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## REDUCING THE RISK OF TYPE 2 DIABETES IN SOUTH ASIAN POPULATIONS: A SYSTEMATIC REVIEW OF LITERATURE

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Research has shown that physical activity and dietary interventions have the potential to reduce the risk of Type-2 diabetes among the South Asian population. Nevertheless, little is known about the effectiveness of these interventions and contents of the interventions that contribute to the results attained. This study is therefore a review of the evidence available on the effectiveness of these interventions on the risk of T2D. Four databases were searched for randomized control trials published from 1900-2016. The review included interventions that comprised of both awareness creation and practical demonstrations of lifestyle changes necessary for a healthy living. After a careful search of literature and quality assessment, this review conducted a narrative synthesis of results obtained. Four studies were identified. Three focused on both dietary and physical activity interventions and one on only physical activity. All the studies were conducted outside the South Asian continent. Two of the studies reported a reduction in weight after the intervention period. One of these studies focused mainly on intensive physical exercise for male adults (p-value less than 0.01 after five months). The other study focused on physical activity and home-based dietician visits and consultations involving the family cook and family members (p-value: 0.0076). All the four studies were culturally adapted to suit the South Asian population. Some of these adaptations helped to increase participation and retention through the intervention process. The evidence on the effectiveness of the dietary and physical activity interventions in reducing weight among South Asians is inconclusive. The effectiveness of these interventions in reducing the risk of Type-2 diabetes among South Asians is most likely possible amidst various cultural adaptations. Researchers of future lifestyle interventions for South Asians are recommended to therefore focus developing interventions that are culturally adapted from recruitment to follow up.

### Biography

Akua Nyamekye Darko is a young motivated researcher who has recently completed her masters in International Community Health, Faculty of Medicine, University of Oslo. Her research interest is in the area of Type-2 diabetes prevention, migrant health, Non-Communicable disease in general. She aims to further her research on interventions aimed at disease prevention.

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