

### Background

- UAB's Diabetes Research Center (DRC), a second iteration of our Diabetes Research and Translation Center (DRTC), was funded in 2013.
- The DRC is a multi-disciplinary operation with faculty researchers from UAB's Schools of Health Professions, Medicine, and Public Health, among other units.
- The DRC comprises 5 core facilities.
- The Intervention and Translational Core (ITC) is one of the 5 facilities led by Dr. Beth Lewis and co-directed by Drs. Andrea Cherrington

### Objective

- To provide expertise and infrastructure to assist investigators with the development, implementation, and evaluation of culturally appropriate interventions.
- To create new knowledge regarding the prevention and management of diabetes and cardio metabolic disease, with an emphasis on reducing health disparities.

### Acknowledgements

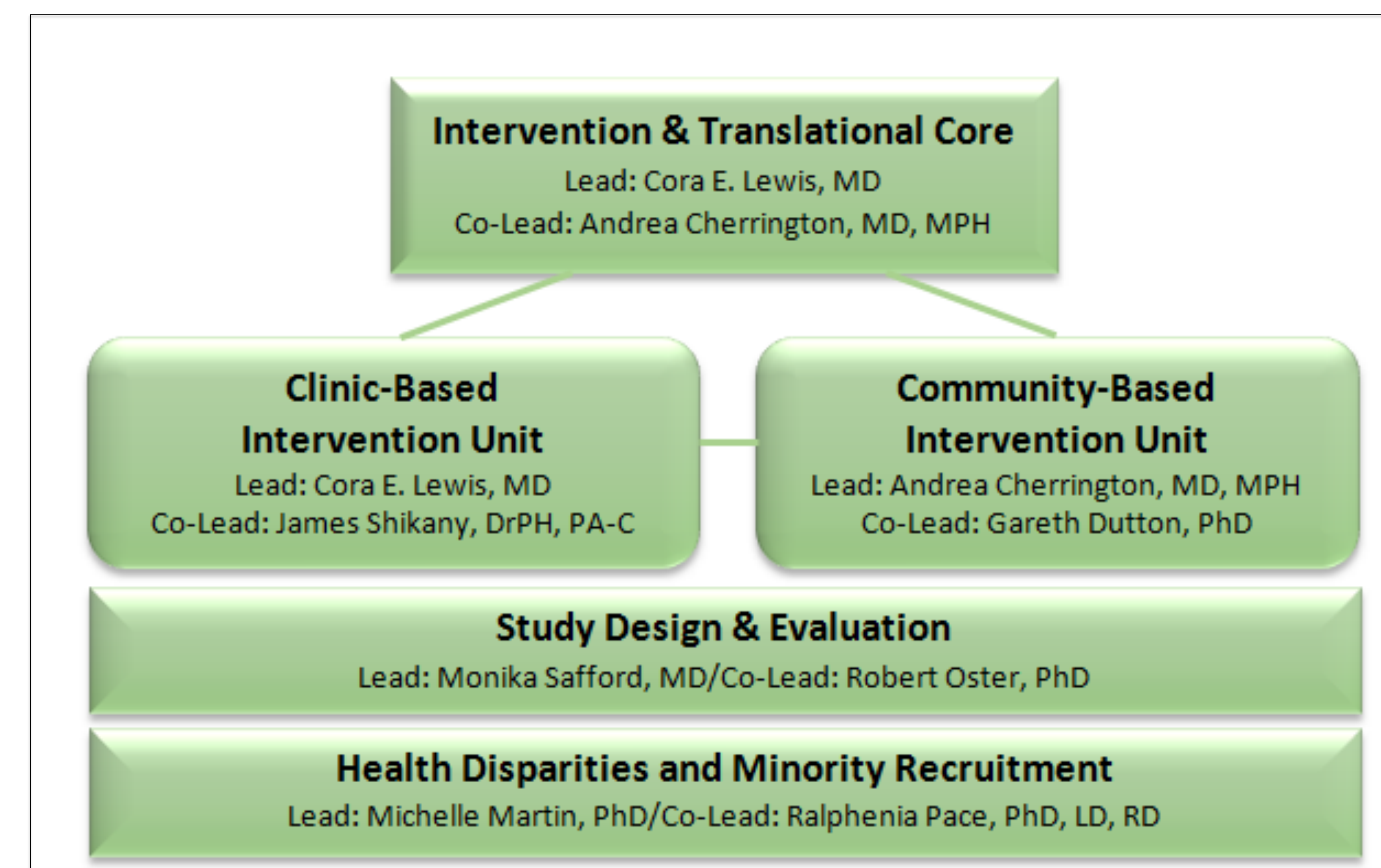
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### Aims

**Table 1.** Description of the UAB's DRC Intervention and Translational Core

Aim	Description
<b>Aim 1</b>	Provide expert consultation for <b>intervention development</b> in diabetes prevention and management for example: (e.g., interventions to optimize weight, exercise/physical activity, medication adherence, and/or glycemic control). This expertise will facilitate translation of basic science findings into efficacy-testing interventions ranging from clinical trials to community based trials.
<b>Aim 2</b>	Provide expertise on <b>study design and evaluation, including measurement, quality control, quality assurance, and analytic support</b> , for research to prevent and manage diabetes, These studies will include but also go beyond traditional clinical trials. For example, group-randomized trials evaluating weight-loss interventions in community settings require specialized expertise in trial design, data capture and transfer, as well as in interventional and analytic tools.
<b>Aim 3</b>	Design and facilitate culturally appropriate <b>strategies to enhance the recruitment and retention</b> of minorities and underserved populations in diabetes- related research studies with emphasis on African American and rural communities.

### Leadership



### ITC Services & Community Outreach

**Table 2.** Description of ITC's services and ongoing community outreach

Services: ITC provides a variety of services and expert consultations.

Service	Description
<b>Dietary Assessment Consultation &amp; Data Collection</b>	<ul style="list-style-type: none"> <li>• Food frequency questionnaire</li> <li>• 24-hour dietary recall</li> <li>• Food record</li> <li>• Diet history</li> <li>• Newer technologies (computerized data entry, web-based questionnaires, digital images)</li> </ul>
<b>Physical Activity Monitoring &amp; Consultation</b>	<ul style="list-style-type: none"> <li>• Ten (10) <b>wActiSleep-BT</b> wireless sleep and wake monitors are available for small pilot studies and includes the the ActiLife software for analysis.</li> <li>• The monitors measure energy expenditure, steps taken, activity intensity, as well as, total sleep time, sleep efficiency, sleep latency and many other measurements.</li> <li>• Two (2) treadmill testing labs can provide maximal and sub maximal exercise testing for small pilot projects. Physician supervised tests are available for high risk population.</li> </ul>
<b>Community Engagement:</b> ITC engages and leverages community resources to raise awareness about diabetes, research, and strategies to prevent and manage diabetes.	
<b>MyDiabetesConnect .com (MD)</b>	<ul style="list-style-type: none"> <li>• <b>MDC</b> is a website developed to help individuals identify and locate existing resources in their community to facilitate diabetes self-management and lifestyle modification. To date, over 27 events have engaged 3000+ community members.</li> </ul>
<b>The Community Advisory Board (CAB)</b>	<ul style="list-style-type: none"> <li>• <b>CAB</b> is currently seeking members to meet quarterly. The overarching goal is to promote communication and engagement between DRC researchers and the targeted communities. The CAB will be made up of key stakeholders to discuss and strategize ongoing and future research.</li> </ul>