

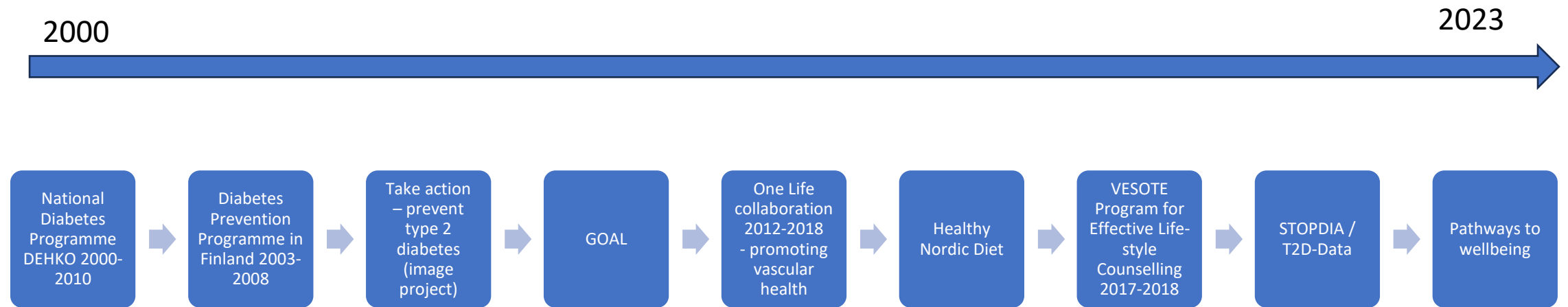
Type 2 diabetes prevention initiatives

Finland

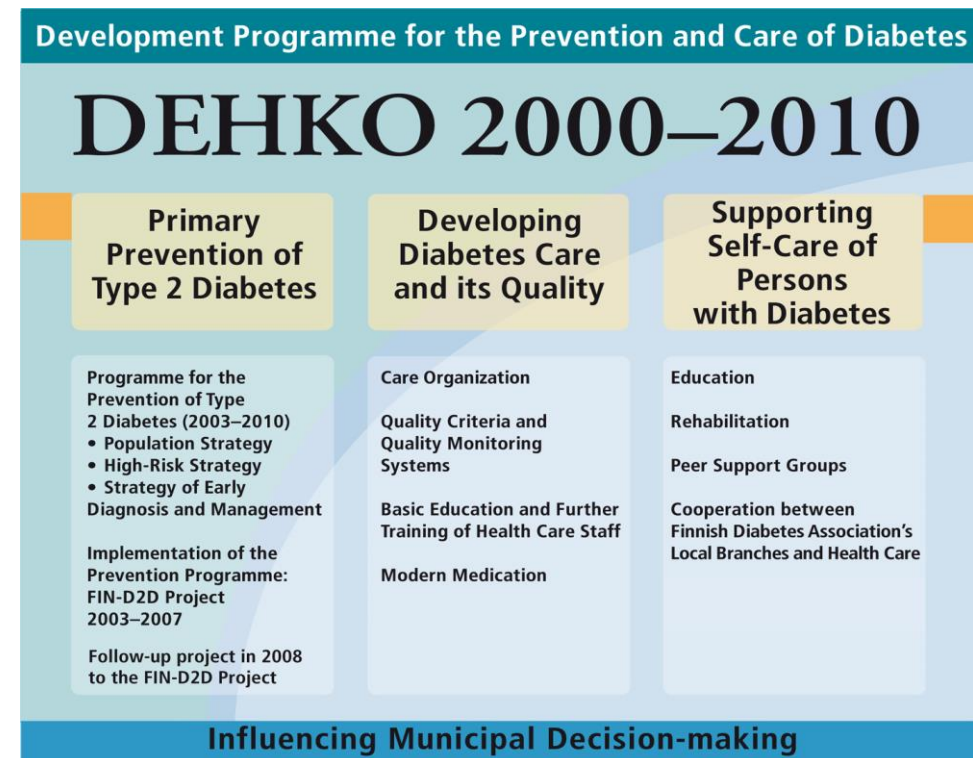
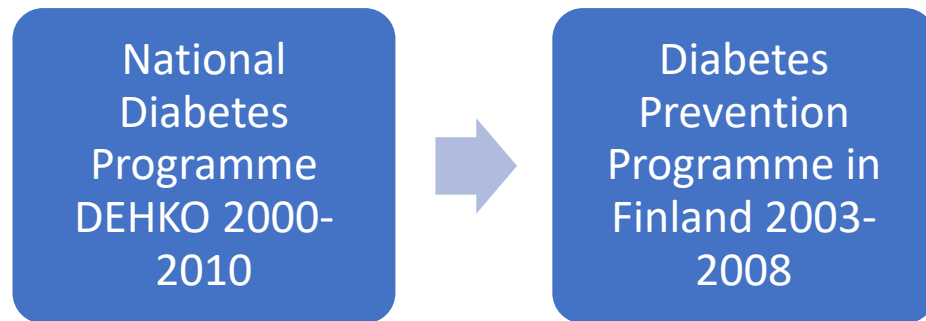
Background information

