

---

# **13<sup>th</sup> WHO / IDF Cambridge Seminar on the epidemiological and public health aspects of diabetes**

**CDS2019**

**31<sup>st</sup> March – 6<sup>th</sup> April 2019**

**Clare College, Cambridge**

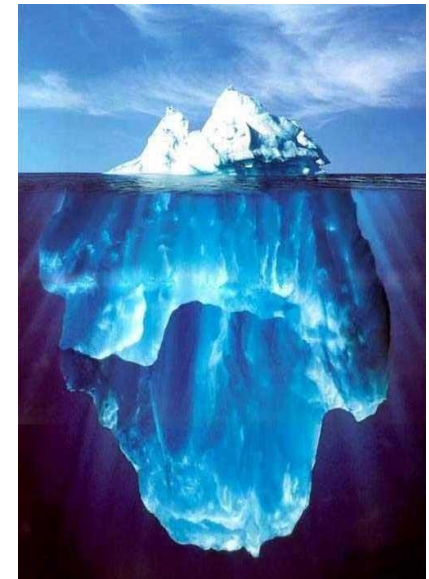
**Nita Forouhi**

31<sup>st</sup> March

# Why this Seminar?

---

- Diabetes mellitus has a HUGE health burden
- Treating individuals with diabetes is important, but only deals with the “tip of the iceberg”
- A population perspective is vital
  - Epidemiology & public health
- There is an unmet need for training
- Capacity building for research
- Epidemiological training of physicians, other health professionals, public health practitioners, scientists, academics



---

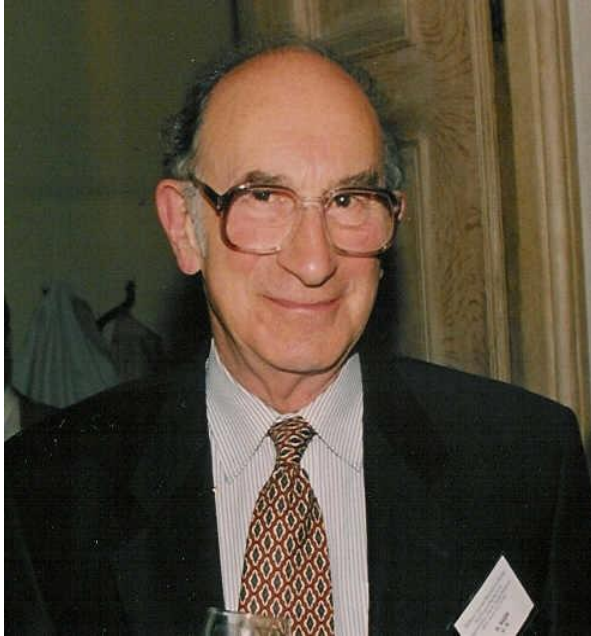
# The History and Purpose of the Cambridge Seminar



Established in 1981 to provide training in epidemiological methods for diabetes mellitus. Resident international expert Faculty and participants from all over the world

# The Cambridge Seminar Established 1981

---



Professor Harry Keen



Professor John Jarrett

# In memory: Professor Harry Keen

---

- Died 5<sup>th</sup> April 2013
- Born in 1925
- Qualified at St Mary's Hospital Medical School on July 5, 1948, the same day as the NHS was established
- Leading diabetes researcher of the 20<sup>th</sup> century
  - Bedford survey
  - Renal screening
  - Insulin pump
  - Policy pioneer







1981

# The Cambridge Seminar continues since 1981....

---



Professor Rhys  
Williams

# And continues every 2-3 years...

---



**Professor Nick Wareham**  
**Organising the Seminar since 1993**





2003

# The torch is passed on...

---



Since 2006...  
My privilege





CDS 2006 (9<sup>th</sup> Cambridge Seminar)





