

## PROJECT DETAILS

Project Title

**The role of family in the self-management of prediabetes**

Project Summary: aims, significance, expected outcomes and potential research impact.

Prediabetes is a condition in which blood glucose levels are raised but not high enough to be diagnosed as diabetes. Prediabetes is associated with a substantially increased risk of developing diabetes. The prevalence of prediabetes is a major global health challenge. Prevalence estimates vary according to the test and diagnostic criteria used. In New Zealand and the US where glycated haemoglobin (HbA1c) is used, the prevalence of prediabetes among the adult population is 25%. Unlike type 2 diabetes, prediabetes is a reversible condition. Focusing on family systems is one strategy to promote health and a family-based approach will be important in promoting metabolic control of the disease. This study will explore family members' roles in the self-management of prediabetes.

Preferred applicant skill set, describe the capabilities of the HDR applicant:

We are looking for a self-motivated student with strong qualitative skills. Experience of working in the community setting or experience as a health care professional would be advantageous.

Internship opportunity:

Opportunities for an internship with a clinical provider will be explored.

Contact person for the project:

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