

The name 'Edith Feskens' is centered within a white speech bubble. The bubble is set against a background of a circular collage of fresh vegetables, including tomatoes, bell peppers, and leafy greens. A thin, light-colored arc curves across the top of the page.

# **Edith Feskens**

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# SLIMMER – a combined lifestyle intervention to PREVENT Type 2 Diabetes

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With Healthy Diet and Exercise!

8 September 2017

Edith Feskens

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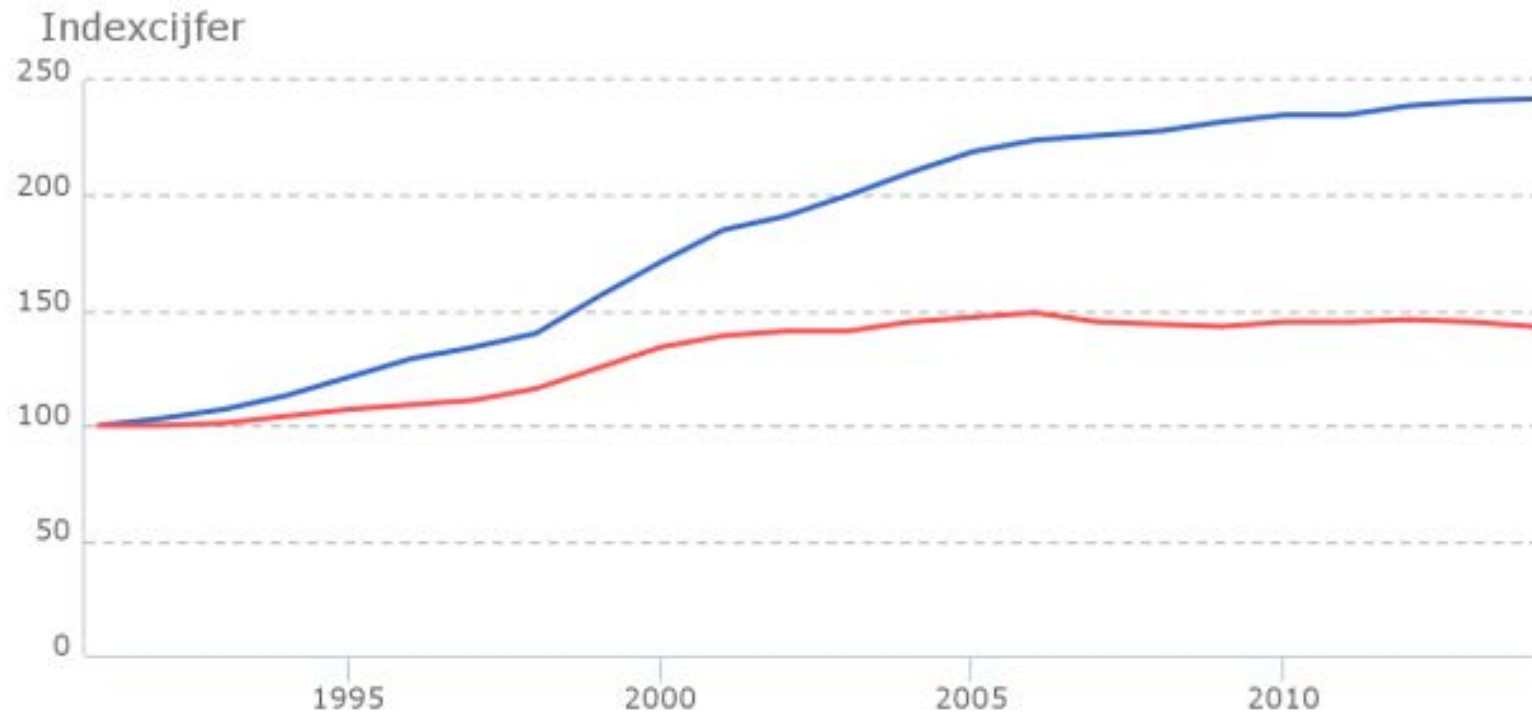
**Vandaag krijgen  
200 Nederlanders  
diabetes.**