## CDS 2008 (10<sup>th</sup> Cambridge Seminar)





## CDS 2011 (11<sup>th</sup> Cambridge Seminar)







# From Cambridge...

MRC

Epidemiology Unit



# To Hangzhou, China...

---



# Cambridge Seminar goes to China, 2010

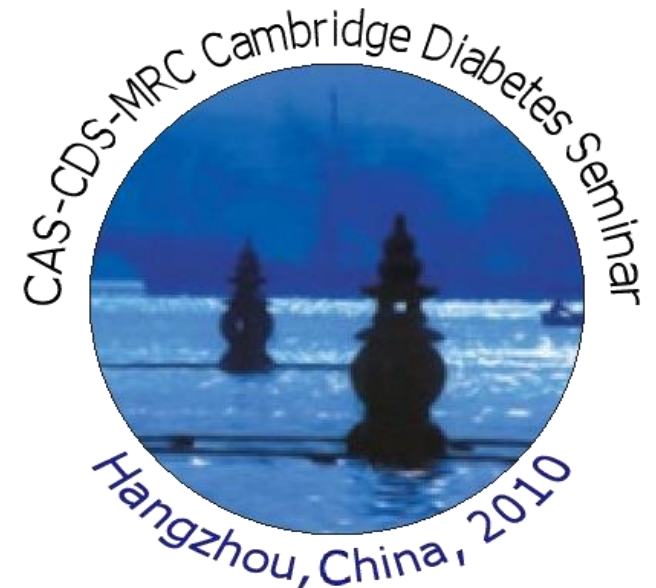
---

## Collaboration between

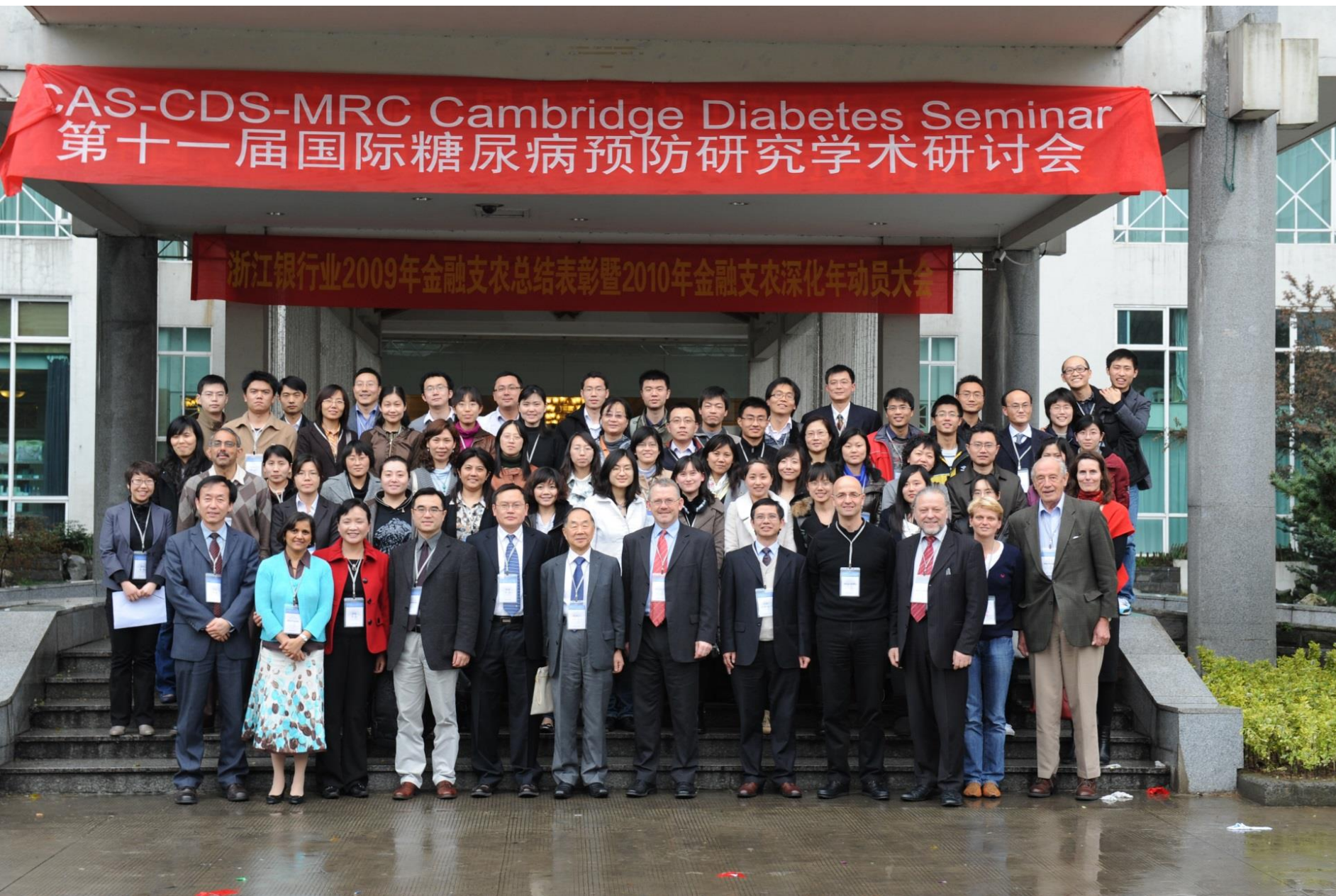
- MRC Epidemiology Unit, Cambridge, U.K.
- Chinese Academy of Science
- Key Laboratory of Nutrition and Metabolism
- Chinese Diabetes Society at the Chinese Medical Association

