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PRESS RELEASE

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International Diabetes Federation supports study to foster improved control of type 2 diabetes through motivational interviews and education

Brussels/Dallas, August 26, 2008 - The International Diabetes Federation (IDF) BRIDGES translational research grant program will fund a diabetes self-management education study in Dallas.

Self-management education is an important component in diabetes care and designed to help people with diabetes to gain and maintain control of their condition. The Baylor Healthcare System (BHCS) project will add a motivational interviewing component to the diabetes education program to determine if this will improve program completion rates and help people with diabetes better manage their diabetes in the long-term.

The two-year project is a randomized controlled trial with adults who have uncontrolled type 2 diabetes. Certified Diabetes Educators will conduct the motivational interviewing training and education. Patients in the study will be followed to determine if the program has an impact on their diabetes control.

"This research will demonstrate the importance of facilitating self-initiated behavioural change to control diabetes. It will also indicate the significant potential for preventing diabetes complications and the impact of the patient-centered approach of motivational interviewing in improving the quality of life for persons with diabetes, said Dr. Robert Mayberry, the lead investigator.

Much of the day to day management of diabetes is done by the person who lives with the disease. Programs that help patients learn to make healthy decisions regarding their care are important in the prevention of the long-term complications related to the disease.

"Diabetes self-management programs are essential in the fight to prevent diabetes complications. Motivational interviews are an excellent addition to strengthen this



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important component of diabetes care," said Dr. Linda Siminerio, Chair of the IDF BRIDGES Review Committee.

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 culturally specific education program in Texas, 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, and the opportunity for its results to be widely replicated in other settings.

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

****ENDS****

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. Additional information is available at www.idf.org. **Bringing Research in Diabetes to Global Environments and Systems (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. For more information, visit <http://www.idfbridges.org>.

Baylor Health Care System (BHCS) was founded in 1903 and is located in Dallas, Texas. It is one of the United States' largest integrated healthcare systems incorporating 14 hospitals and >100 primary and speciality ambulatory care centers. BHCS mission is to serve all people through exemplary healthcare, education, research and community service. Find out more at www.baylorhealth.com.