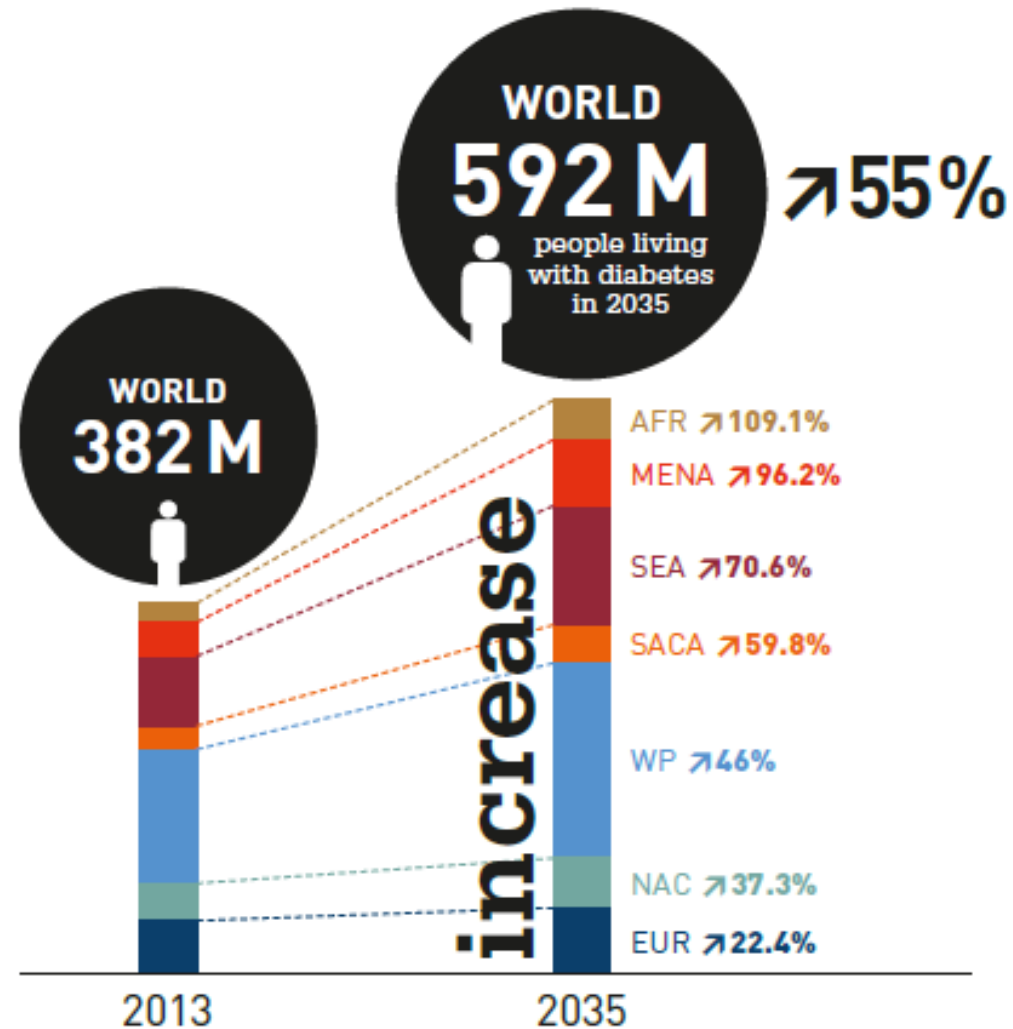
**NL costs for diabetes care are  
4.5 million€ per day**



# We expect 30% more patients in 2030



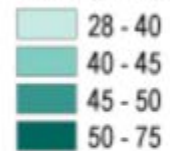
# Diabetes prevalence: projections for the future