## **CAS-CDS-MRC CAMBRIDGE DIABETES SEMINAR**

## **第十一届国际糖尿病预防研究 学术研讨会**







CAS-CDS-MRC Cambridge Diabetes Seminar  
第十一届国际糖尿病预防研究学术研讨会

浙江银行业2009年金融支农总结表彰暨2010年金融支农深化年动员大会



# And back again to Cambridge

---

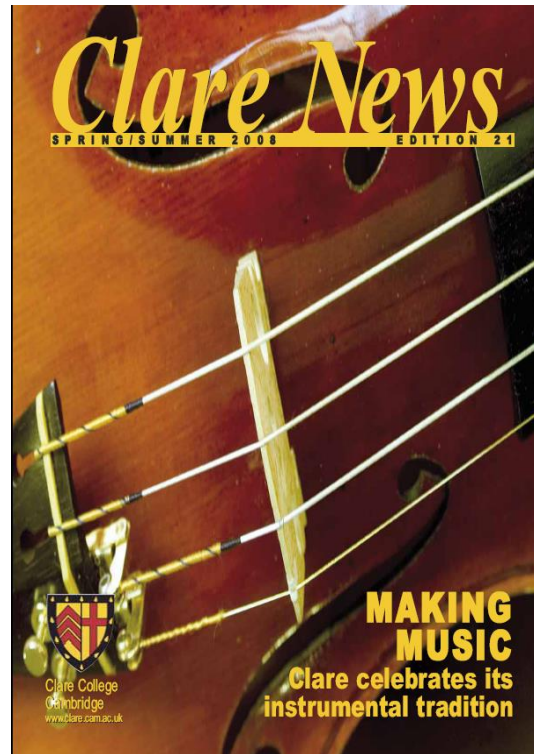
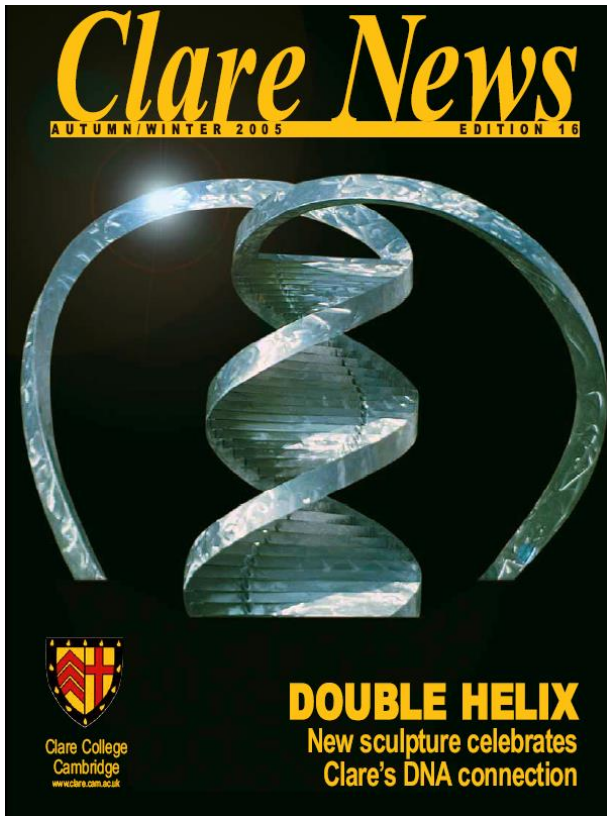
## Our objectives

- Learn
- Share
- Make friends
- Enjoy
- Network and maintain long-lasting research collaborations

## The process

- Not a conference but a working seminar
- Feel free to ask questions, give comments, and discuss openly





## Clare member awarded Nobel Peace Prize

PROFESSOR Mohan Munasinghe (1964) was co-recipient of the 2007 Nobel Peace Prize in his capacity as Vice Chairman of the UN Intergovernmental Panel on Climate Change.

The IPCC shared the prize with environmental campaigner and former US Vice-President Al Gore.

The prize citation praised the IPCC for its efforts 'to build up and disseminate greater knowledge about man-made climate change, and to lay the foundations for the measures that are needed to counteract such change'.

Professor Munasinghe will deliver the annual Clare Distinguished Lecture in Economics and Public Policy on 14 May 2008, on the economics of climate change.