1. Country
Finland
2. Association name
Finnish Diabetes Association
3. Type of association
Association of both patients and healthcare professionals
4. Name of the primary prevention initiative
Type 2 diabetes prevention in Finland
- Successes and challenges
5. Speaker's name and role
Sari Koski, development manager

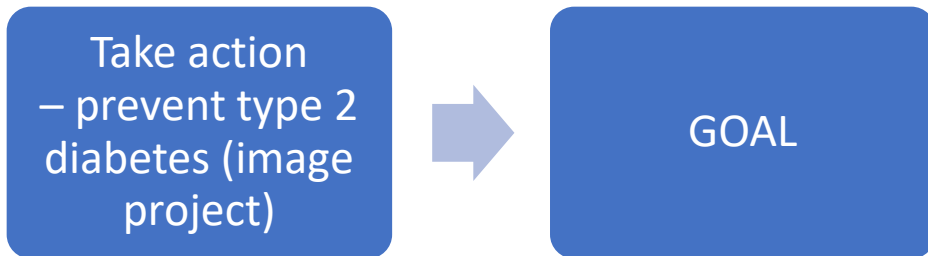
Continuum of the primary prevention initiatives in Finland



Continuum of the primary prevention initiatives in Finland



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Clinical Care/Education/Nutrition/Psychosocial Research

Type 2 Diabetes Prevention in the Real World

Three-year results of the GOAL Lifestyle Implementation Trial

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Diabetes Care 32:1418–1420, 2009

OBJECTIVE — We study the effectiveness of the GOAL Lifestyle Implementation Trial at the 36-month follow-up.

RESEARCH DESIGN AND METHODS — Participants ($n = 352$, type 2 diabetes risk score FINDRISC = 16.2 ± 3.3 , BMI 32.6 ± 5.0 kg/m²) received six lifestyle counseling sessions over 8 months. Measurements were at baseline, 12 months (88.6%), and 36 months (77.0%).

RESULTS — Statistically significant risk reduction at 12 months was maintained at 36 months in weight (-1.0 ± 5.6 kg), BMI (-0.5 ± 2.1 kg/m²), and serum total cholesterol (-0.4 ± 1.1 mmol/l).

CONCLUSIONS — Maintenance of risk reduction in this “real world” trial proves the intervention’s potential for significant public health impact.



Continuum of the primary prevention initiatives in Finland

One Life collaboration
2012-2018
- promoting
vascular health



Healthy Nordic Diet

One Life collaboration
2012-2018
- promoting vascular health

Finnish Diabetes Association
Finnish Heart Association
Finnish Brain Association

25 finnish diabetes association



The D-Academy

Online courses for persons with diabetes

- *For the persons at risk of type 2 diabetes
- *Women with gestational diabetes
- *Pregnant women with overweight

ONE LIFE PROJECTS: Small decision a day



The Small Decision a Day project offers support, ideas and advice on how to adopt a healthier lifestyle.

