Our Aim

To investigate ways to reduce the preventable burden of diabetes and its complications, and improve the quality of diabetes care

Our Projects

**HRB Research Leader Award**

2012

- Measure the prevalence and incidence of diabetes and associated complications (WP 1)
- Evaluate the implementation of the National Clinical Programme for Diabetes (WP 2)

- Model current and future health care costs of diabetes (WP 3)

- Develop an intervention to increase physical activity among women at risk of gestational diabetes (WP 4)

**CARDI Fellowship**

2015

- Estimate the prevalence of falls and risk factors among older people with diabetes
- Review the effectiveness and feasibility of falls prevention interventions
- Develop, implement and evaluate a pilot falls prevention intervention for older people with diabetes in primary care

Our Team

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Findings so far

Between 1998-2011 prevalence of T2DM among Irish adults aged ≥50 years, increased from 4.8% to 8.4%

82% of the incidence of blindness among 18-49 year olds is attributable to diabetes

1 in 4 people with diabetes aged ≥50 report falling in the previous 12 months

Prevalence of macrovascular complications is 15.1%

Evaluating the National Clinical Programme for Diabetes

Challenges identified during qualitative interviews with members of the National Working Group include:

What aspects of the programme are working, for whom and in what circumstances across 4 regions?

Model of Integrated Care

National Retinopathy Screening

National Foot Care Programme

Behaviour Change during Pregnancy

According to women who are overweight or obese, factors that influence their diet and level of physical activity during pregnancy include:

1st vs. subsequent pregnancy

Beliefs about consequences

Fitness before pregnancy

Obesity & dietetic services

Partner’s support

Pregnancy as a ‘wake-up call’

Implementation...

“...varies hugely from place to place”

“Their [DNS] role is limited; it’s not what it should be and they’re doing their best to try and progress things”

Uptake...

“It’s a fantastic programme and it would be awful to think that people weren’t getting to screening just for the want of getting them on the register and making sure that when they get an invitation they know its something they should go to.”

The Model of Care...

“...on paper it made a lot of sense but on the ground it doesn’t always make sense in terms of referral paths”

Read more about our work at [http://www.ucc.ie/en/esprit](http://www.ucc.ie/en/esprit)

- Tracey ML, McHugh SM, Fitzgerald AP, Buckley CM, Canavan RJ, Kearney PM. The prevalence of Type 2 diabetes and related complications in a nationally representative sample of adults aged 50 and over in the Republic of Ireland. Diabetic Medicine.