

PACE DIABETES PROJECT – A Translational Research in the Community

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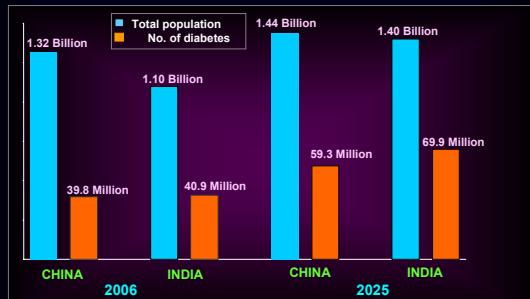
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MDRF

DIABETES scenario in : CHINA & INDIA

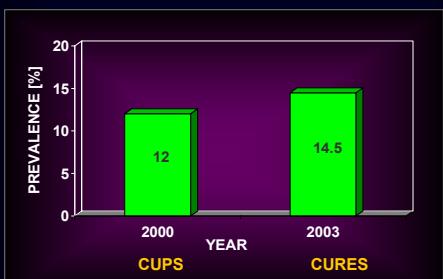


Diabetes Atlas, International Diabetes Federation, December 2006

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RISING PREVALENCE OF DIABETES in Chennai

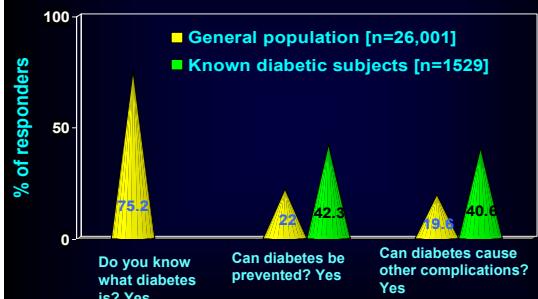


Mohan et al., CUPS, 2000, Mohan et al., CURES, 2003

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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 Rally by school children

Awareness programme in mosque



DIABETES SCREENING CAMPS

- ❖ Camps were conducted in all the socio economic status communities like corporate 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

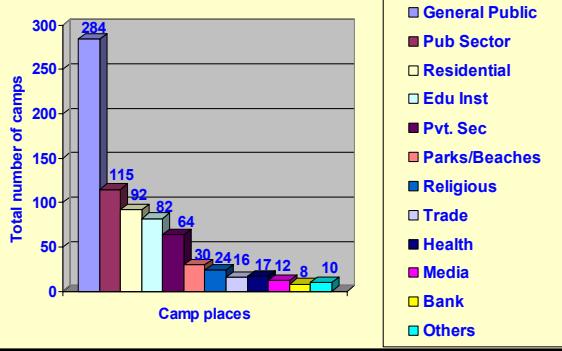
Geographical distribution of camps conducted under PACE project

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.,

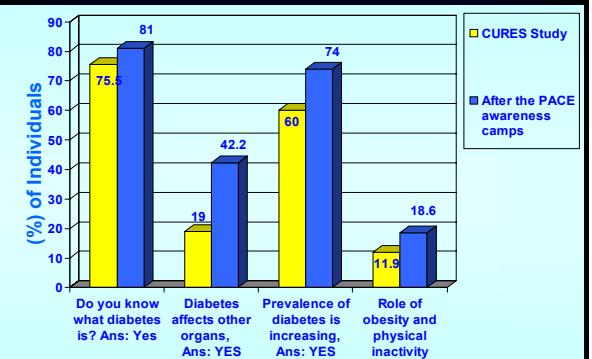


Total No. of PACE Counters set up at Chennai-175

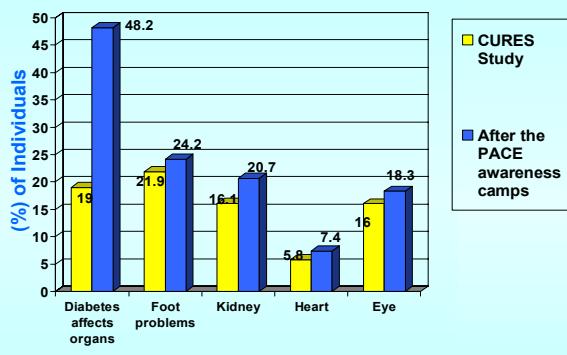
ACTIVITIES OF 'PACE' DIABETES PROJECT



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



Intervention in the Residential Colony



Residents meditating and doing Yogasana

