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Singapore starts nutrition programme for diabetes

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One in seven adults in Singapore has pre-diabetes, but it is unclear if certain lifestyle measures can stop them from developing full-blown diabetes.

This issue will be investigated in the upcoming study that will assess the effectiveness of a new diabetes prevention programme.

The Pre-Dicted (Pre-diabetes Interventions and Continued Tracking to Ease Out Diabetes) programme, has been developed by the SingHealth centre, along with the Health Promotion Board and the Singapore Clinical Research Institute.

According to the National Health Survey 2010, about 14.4 per cent of Singapore residents aged 18 to 69 have pre-diabetes.

This group has blood sugar levels that are higher than average, but not high enough to have diabetes.

If left unattended, 35 per cent of them could develop diabetes over the next eight years.

The researchers aim to recruit 850 people aged 18 to 64 who have pre-diabetes and a body mass index of 23 and above.