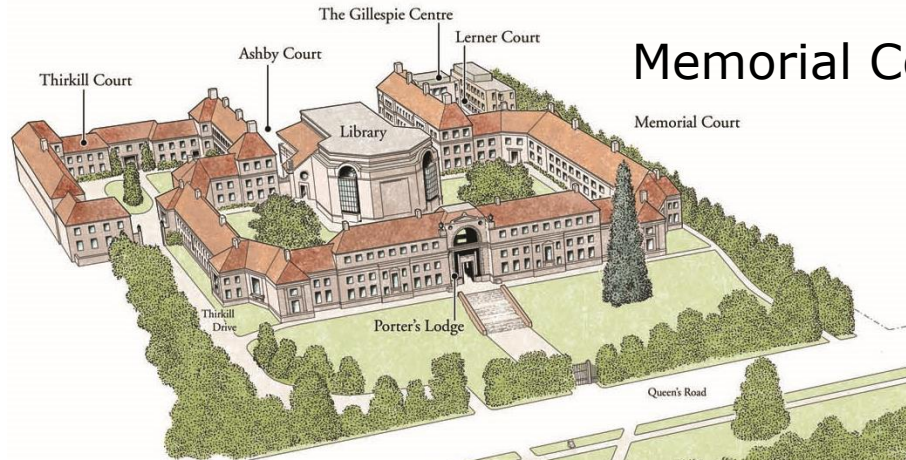
■ Professor Mohan Munasinghe  
(1964)

Clare College: founded 1326  
2<sup>nd</sup> oldest College in Cambridge

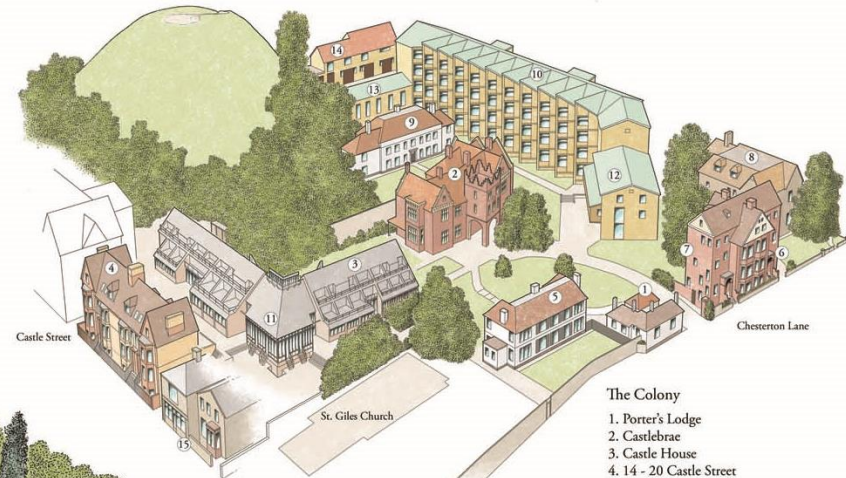


# Clare College 3D Map

## Memorial Court



Queen's Road



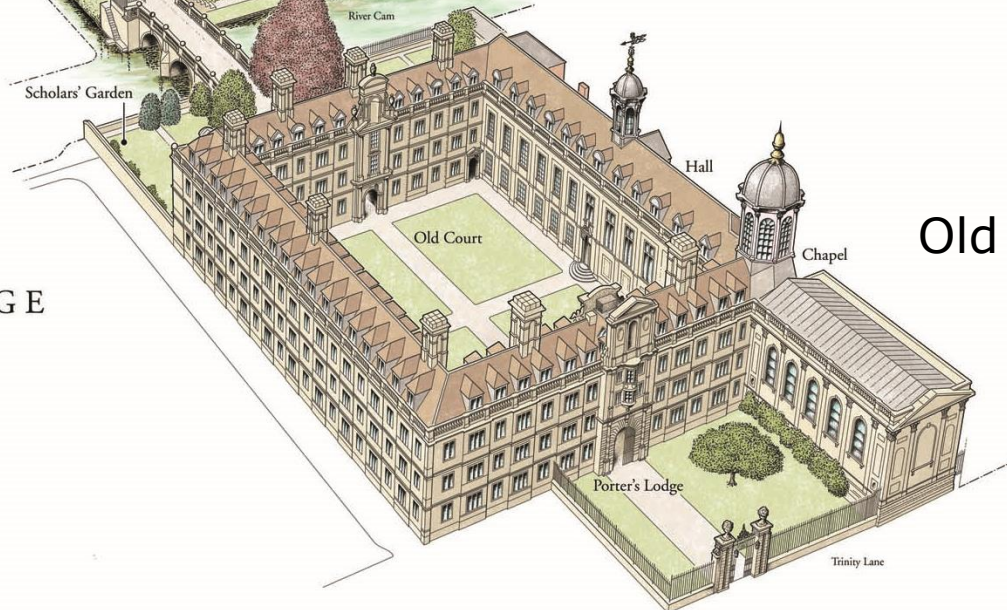
### The Colony

1. Porter's Lodge
2. Castlebrae
3. Castle House
4. 14 - 20 Castle Street
5. Erhelreda
6. St Andrews
7. St Giles
8. Hillside
9. Braeside
10. Castle End
11. Blythe Room
12. Dining Room
13. Meeting Room
14. Maintenance
15. 10a and 12a Castle Street