- Small decisions people have made:
 - I will go to bed at 11 o'clock pm
 - I will hug my wife / husband every day
 - I will go out for a walk three times a week
 - I will use stairs instead of lift

- www.pienipaatospaivassa.fi
- www.facebook.com/pienipaatospaivassa



Continuum of the primary prevention initiatives in Finland



Healthy Nordic Diet

Effects of an isocaloric healthy Nordic diet on insulin sensitivity, lipid profile and inflammation markers in metabolic syndrome – a randomized study (SYSDIET)
 M. Uusitalo^{1,2}, K. Hermunen², M. J. Savolainen¹, U. Schwab^{3,4}, M. Kallanranta⁵, L. Brader⁶, L. S. Mortensen⁷, L. Clemente⁸, A. Johansson-Persson⁹, S. Ojamaa¹⁰, M. Lahti-Oksa¹¹, K.-M. Herzig¹², J. Hakkarinen¹³, T. Rosqvist¹⁴, D. Jaganan¹⁵, I. Pajarinen¹⁶, K. J. Pulkki¹⁷, M. Salonen¹⁸, L. Rygstedt¹⁹, T. Barja²⁰, K. Suorsa²¹, K. E. Bach Knudsen²², M. S. Hedemann²³, P. Arora²⁴, I. Dahlman²⁵, U. I. A. Sørensen²⁶, P. Saaristo²⁷, S. M. Uusitalo²⁸, I. Savolainen²⁹, S. Jondettil³⁰, I. Thorsdottir³¹, M. Oradic³², K. S. Poutanen³³, U. Miettinen³⁴ & E. Alessi^{35,36}

Effects of an isocaloric healthy Nordic diet on ambulatory blood pressure in metabolic syndrome: a randomized SYSDIET sub-study
 L. Brader¹, M. Uusitalo², U. Schwab³ & K. Hermunen⁴

Healthy Nordic diet downregulates the expression of genes involved in inflammation in subcutaneous adipose tissue in individuals with features of the metabolic syndrome
 Marjutka Kolehmainen, Stine M Ulven, Jussi Paananen, Vanessa de Mello, Ursula Schwab, Carsten Carlberg, Mari Myhrstad, Jussi Pihlajamäki, Elisabeth Dungsner, Eva Sjölín ... Show more

The American Journal of Clinical Nutrition, Volume 101, Issue 1, 1 January 2015, Pages 228–239, <https://doi.org/10.3945/ajcn.114.092783>

38 Finnish diabetes association 5.9.2023

VESOTE Program for Effective Life-style Counselling 2017-2018

UKK Institute Promoting Health-enhancing Physical Activity

StopDia project objectives

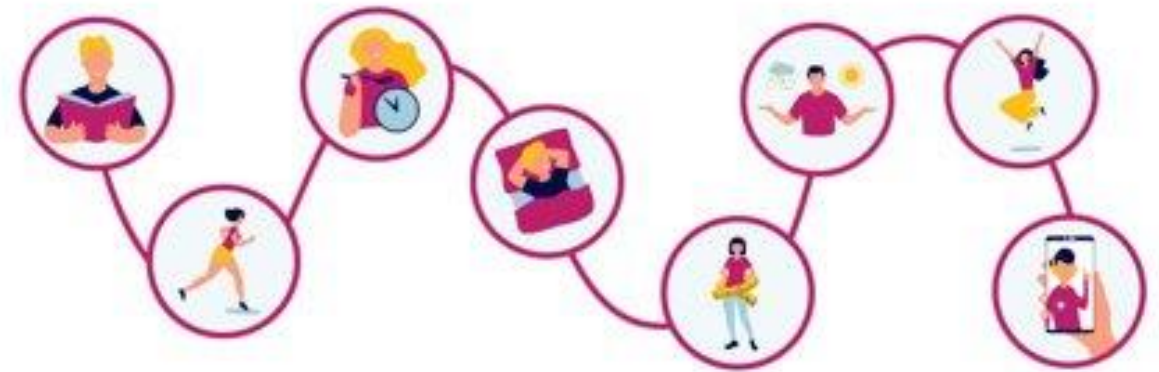
- to develop and test a dual process approach model to support health promoting behavior at individual level and by modifying living environment
- to identify societal key barriers and facilitators of healthy lifestyle
 → a permanent type 2 diabetes prevention model supporting healthy lifestyle in the society.

