

PASIFIKA PREVENTING DIABETES PROGRAMME

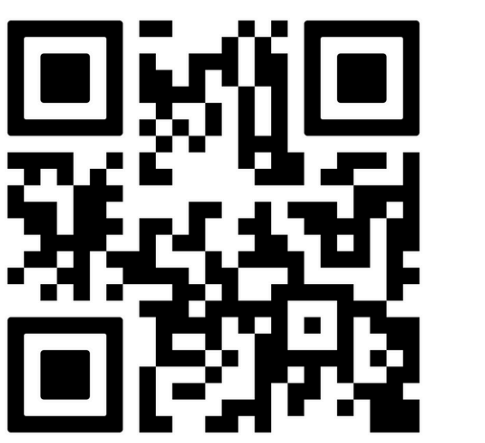
Preliminary Baseline Data on the Children and Adolescents Cohort

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SCAN TO CONNECT



INTRODUCTION

- Pasifika people are 7 times more likely to be hospitalised for diabetes related conditions compared to Australian-born individuals (1);
- In South West Sydney, the most common hospital separations for Pasifika communities were dialysis and cardiovascular disease (2).
- In 2012, childhood obesity rates in Pasifika children were 51.6% (3), shows a need for diabetes programs in this community;
- The Pasifika Preventing Diabetes Programme (PPDP) is a church-wide lifestyle and peer support programme across 48 Pasifika churches in Greater Western Sydney (GWS) and South Eastern Sydney (SES) (4) aiming to prevent the development of diabetes and improve health outcomes of participants.

OBJECTIVE

Identify patterns in diabetes risk factors of the children and adolescents participating in PPDP and improve their anthropometric outcomes through a church-wide lifestyle programme.

METHODOLOGY

Physical data (BMI, body fat %, mid-upper arm circumference (MUAC) and blood pressure) was collected in person at churches, community halls and residential homes. A lifestyle and diet questionnaire (by Good Start Program, Queensland Health) (5) was administered using Qualtrics.

KEY FINDINGS

As of 2nd September 2024, 113 children and adolescents (49.5% female, mean age: 12 ± 3.4 years, range 4-17 years) have been recruited across 20 Pasifika Churches. We have a majority Tongan cohort (68%), *Figure 1*.

- 65% (73/113) participants have BMI greater than 95th percentile, *Figure 2*.
- 75% (85/113) participants have body fat % greater than 20% for boys and 25% for girls, *Figure 2*.
- 97% (73/75) participants have reported to have takeaway foods 1 or more times per week, *Figure 3*.
- 99% (74/75) participants did not meet 5 serves of vegetables per day, *Figure 4*.
- 79% (59/75) participants had more than 2 hours of recreational screen time per day, *Figure 5*.