CLARE COLLEGE  
CAMBRIDGE

© 2009, Clare College, Cambridge.  
Drawn by Jeremy Bays, [www.art-work-shop.co.uk](http://www.art-work-shop.co.uk)



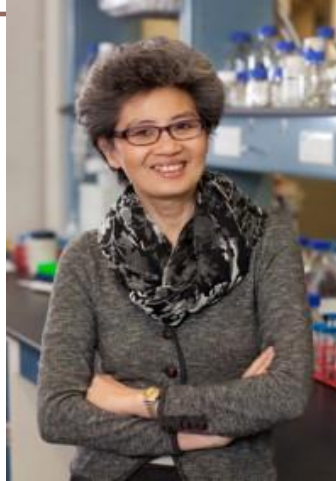
## Old Court

# The programme: CDS2019

---

- Action packed, busy
- Stimulating
- Lectures and discussion divided into themes
  - Descriptive epidemiology
  - Aetiological epidemiology
  - Prevention
    - Primary
    - Secondary
    - Tertiary
- Parallel Group sessions
- Participant presentations
- Social activities

# CDS2019 Resident Faculty





# Visiting speakers



Dr Soren Brage



Prof Simon Griffin



Dr Inês Barroso



Prof Ken Ong



Dr Oliver Mytton

# Guest speakers

---



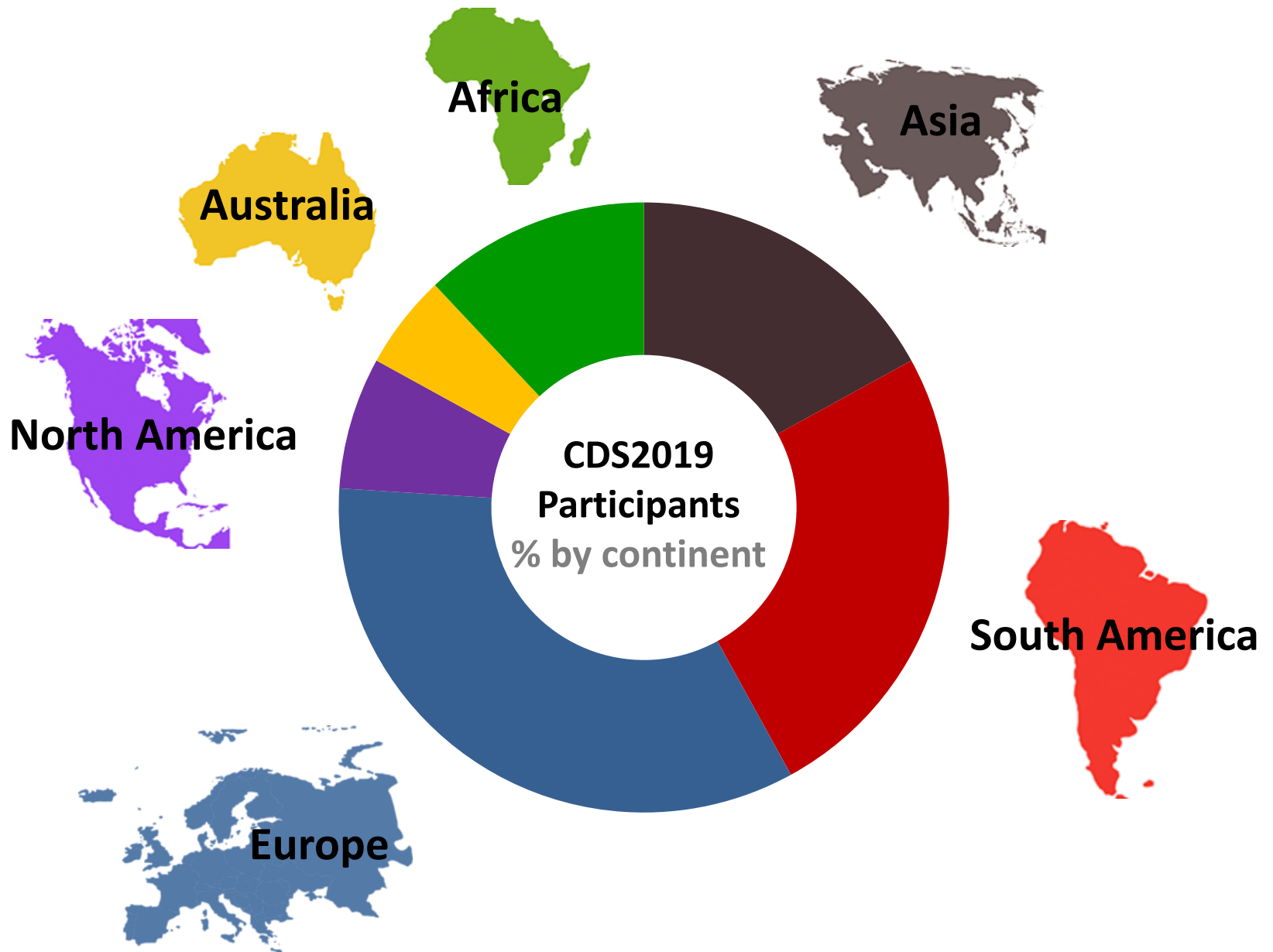
Dr Amanda Adler



Prof Rhys Williams

# The participants

---



# Participant presentations

**PROGRAMME: The 13<sup>TH</sup> CAMBRIDGE WHO/IDF SEMINAR ON THE EPIDEMIOLOGICAL AND PUBLIC HEALTH ASPECTS OF DIABETES MELLITUS – CLARE COLLEGE, CAMBRIDGE 31<sup>st</sup> March - 6<sup>th</sup> April 2019**

	Sunday 31 <sup>st</sup> March	Monday 1 <sup>st</sup> April	Tuesday 2 <sup>nd</sup> April	Wednesday 3 <sup>rd</sup> April	Thursday 4 <sup>th</sup> April	Friday 5 <sup>th</sup> April
	Introduction	Descriptive Epidemiology	Aetiological Epidemiology	Primary Prevention	Screening and Secondary Prevention	Tertiary Prevention
9.00		<b>CHAIR: WH</b> 0900-1000 What is Diabetes? Scientific basis for current diagnostic & classification /criteria (PB)  1000-1030 Basics of descriptive epidemiology (NGF)	<b>CHAIR: JC</b> 0900-0930 Basics of aetiological epidemiology (KO)  0930-1030 Methods for measuring diet + diet & diabetes risk (NGF)	<b>CHAIR: JT</b> 0900-0930 Definitions and approaches to prevention (SG)  0930-1030 Interventions to change behaviour (OM)	<b>CHAIR: DD</b> 0900-0945 Methods of disease prediction & prediction of type 2 diabetes (JT)  0945-1030 Principles of screening and should we screen for diabetes? (SG)	<b>CHAIR: PA</b> <i>Epidemiology of complications of diabetes</i> 0900-0945 Microvascular complications (PB) 0945-1030 Macrovascular complications (JC)
1030		COFFEE	COFFEE	COFFEE	COFFEE	COFFEE
