

➤ ***Testing the suitability of Western behavior change intervention to prevent diabetes and promote cardiovascular health in older women in urban Africa***

This was a prove of concept project to test of the suitability of western behaviour change interventions to prevent diabetes and promote cardiovascular health in older women in urban Africa. This prove of concept project has two main objectives:

- i. To test and adapt community-based behavior change programs of known effectiveness in the US, the UK and other high income countries to African settings through a pilot study in Accra, Ghana.
- ii. To collect preliminary data required for a full intervention study.

In this project women with 30 diabetes and 30 without diabetes were recruited as a cohort. Baseline socio-demographic, anthropometric and cardiovascular data are collected. The women were then then provided with a checklist of 50 items. The women were expected to keep a log of items they have been able to comply with for a period of six months. Weekly visits were made to them for the first month and discussions held for reasons of non-compliance if any. The weekly visits were revised to fourth nightly for the next three months where similar discussion took place.

The project was collaboration between School of Public Health, University of Ghana and Universities of Southampton and Harvard University. The project amount was USD16, 500.00 and led by Professor Philip Adongo.