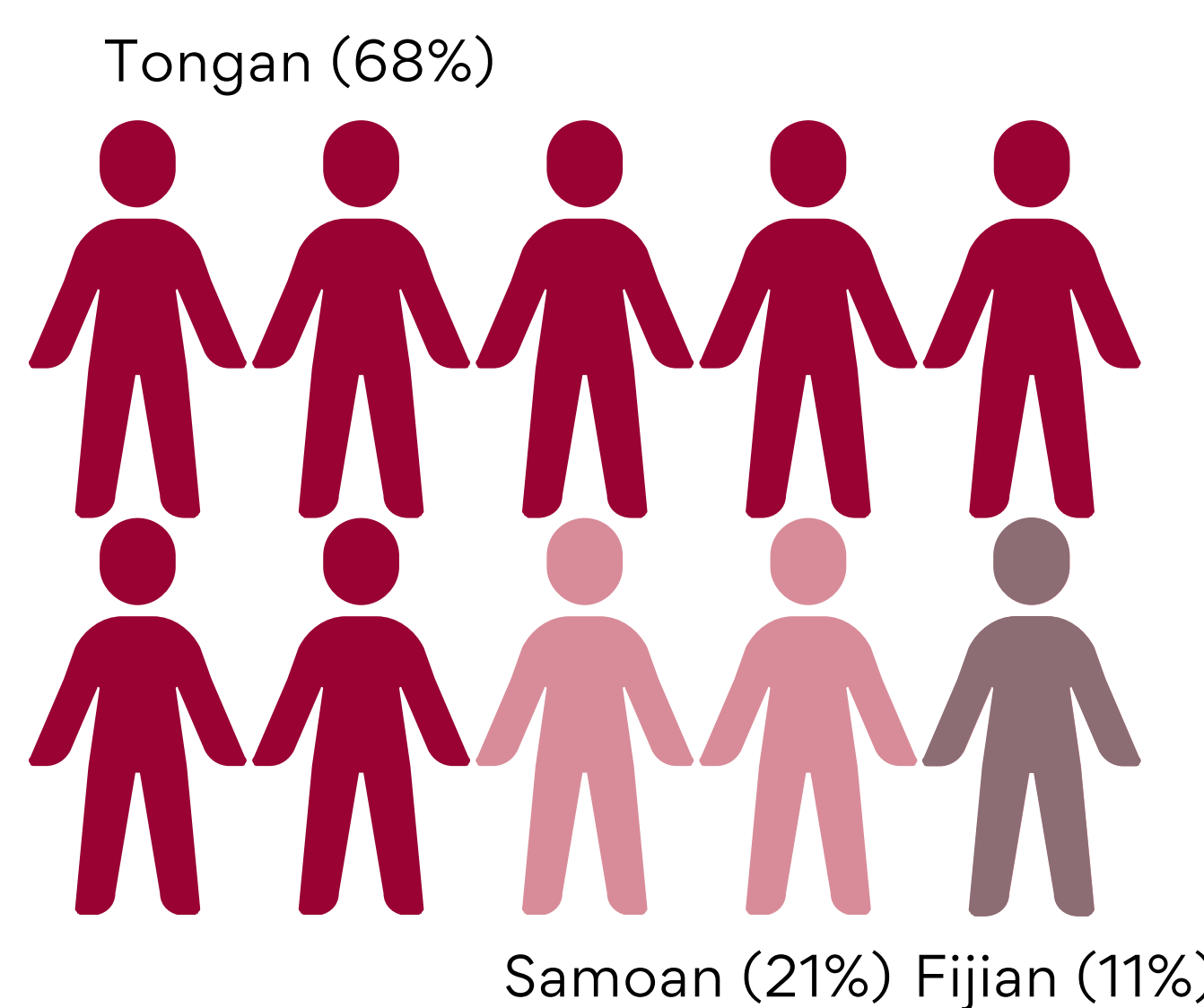


Figure 1: Ethnic Distribution of Participants (n=113)