1100		<b>CHAIR: PB</b> 1100-1140 Global diabetes prevalence & temporal trends (WH) 1140-1210 Temporal / geographical trends in type 1 diabetes (JT) 1210-1230 Burden & trends in paediatric type 2 diabetes (DD)	<b>CHAIR: NGF</b> 1100-1200 Methods for measuring physical activity + PA & diabetes risk (SB)  1200-1230 Life course epidemiology of diabetes (KO)	<b>CHAIR: NGF</b> 1115-1200 Evidence of the effectiveness of primary prevention (JT)  200-1300 Participant Presentations (2) <b>CHAIR: PA</b>	<b>CHAIR: PA</b> 1100-1145 Gestational diabetes – epidemiology and consequences + when and how to screen for gestational diabetes (DD)  1145-1230 Participant Presentations (3) <b>CHAIR: JC</b>	<b>CHAIR: PB</b> 1100-1145 Assessing the effectiveness of interventions (PA) 1145-1230 Assessing the cost-effectiveness of interventions (WH)
1230	LUNCH	LUNCH	LUNCH & Group Photo in Fellows Garden	1300 Intro to punting Excursion: Punting & picnic lunch	LUNCH	
1400	Faculty meeting & lunch	<b>1400-1500 Group Session 2</b> Descriptive epidemiology – Discussion of methodological and related issues  <b>1500-1600 Participant Presentations (1) CHAIR: JT</b>	<b>1430 Guided science walk through the colleges</b>	Punting (Clare College to Grantchester Meadows, and a picnic lunch)	<b>400-1515 Participant Presentations (4) CHAIR: WH</b>  <b>1515-1600 Group Session 3</b> Issues in aetiological epidemiology & prevention	<b>400-1500 Participant Presentations (5) CHAIR: DD</b> <b>CHAIR: JC</b> 1500-1600 Trials in diabetes: issues past, present and future (AA)
1500	Introduction to the Seminar					
1600	TEA	TEA	TEA	TEA	TEA	TEA
1630	<b>Group Session 1</b> Get to know participants (research interest & experience)	1630-1730 <b>Hot topics DEBATE:</b> <b>CHAIR: PA</b> Should HbA1c be used to diagnose diabetes? (WH & NW)	<b>CHAIR: JT</b> 1630-1730 Introduction to genetic epidemiology + Genetics of obesity & diabetes (IB)  1730-1830 Phenotypic heterogeneity of diabetes – relevance for genetic research & clinical context (JC)	Voluntary orienteering activity	1630-1730 IDF Atlas: looking underneath the bonnet (hood) (RW)  <b>1730-1800 Guest Lecture:</b> <i>Chair: NGF Healthcare decision making - who should be round the table? (AA)</i>	1630-1700 <b>Panel discussion with Q&amp;A:</b>  1700-1715 Seminar overview (NGF)
1730	<b>WELCOME RECEPTION</b> Scholars Garden					
1900	DINNER 1930h	DINNER 1900	DINNER 1900	DINNER 1900	DINNER 1900	DINNER 1900
		INTERNATIONAL CUISINE EVENING	Participants meet informally	Participants meet informally	Participants meet informally	Conference Gala Dinner: <b>Departure 6<sup>th</sup> April (after breakfast)</b>



