

WORK PACKAGES

PREVIEW is coordinated by the University of Copenhagen (DK), Department of Nutrition, Exercise and Sports and organized in four scientific (WP1-4), one disseminative (WP5), and one management work package (WP6).

WP1 (University of Helsinki; FI): conducts a three-years multicentre randomized trial to prevent type-2 diabetes with diet and physical activity in high-risk individuals (e.g. Pre-diabetes, overweight, obesity).

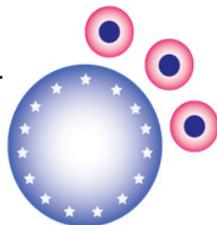
WP2 (Wageningen University; NL): combines prospective cohort studies data with information on diet, physical activity, and incidence of type-2 diabetes.

WP3 (Maastricht University; NL): evaluates the effects of sleep and stress in interaction with diet and physical activity on obesity and the incidence of type-2 diabetes.

WP4 (University of Stuttgart; DE): analyses the moderating effects of socio-ecological variables on behavioural change, obesity and incidence of type-2 diabetes.

WP5 (University of Sydney; AU): communicates and disseminates the findings of PREVIEW and provides practitioners with new knowledge.

WP6 (University of Copenhagen; DK): maintains an adequate project management structure that supports the goals of PREVIEW.



PARTNERS

8 European and 3 overseas countries

Principal Investigators

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- Edith Feskens (Wageningen; NL)
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Institutional and Industrial Partners

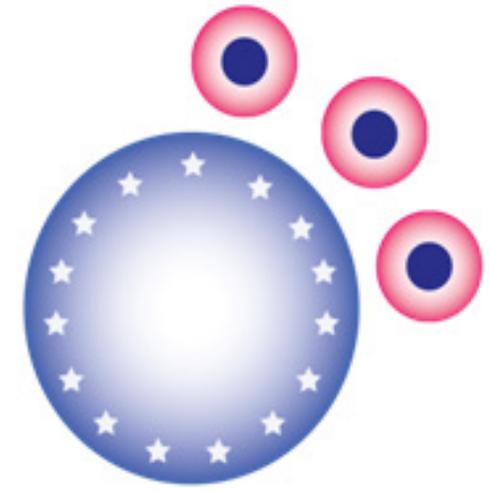
- Meyers Madhus (Claus Meyer, DK)
- NetUnion (Tony Lam, CH)
- National Institute for Health and Welfare (Jouko Sundvall, FI)

Scientific Advisory Board

- Louise Dye (Chairman) (UK)
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PREVIEW
PREvention of
diabetes through
lifestyle Intervention
and population
studies in Europe
and around the
World



PREVIEW: Lifestyle factors diet, physical activity, sleep and stress



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PREVIEW prevention

The primary objective of PREVIEW is to identify the most efficient lifestyle pattern for the prevention of type-2 diabetes in a population of pre-diabetic, overweight or obese individuals.

PREVIEW comprises two distinct lines of evidence, both embracing European and overseas countries:

A multicentre, clinical randomized intervention trial of three years duration with a total of 2,500 participants at high risk of developing diabetes, including children and adolescents, adults and elderly.

Large population studies from four countries including approximately 170,000 people from all age groups.

Focus in both lines of evidence will be on diet (specifically on protein and glycaemic-index, GI) and the intensity of physical activity. Furthermore, the interaction with other life-style factors, such as habitual stress and sleeping pattern as well as behavioural, environmental, cultural, and socioeconomic variables, will be investigated.

DIET and PHYSICAL ACTIVITY

There are still unanswered questions regarding the most appropriate dietary macronutrient composition and intensity of physical activity to prevent the onset of type-2 diabetes.

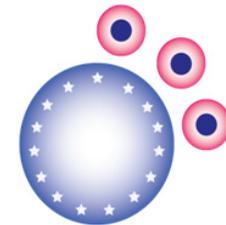
A main focus of PREVIEW therefore is to test the effectiveness of two different diets combined with two different activity intensities. The diets are a moderate-protein and medium-GI diet or a high-protein and low-GI diet. The activity intensities are moderate (at least 150 minutes a week) or high intense (at least 75 minutes a week) physical activity.

Type-2 DIABETES

Type-2 diabetes is a non-communicable disease. Incidence and prevalence are dramatically growing worldwide. Prevention of its onset is a major public-health challenge. Successful prevention will reduce the social, economic, as well as the individual burden.

Type-2 diabetes is most often associated with overweight and obesity, which in turn are caused by an inactive and sedentary lifestyle and by eating habits leading to excess energy intake.

To prevent type-2 diabetes in high-risk individuals, PREVIEW searches for an efficient combination of diet and physical activity.



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