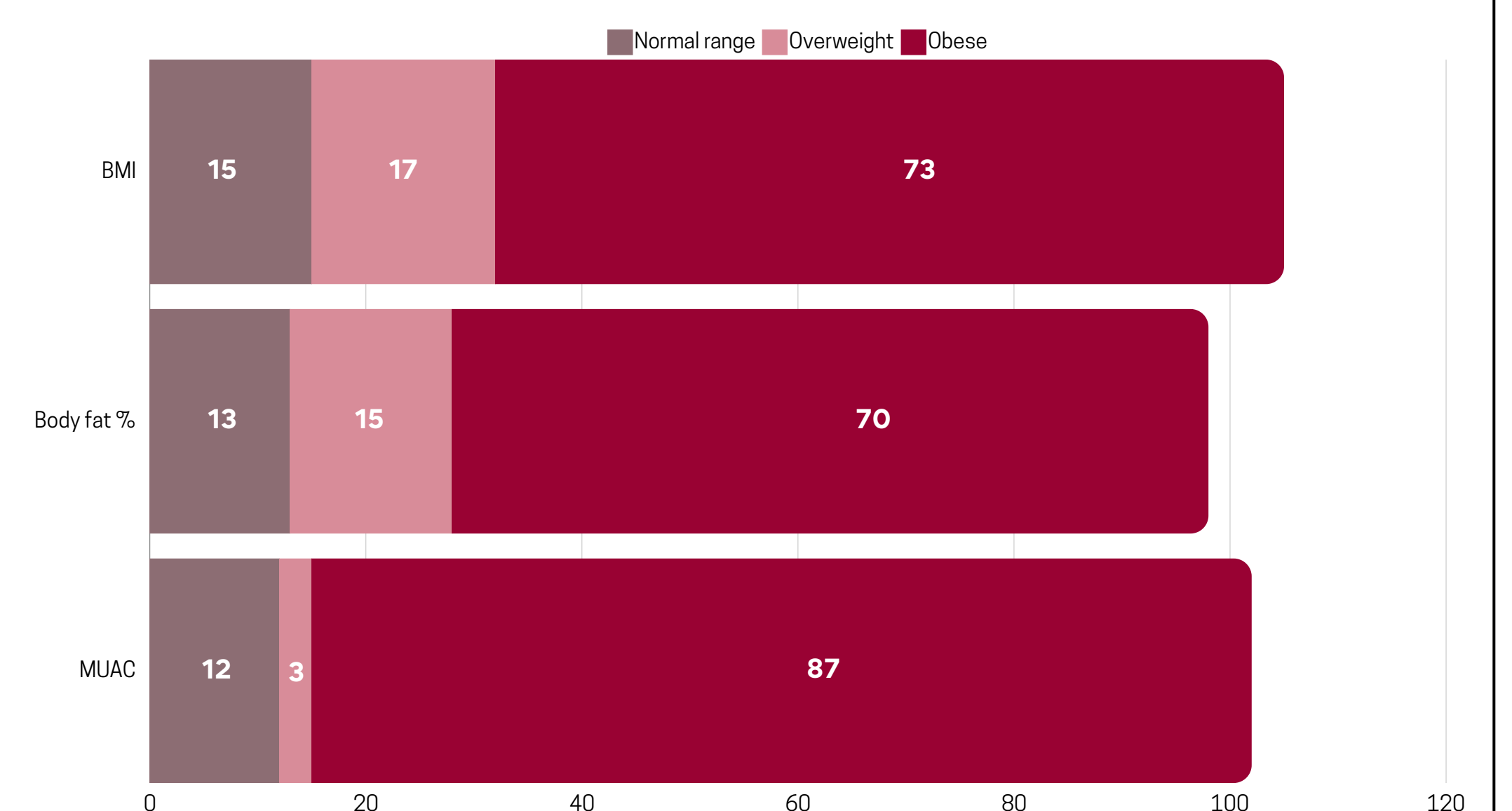


Figure 2: Prevalence of Obesity among Pasifika Children and Adolescents in PPDP, 2024

