



**International Diabetes Federation**

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**PRESS RELEASE**

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*International Diabetes Federation gives grant to research project in Australia to reduce unsafe health behaviour in women at risk of metabolic syndrome*

The International Diabetes Federation (IDF) BRIDGES translational research grant program will fund STOP Diabetes, a project to be implemented and studied in Australia. The STOP project is designed to reduce the risk for type 2 diabetes in women by encouraging healthy behaviours.

The STOP Diabetes project was created by investigators at the Jean Hailes Foundation for Women's Health to address the alarming increase in lifestyle related metabolic diseases including type 2 diabetes, and gestational diabetes (GDM). According to the investigators, greater insights into these preventable diseases are needed in order to identify barriers to behaviour change so that unhealthy behaviours can be modified. The research will include attention to understanding women's health beliefs, attitudes, and risk perception as well as their response to illness. Education and translation of the findings will be a priority for the project.

According to the International Diabetes Federation, metabolic syndrome is a cluster of the most dangerous risk factors for type 2 diabetes and cardiovascular disease. Its early identification is very important to facilitate preventive action.<sup>1</sup> Understanding how women perceive health problems like metabolic syndrome is a critical first step in designing educational programs that are effective.

"The IDF grant will make an important contribution in supporting multidisciplinary research directly relevant to clinical care (for the prevention and treatment of diabetes)," said Professor Helena Teede, Director of the Jean Hailes Research Group. "It will enable vital research into prevention of diabetes in high risk groups. It will also provide important information of optimising the health of those with established diabetes."

The Federation, through BRIDGES, is committed to converting research findings into useful practices for the provision of quality care and services delivered by healthcare providers. The diabetes education program being tested in Australia, along with the 10 other selected translational research projects, was chosen because of its innovative idea, demonstration of the potential for health care cost savings, sustainability plans and the opportunity for its results to be widely replicated in other settings.

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<sup>1</sup> The metabolic syndrome—a new worldwide definition from the International Diabetes Federation Consensus. Lancet 2005



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“We know that early detection followed by treatment and education—particularly lifestyle intervention—is vital to halt the progression of the metabolic syndrome and safeguard the future health of women”, said Dr. Linda Siminerio, Chair of the IDF BRIDGES Review Committee. “Learning more about how women perceive their risks in an important step. The STOP Diabetes study will help us gain insights and important information.”

The International Diabetes Federation independently manages the BRIDGES program with an educational grant from Eli Lilly and Company and is committed to promoting diabetes care, prevention and a cure worldwide.

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**Note to editors:**

The **International Diabetes Federation (IDF)** is the global advocate for the over 250 million people with diabetes worldwide. It represents over 200 diabetes associations in more than 160 countries. Its mission is to promote diabetes care, prevention and a cure worldwide. The International Diabetes Federation is an NGO in official relations with the World Health Organization and an associated NGO with the United Nations Department of Public Information. The International Diabetes Federation leads the World Diabetes Day campaign. Additional information is available at [www.idf.org](http://www.idf.org).

**BRIDGES** is the global translational grant programme of the International Diabetes Federation. It solicits proposals that support cost effective and sustainable interventions that can be adopted in real world settings, for the prevention and control of diabetes. Projects should be based on interventions already proven to be effective in trials to prevent and treat diabetes, to improve care of type 1 and type 2 diabetes and delay its complications. The interventions proposed should have the potential to be widely disseminated to clinical practice, individuals and communities. For more information, visit <http://www.idfbridges.org>.

The **Jean Hailes Foundation for Women’s Health** is an independent, not-for-profit national organisation, caring for the health and wellbeing of Australian women through education, research and clinical care. The Foundation is based in Clayton, Victoria and has close links with Monash University. Additional information is available at <http://www.jeanhailes.org.au>