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Oral Presentation

Title of presentation: Dietary and Lifestyle habits in relation to the risk of type 2 diabetes among ethnic minorities in London: generational shift

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Changing dietary and lifestyle habits is a complex task that depends on both the country of origin and the host country, including socio-economic status, culture, and living circumstances.

Type 2 Diabetes (T2D) risk is high in South Asians, Africans, and Caribbeans. The differences in food consumption levels, choices, cooking styles, food processing, acculturation periods, and their effects on T2D development; and barriers and facilitators to following a healthy lifestyle are not well understood over generations of these ethnic minority groups living in London. Thus, the study aims to examine these habits and the barriers and facilitators to following a healthy lifestyle.

Qualitative data were collected from 20 first, second and third-generation adults of both sexes between November 2023 and February 2024. Semi-structured interviews were conducted using convenience and snowball sampling techniques. The interviews were transcribed and analysed thematically.

First generation people tend to follow their traditional diet more compared to the 2nd and 3rd generations. The younger generation is more aware about the healthy diet or cooking style, however, they are more likely to consume processed foods. Regular physical exercise habits revealed more in 2nd and 3rd generations than other generations in all ethnic groups. Regular

alcohol drinking habit exists only in Caribbean young and African 2nd generations. South Asian and African young generations are more prone to smoking. Poor sleep quality exists in the first generations. After a T2D diagnosis, many individuals shifted towards healthier lifestyle habits. Main barriers of diet and lifestyle include lack of time, culture, weather, and facilitators include availability of food, gym, playground, park, pedestrian and cycle lane, etc.

Changes in dietary and lifestyle habits were observed in both healthy and unhealthy directions over generations. Therefore, interventions based on ethnicity and generational differences will improve healthy eating and lifestyle behaviors and help prevent T2D.