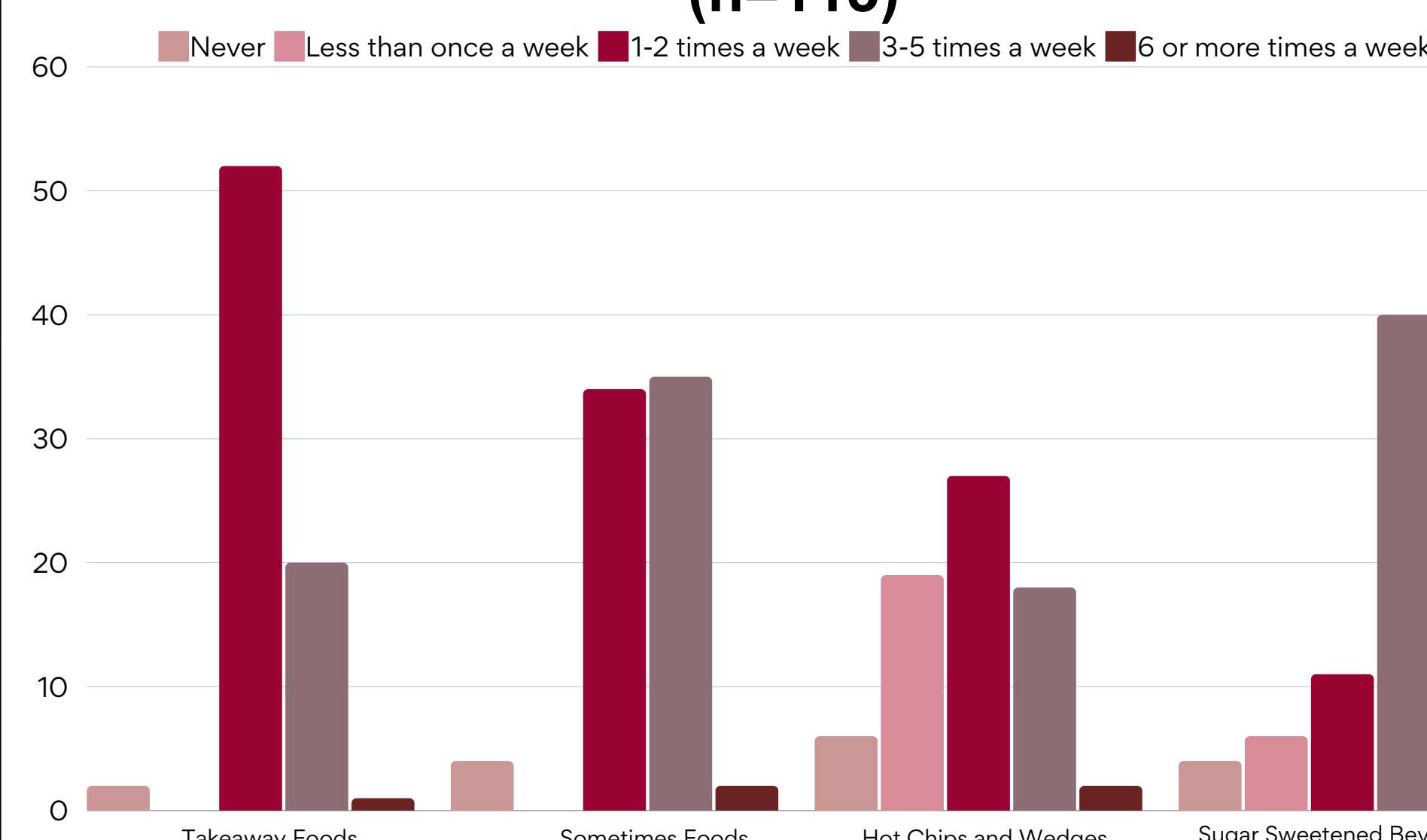


Figure 3 and 4: Dietary Behaviours among Pasifika Children and Adolescents (n=75)

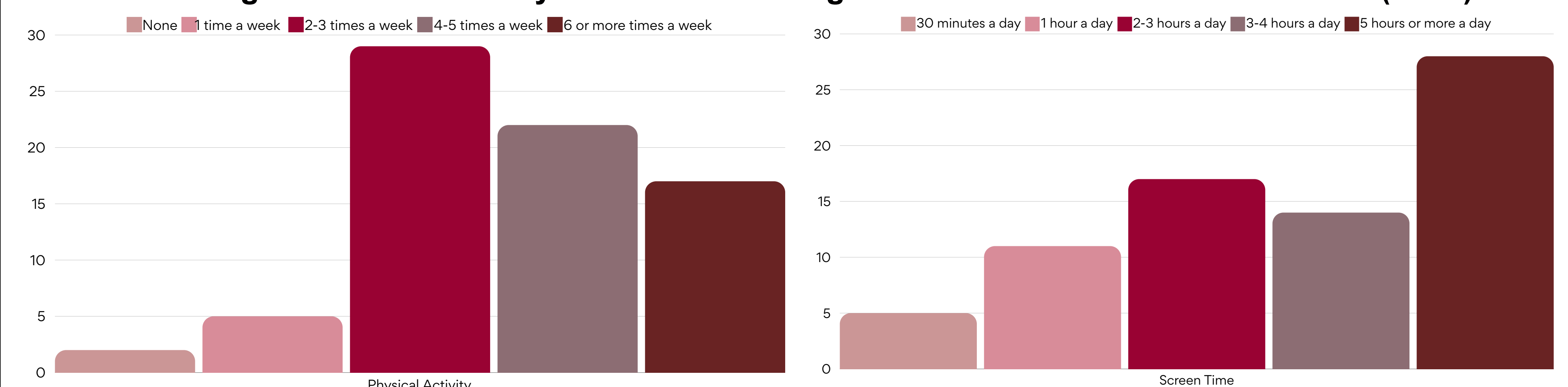


Figure 4 and 5: Physical Activity Levels and Screen Time among Pasifika Children and Adolescents (n=75)

CONCLUSION

The preliminary baseline data reveal a high prevalence of diabetes risk factors including obesity among Pasifika children and adolescents in Australia. Our study highlights the importance of the PPDP intervention within the Church setting where Pasifika families gather together.

REFERENCES

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