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| **Title of Research Presentation** (Sentence case) A co-designed mHealth programme to reduce risk of heart disease, obesity and diabetes in Māori and Pasifika communities in New Zealand: Results from the OL@-OR@ cluster randomised controlled trial  |
| **Maximum 2500 characters (including spaces but excluding title)****Background/Objectives**The OL@-OR@ mHealth programme (a smartphone app and website) was designed in partnership with Māori and Pasifika communities to reduce their risk of non-communicable disease by making positive, culturally relevant, changes to lifestyle. Co-design methods were used to design and develop the programme. The aim of this study was to determine the effects of the OL@-OR@ programme on key risk factors for heart disease, obesity and diabetes (i.e. diet, physical activity, smoking, and alcohol consumption) compared with a control condition.**Methods**A two-arm, cluster randomized controlled trial was conducted in Māori and Pasifika communities in New Zealand. Clusters were randomly assigned (1:1 ratio) to either the full OL@-OR@ programme or a control version of the app (data collection only plus a weekly notification), stratified by geographic location (Auckland or Waikato) for Pasifika clusters or by region (rural, urban, or provincial) for Māori clusters. The primary outcome was adherence to healthy lifestyle behaviours measured using a validated, self-reported composite health behaviour score (fruit and vegetable intake, physical activity, smoking behaviour, and alcohol intake) at 12 weeks. Secondary outcomes were self-reported body weight*,* holistic health and wellbeing status, medication use, and engagement with the OL@-OR@ app. **Results**Between January and July 2018, 69 community clusters (34 Māori, 35 Pasifika) were randomly assigned to the intervention (*n*=37) or to the wait-list control (*n*=32) group and contributed data to the analysis. Of the 1,458 participants who registered for the study, 70% were female and mean age was 38 years (range 18-78). At baseline, mean daily fruit and vegetable intake overall was 3.2 serves (SD 2.0) and mean weekly moderate/vigorous physical activity (MVPA) score was 33 (SD 86). The majority of participants were non-smokers (76%) and had a non-harmful alcohol intake (90.5%). Baseline mean body mass index (BMI) was 34.7 kg/m2 (SD 8.96).**Discussion**The 12-week follow up of participants will be completed in December 2018 and full trial results will be presented for the first time at the IUHPE 2019 conference.**Keywords**mHealth, randomised controlled trial, Māori, Pasifika, New Zealand |