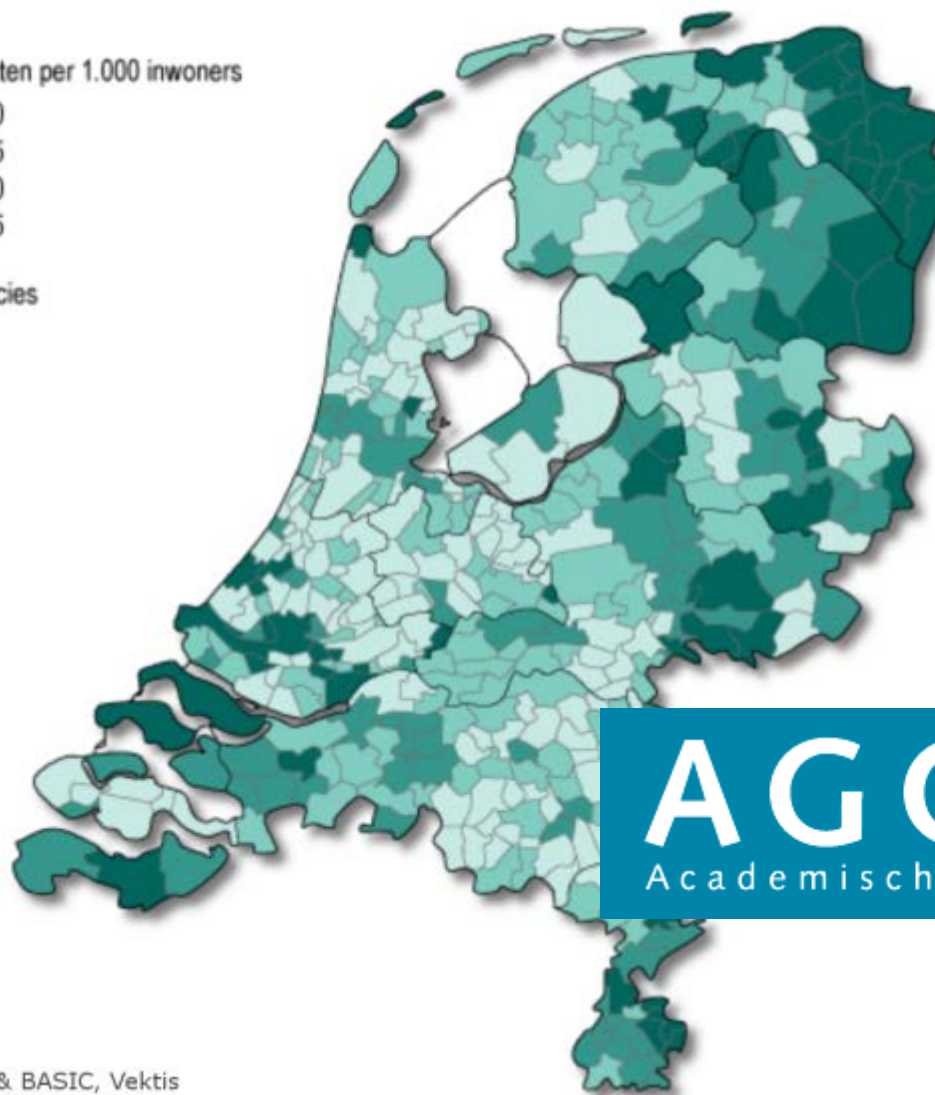
## Gebruikers diabetesmiddelen 2011

per gemeente

Aantal patiënten per 1.000 inwoners



— provincies



**AGORA**  
Academische werkplaats

Bronnen: FIS & BASIC, Vektis



WAGENINGEN UNIVERSITY  
WAGENINGEN UR



Aim:

Can diabetes be prevented in daily life?