# Participant presentations

---

- A really important part of the Seminar
- **Please give your slides ASAP (if not done so)**
- **7 min total time (including discussion)**
- Remember - you are among friends
- Presentations list in your bag



# Parallel Group Sessions

---

## **3 Groups** with Faculty Group Leaders

- **Group session 1-** Sunday 16.30-17.30
  - *Getting to know each other & areas of interest/experience*
- **Group session 2-** Monday 14.00-15.00
  - *Issues in descriptive epidemiology*
- **Group session 3-** Thursday 15.15-16.00
  - *Issues in aetiological epidemiology and prevention*

# Group session = discussion & learning

---

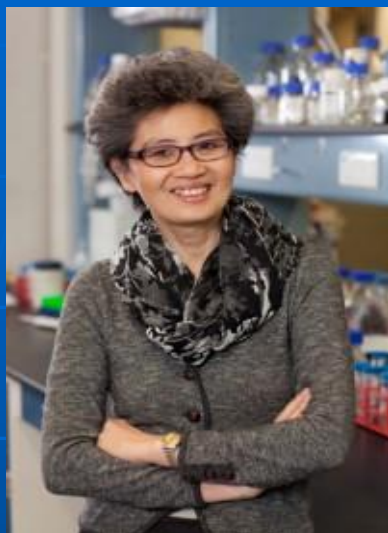


**Focus on methodological issues & implications**

**Explore; ask Qs; debate; discuss**



# Group 1 – Bowring Room



Juliana Chan



Peter Bennett

	Participant	Country
1	Yuri Arnold Dominguez	Cuba
2	Asne Bakke	Norway
3	Daniel Borch Ibsen	Denmark
4	Barbara Braun	Argentina
5	Jessica Harding	Australia/USA
6	Steven James	Australia
7	Suping Ling	China/UK
8	Paz Lopez-Doriga Ruiz	Spain/Norway
9	Iram Faqir Muhammad	Pakistan/Sweden
10	Pradeep Praveen	India
11	Elena Salamanca Fernández	Spain
12	Harold Lizardo Torres Aparcana	Peru
13	Pamela Wadende	Kenya



# Group 2 – Elton Room



William Herman



Jaakko Tuomilehto

	Participant	Country
1	Yogini Chudasama	UK
2	Ezequiel Gonzalo Flores Sanchez	Bolivia
3	Randi Kay Johnson	USA
4	Sonsoles Fuentes	Spain/France
5	Loredana Marcovecchio	Italy/UK
6	Charles Owuora Obonyo	Kenya
7	Kjell Olsson	Sweden
8	Vanina Laura Pagotto	Argentina
9	Mansur Aliyu Ramalan	Nigeria
10	Pouya Saeedi	Iran/Belgium
11	Jose Omar Silverman Retana	Mexico/Denmark
12	Laura Helena van Dongen	Netherlands
13	Lauren Wedekind	USA/UK
14	Wenhui Zhao	China