Continuum of the primary prevention initiatives in Finland

Open and easy-to-use

Pathways to wellbeing

www.diabetespolut.fi



Pathway for the prevention of type 2 diabetes: Basic information, exercising, eating, sleep, weight balance, mental balance, lifestyle changes, supporting nets

About primary prevention initiatives

- Goals of the initiatives

To recognize people at risk of type 2 diabetes and create awareness about type 2 diabetes in Finland. To find the best ways to support people with the healthy living habits both individual and societal level

- Over years there has been a variety of key performance indicators.

- The number of new cases of type 2 diabetes
- participants' weight loss and amount of performed exercise
- effect of lifestyle counselling
- support of health promoting behavior to lifestyle changes individually
- The effect of nudging

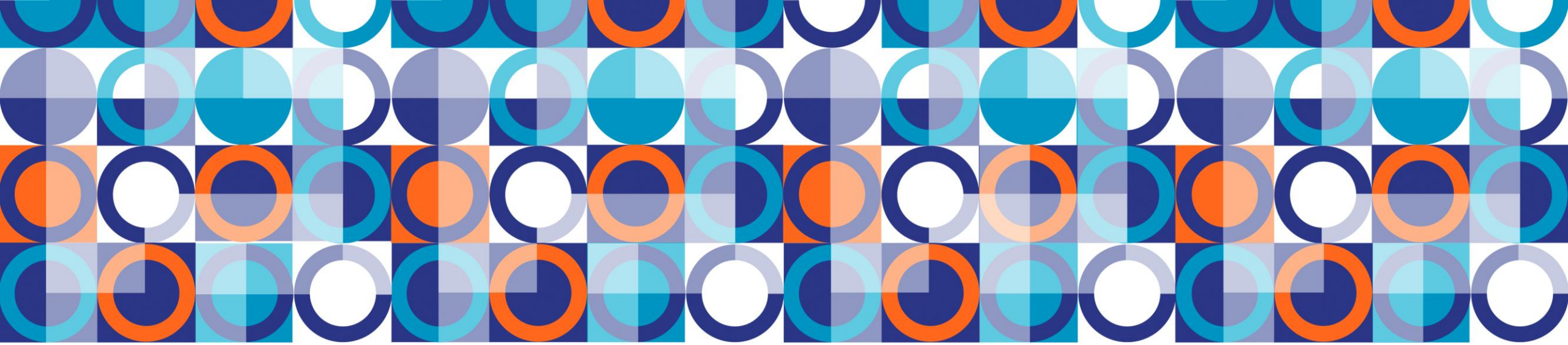
- Target audience of the initiatives have always been people at greater risk of developing type 2 diabetes. It is somewhat easy to reach out 55+ years old women, but...

About primary prevention initiatives

- Initiatives have followed each other, they have always been built on the previous ones, to take all that have been successful but trying something new
- There has been many stakeholders in implementation of the initiatives. Finnish Diabetes Association has been a key stakeholder with several of them but also has at least collaboration in all of them. Finnish Diabetes Association is regarded to have a major impact within development of type 2 diabetes primary prevention in Finland
- Financing of the initiatives have varied. Some of them have been financed by Funding Centre for Social Welfare and Health Organisations, some have been financed by Ministry of Social Affairs and Health, some have had industrial sponsor money, and some have had grants from EU.

About primary prevention initiatives

- Challenges/barriers
 - At the beginning of initiatives, the amount of people with type diabetes was rapidly growing -> must understand that there are a lot of people with type 2 diabetes without knowing it
 - To reach out for the right people, also for men and people under 50 years
- Main opportunities contributing to the success
 - Cooperation between different stakeholders
 - Strong support from national level stakeholder (for example pricing and taxes)
- Main results
 - Awareness of type 2 diabetes and prevention
- Learnings to share



Thank you for your attention

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