



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

School of  
Public Health

# SPH SEMINAR SERIES

## Trials, Tribulations, and Triumphs! Translating a Diabetes Prevention Program from the Laboratory to the Community

In Canada it is estimated that one in every three adults will have diabetes by the year 2020, in which 95% of those cases will be type 2 diabetes. Despite the pervasiveness of this chronic disease, very few diabetes prevention programs exist to serve those at greatest risk of developing type 2 diabetes. Lifestyle modification, including a healthy diet and regular exercise behaviour, are twice as effective as the leading pharmaceutical agents in preventing the progression from prediabetes to type 2 diabetes. While randomized controlled trials have shown promising results, their lifestyle interventions have been intensive on both staff and participants, and as a result are difficult to sustain and implement in health care settings. A more cost-effective program that can be implemented at the community setting is needed. Dr. Jung will discuss the challenges and successes of translating efficacy trials in her lab to the community in her attempt to reach individuals at high risk of developing type 2 diabetes.

Dr. Mary Jung is an associate professor in the School of Health and Exercise Sciences at the University of British Columbia, Okanagan Campus in Kelowna, BC. Dr. Jung is a Michael Smith Foundation for Health Research Scholar, and a Canadian Institutes of Health Research Early Career Foundation Grant recipient. Her overarching research interests lie in the area of self-regulation of health behaviours, with particular focus on exercise adherence for the prevention of type 2 diabetes. Dr. Jung's current funded studies span health program evaluation, effectiveness of mHealth technologies, exercise counselling for individuals with prediabetes, exercise adherence RCTs, and nationwide nutrition campaigns. She directs the Diabetes Prevention Research Group at UBC Okanagan.



**Date:** Tuesday 29th May  
**Presenter:** Dr Mary Jung, Associate Professor, School of Health and Exercise Sciences, University of British Columbia  
**Time:** 1-2pm  
**Room:** 113  
**Location:** Public Health Building, Herston

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