# Group 3 – Riley Auditorium



Pablo Aschner



Dana Dabelea

	Participant	Country
1	Abdullah Alkandari	Kuwait
2	Feifei Cheng	Hong Kong
3	Marit de Jong	Netherlands
4	Ugo Fedeli	Italy
5	Anne-Siri Fismen	Norway
6	Juan Carlos Lizarzaburu	Peru
7	Natacha Maldonado	Argentina
8	Camille Mba	Cameroon/UK
9	Carlos Olimpo Mendivil	Colombia
10	Kjersti Nøkleby	Norway
11	Clara Piffaretti	France
12	Alexis Reeves	USA
13	Doris Anabel Vignoli Bellon	Uruguay
14	Vincent Were	Kenya

# CDS2019 Photo

---

- Tuesday 2<sup>nd</sup> April
- After lunch, before guided science walk
- Fellows' Garden – Old Court end
- Need to be prompt please
- Don't miss out!





# Excursions

- Guided science walk  
Tues 2<sup>nd</sup> April 1430 -1600
- Punting & picnic lunch at Grantchester Meadows
  - Wed 3<sup>rd</sup> April 13.00
  - Punting instructions

Mandatory! (or opt out now)



# CDS: Learning the fun way

## Punting on the river Cam

---

The best  
research idea  
ever just came  
to me





I am ready to  
punt back!!! Got  
to get that  
research idea  
going....





# Other social activities

---

- International cuisine evening – Monday 1<sup>st</sup> April
- Free evenings
  - Mingle
  - Go out, explore
- Wednesday afternoon – 3<sup>rd</sup> April
  - Orienteering activity
  - voluntary

# Other social activities

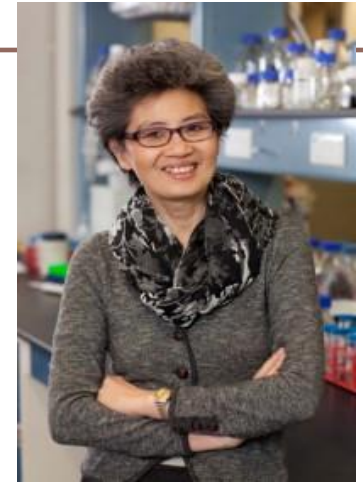
- Gala dinner
  - Friday 5<sup>th</sup> April



- Disco!  
Fri 5<sup>th</sup> April, after dinner; bar open



# Faculty are here to help with learning





# Useful information

- In your Seminar bag:
  - Seminar Book including
    - Programme
    - List of participants
    - List of group session allocations
    - List of participant presentations
  - IDF information pack
  - Information leaflets for activities in Cambridge

# Keep moving...

- Get active every day....
  - Argus Step Counter: results on Friday night
- Keep awake and supple with daily short work-out



# Physical activity competition

---

- Number of steps taken between Monday and Thursday
- Detailed instructions sent via email
- [Install the app today, if you have not already done so!](#)
- Download your results Thursday evening or Friday morning and send them to us.
- Winners will be announced on the last day of the seminar.







# Housekeeping

- Accommodation
  - Departure, 6<sup>th</sup> April – 9.30 am please vacate room
- Computer/internet access
- Security
- Safety
- Laundry
- Sports - ask P/Lodge
- Illness / emergency

# Vital help and point of contact

---



Meriel Smith



# Or you can ask help from...

---



Eirini Trichia



Jakub Sobiecki

# “Rule” of the game

---

- Please attend ALL sessions unless there is a *very* good reason not to
  - This is not a conference, where you dip in and out
  - It is a training seminar
  - Group dynamic and discussion is crucial

# Cambridge Diabetes Seminar 2019 Sponsors

**MRC**

Epidemiology Unit



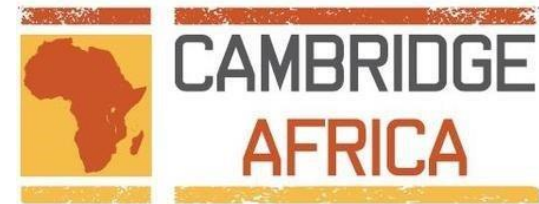
**International  
Diabetes  
Federation**



World Health Organization



# Cambridge Diabetes Seminar 2019 Funding



**Centers for Disease Control and Prevention and  
the National Network of Public Health Institutes**

# 13<sup>th</sup> Cambridge Diabetes Seminar - 2019

---

- Learn
- Share
- Make friends
- Enjoy
- Network and maintain long-lasting research collaborations





# IDEG 2019

16<sup>th</sup> Symposium of International Diabetes Epidemiology Group

**NOV 29 ~ DEC 2, 2019**

(PRIOR TO IDF CONGRESS)

ABMRC, Severance Hospital  
Seoul, Korea

## Save the dates

*Abstract Submission and Bursary Request :* **June 30, 2019**

*Early bird registration :* **30 June 2019**

