

Evaluating a childhood diabetes prevention program for children and their parent/caregiver in Alice Springs/ Mparntwe

Abstract

The prevalence of youth-onset type 2 diabetes is increasing among Aboriginal and Torres Strait Islander Australians with recent data indicating that Central Australia has the highest reported prevalence among Indigenous youth worldwide. Obesity and socio-economic disadvantage are contributing to this increase and structural racism and social inequities are likely underlying causes. Addressing this health condition requires responses that incorporate the social determinants of health, and are community led and initiated. *Merne Mwerre Artweye Areye-ka* is a childhood diabetes prevention program for children aged 6-11 years and their parent/caregiver that will be delivered in eight communities in Central Australia between 2023-2027. This program is the first of its kind to be delivered in Central Australia and is an adaptation of the *Tribal Turning Point Program* which was trialed in First Nations communities in North America. Findings from formative work highlighted a strong desire for this program to be delivered in this region by Aboriginal communities and that key program adaptations were required. Implementation of the program is now underway by the *Diabetes Across the Lifecourse Northern Australia Partnership* in partnership with the Central Australian Aboriginal Congress Aboriginal Corporation. This presentation will explore recommended adaptations requested by local communities prior to implementation, principles of cultural safety guiding the evaluation and the mixed methods process and outcomes evaluation used to enable further adaptations to be made that are relevant to local contexts, to increase appropriateness and acceptability.