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| **Title of Research Presentation** Community-Based Healthy Lifestyle Intervention for Arab Women in East-Jerusalem: a quasi-experimental study |
| **Background/Objectives**The incidence of diabetes and cardiovascular disease is elevated among Palestinian women in East Jerusalem. Group-based healthy lifestyle interventions can prevent diabetes and reduce health disparities. We adapted the diabetes prevention program (DPP) of the American Center for Disease Control to the specific culture, language, gender, and religious sensitivities of the study population. Objectives:to investigate the effectiveness of a community-based intervention to promote healthy lifestyle habits and reduce modifiable cardiovascular risk factors.**Methods**A quasi-experimental study was performed in two community centres in East- Jerusalem. Groups of women were recruited in 2 community centres. The intervention group was assigned to a 22-week lifestyle intervention, which included lectures on nutrition, physical activity, stress reduction, diabetes, heart disease, personal empowerment, and a component of physical activity. The comparison group was scheduled to undergo deferred intervention following data collection. Baseline data was acquired in both groups including weight, and self-reported diet and physical activity. Follow up data were acquired in both groups 6 months after the initiation of the intervention. Statistical analysis was done in SPSS statistics 24. We measured the effects of time and type of intervention via Generalized Estimating Equations where time was repeatedly measured. **Results**58 women aged 25-65 years in 2 communities (intervention group N = 36; comparison group N = 22) in East Jerusalem participated in the study. Improved nutrition behaviours were seen in the intervention group including increased consumption of the recommended daily portion of fruits and vegetables and increased consumption of whole grains (p< .05) No significant changes were observed in the comparison group. Mean weight loss was 1.4 kg in the intervention group (p<0.05) with no change in weight in the comparison group. In the intervention group, there was an increase in the daily mean steps from 4450 to 6400 steps (p<0.001).**Discussion**This study found that a culturally appropriate intervention based on the diabetes prevention program has the potential to increase positive health behaviours, and lead to weight loss and increased physical activity. Community-based group intervention in the group setting is an effective means of health promotion. **Keywords**Diabetes prevention program, women, East-Jerusalem, Healthy lifestyle intervention  |