Participants



Professionals



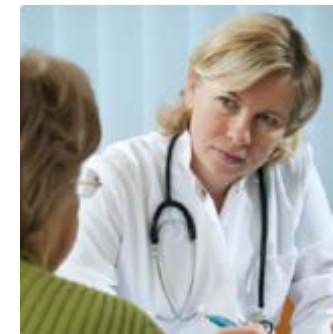
# SLIMMER study: 316 participants



SLIMMER group

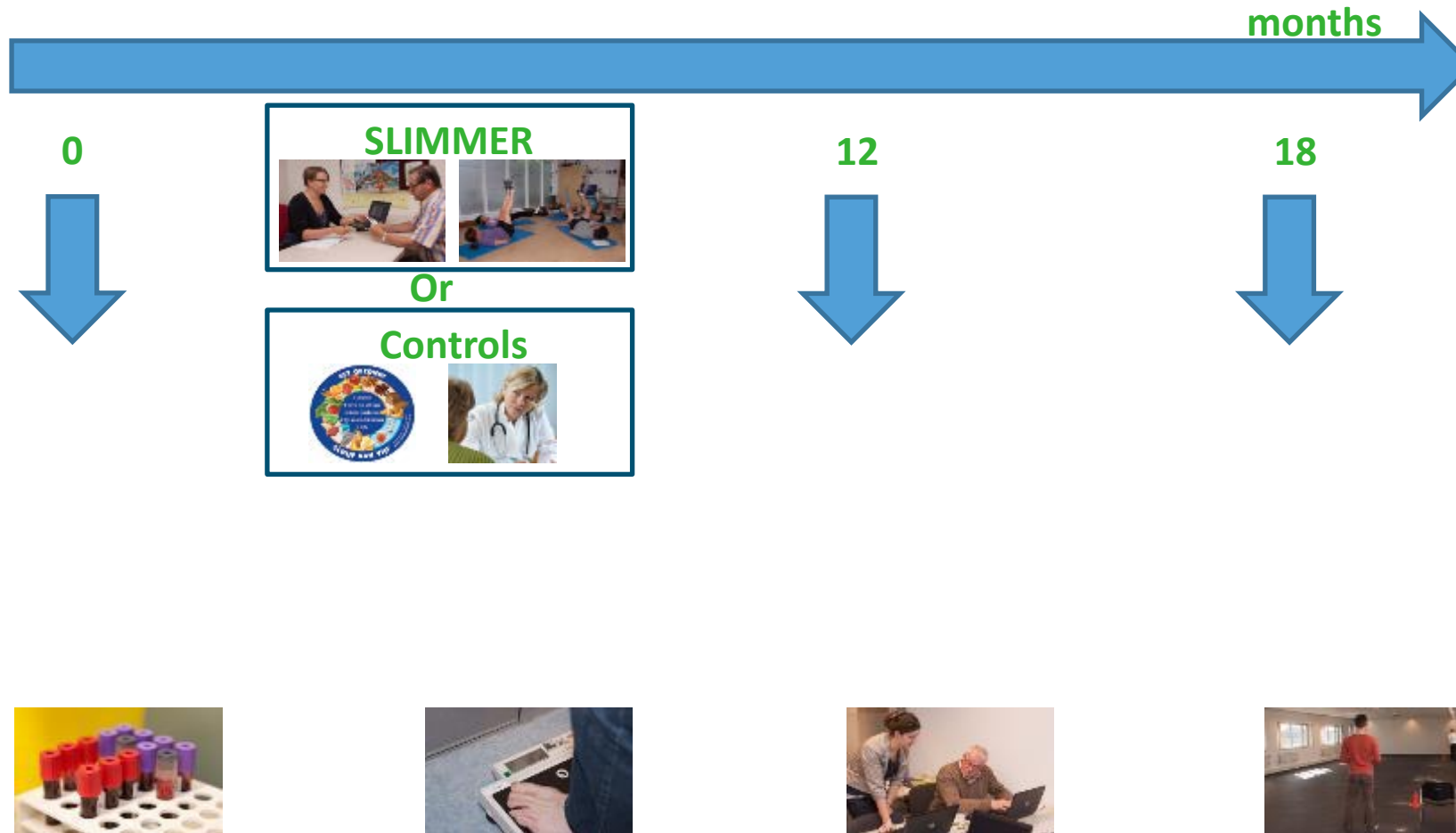


Control group

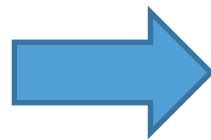
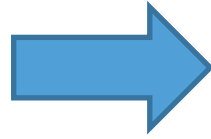
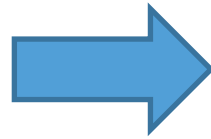




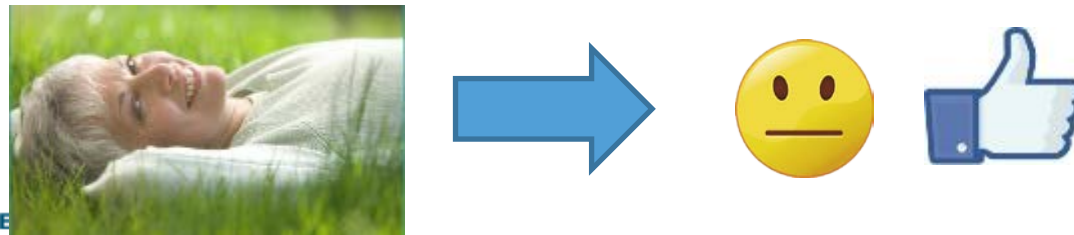
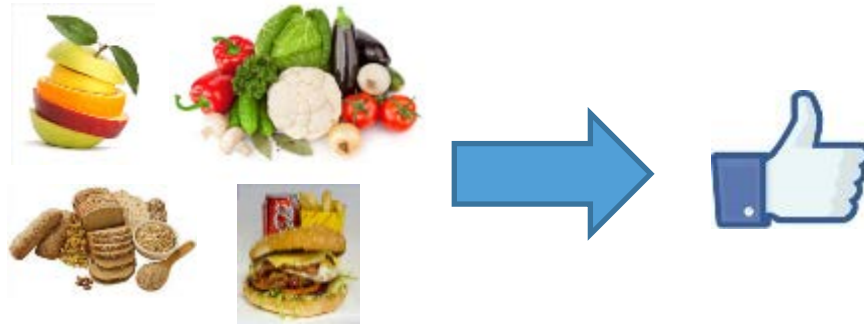
# SLIMMER evaluation design



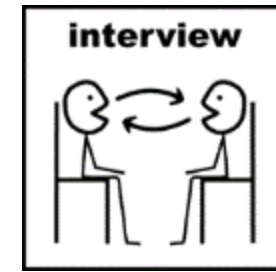
# SLIMMER has positive effects



# SLIMMER: it works



# SLIMMER: Fits in daily practice of health care



# SLIMMER: satisfaction!



8,2



8,0



# SLIMMER: cost-efficient



# What next?

How does it work on the long-term?

Can we make it cheaper?

Who can pay for this?



# SLIMMER - Diabetes Prevention?



Yes We Can!





# With many thanks

SLIMMER Study team:

Geerke Duijzer

Annemien Haveman

Sofieke Jansen

Josien van Beek

Gert-Jan Hiddink

Local partners and sponsors:



METSLIM:

