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**APPLICATION OF A DIABETES PREVENTION PROGRAMME IN IMMIGRANT LATINO FARM WORKERS**

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**Objectives** To improve dietary and exercise habits of farm workers with the aim of reducing the historically high rate of diabetes type II disease in immigrant Latino populations.

**Methods** 254 Latino farm workers were recruited in an occupational setting in California. Study health workers (promotoras) enrolled workers directly from company farms. Interested employees were screened and eligible subjects answered a baseline interview, including anthropometric measurements and fasting blood glucose. Enrollees were randomly placed in the intervention or control arms in a 2:1 ratio. The intervention consisted of weekly after-work participatory education classes, demonstrations and exercise over a 10-week period. Employees were encouraged to bring immediate and extended family or friends to the sessions. Final evaluation includes interviews, anthropometric, blood glucose measures and weekly input from the participants.

**Results** The final participants will be evaluated Spring 2011. From analysis of 163 baseline interviews the age range was 18–50 years, mean 32.6 (SD=7.7), with subjects on average completing 7 years of school, 26.4% male. 75.5% of subjects were classed as overweight (BMI  $\geq$  25), 36.8% obese (BMI  $\geq$  30). Their estimated total fat intake was 88.7 (16.8) g per day and 98.1 (19.0) for males and females respectively. Only 14.7% exercised for 30 min or more, 3 days per week outside of work.

**Conclusions** Despite working long hours, farm labourers were willing to attend an after-work lifestyle intervention program to prevent diabetes. Workplace interventions are feasible in this low education, immigrant, non-English speaking population. A completed evaluation will be presented.