHASE 1 : Free awareness camps (Public)

Implementation of a massive public awareness programme on diabetes reaching out to at least a million people

### PHASE 2 : Free blood sugar screening

large scale screening for at least 50,000 people

### PHASE 3 : Primary prevention in the community by lifestyle changes

Executing diabetes prevention programme through lifestyle changes in the "real world" setting through active community participation

## MASS DIABETES AWARENESS

### To public through:

- Interactive lectures on prevention
- Distribution of free of cost informational material about simple prevention strategies
- Television and radio programmes
- General physicians

### Programmes are organized in :

- Schools & colleges
- Factories, Banks and work places
- Worship places –Temples, churches and mosques
- Bus stands, railway station & airport
- Exhibitions , shopping complex etc.,



## PACE AWARENESS CAMPS



'To Catch them young' camps at schools



'Diabetes awareness walk' on World Diabetes Day



Display of diabetic footwear at camps



Awareness on 'Healthy eating' at the grocery shop



Awareness activities in the community to public, Industry, school



Awareness programme in mosque



Awareness Rally by school children



## DIABETES SCREENING CAMPS

- Camps were conducted in all the socio economic status communities like orporate groups, public and private organizations

- ✓ General public
- ✓ Public sector institutions
- ✓ Residential colonies
- ✓ Educational institutions
- ✓ Private sector institutions
- ✓ Parks & beaches
- ✓ Religious centres
- ✓ Trade centres
- ✓ Health centres , Media , Banks , etc.



## DIABETES SCREENING CAMPS

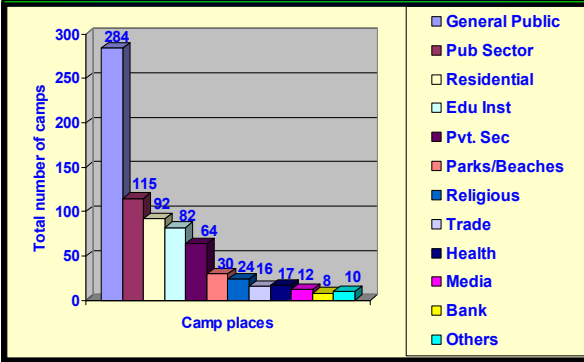
- Early screening in order to prevent or delay associated complications
- Newly detected diabetic individuals are given counseling by doctors

Geographical distribution of camps conducted under PACE project

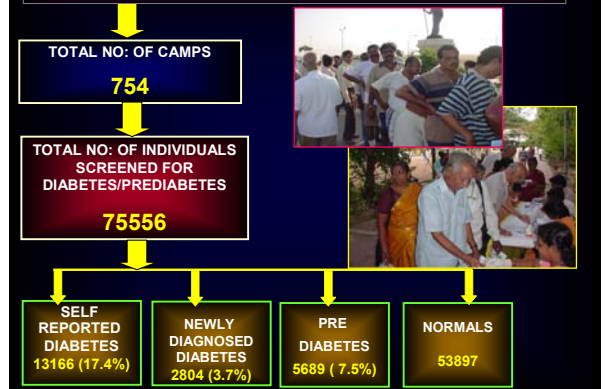
Total camps conducted  
754



## Distribution of Awareness and screening camps conducted in PACE Diabetes project



## PACE DIABETES PROJECT



## TRAINING FOR DOCTORS

(MDRF-G.P Affiliate Course in Diabetology)

- ✎ Aim- To empower GP's regarding diabetes health care and prevention of associated complications
- ✎ 200 GP's trained till date in clinical diabetology at our centre in disseminating the knowledge of diabetes prevention to the community

Seven Courses conducted till date



Group of General physicians trained under PACE project



## FREE DIABETES EDUCATIONAL MATERIALS

★ Pamphlets, posters booklet, flash cards in English and Tamil are distributed to the public, free of cost

★ PACE counters with educational materials setup in different parts of Chennai

- ★ Book stalls [Higgin Bothams, American Book centre etc.,]
- ★ Shopping centers [Landmark Fountain Head etc.,]
- ★ Banks [SBI, RBI]
- ★ Food Chain stores
- ★ Family physicians Clinics etc.,

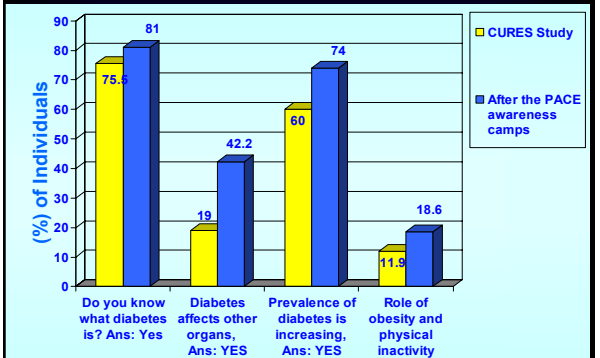


Total No. of PACE Counters set up at Chennai-175

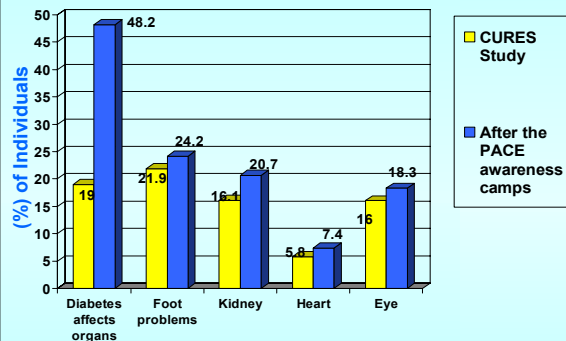
## ACTIVITIES OF 'PACE' DIABETES PROJECT



## Improvement of Knowledge of Diabetes after PACE awareness programmes compared to CURES study



## Improvement of Knowledge of Diabetes affecting other organs



Expected to throw more light on the feasibility of lifestyle interventions in preventing and delaying the onset of diabetes

Walking exercise	Walking + Yoga exercise
Yoga	No intervention

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## Intervention in the Residential Colony



## Residents meditating and doing Yogasana



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