



EDGAR DIABETES & OBESITY RESEARCH

Reducing the global burden of diabetes and obesity

Hot topics

Our Centre strives to translate, and present in a balanced manner, the national and international scientific evidence on topics relevant to diabetes and obesity.

High Fat Diets

An area generating interest and controversy this year is the low carbohydrate/high fat (LCHF) diet. Such diets are often high in saturated fat. This is in contrast to most dietary guidelines that encourage the use of wholegrain foods, which reduce the risk of diabetes, heart disease and some cancers.

What is sometimes lost in the media hype is that proponents of both diets agree that the majority of what we eat should be minimally processed foods.

It is becoming increasingly apparent that a wide range of acceptable diets are possible and indeed healthy, with a large body of evidence confirming the established cornerstones of dietary advice—reduce saturated fat, free sugars, and sodium, and increase wholegrain cereals and fibre.



Assoc Prof Rachael Taylor, Prof Jim Mann, Sir Eion Edgar and Dr Kirsten Coppel

Celebrating a decade of research

Edgar Diabetes and Obesity Research (EDOR) has celebrated ten years as a research centre. EDOR Advisory Board Chair and benefactor Sir Eion Edgar, and Professor Jim Mann, addressed a capacity audience at the anniversary celebration. Professor Boyd Swinburn followed with a guest lecture on the action needed to address the obesogenic environment.

Support our work

If you would like to know more about our work, and to support EDOR research activities, please visit our website: otago.ac.nz/diabetes

Contact us: Edgar Diabetes and Obesity Research
Dunedin School of Medicine
University of Otago
PO Box 56, Dunedin 9054
New Zealand
Email: diabetes@otago.ac.nz
Phone: 64 3 4747775

Special guests



Dr Mike Rayner, food labelling expert and Director of the British Heart Foundation Health Promotion Research Group, University of Oxford, gave a public talk in February.



Professor Boyd Swinburn, renowned clinical and public health researcher, gave a guest lecture in August as part of EDOR's tenth anniversary.



Professor Shiriki Kumanyika, President-elect of the American Public Health Association, gave a public lecture and attended a health inequalities workshop.

Research Studies

Over the last decade EDOR has conducted more than ten large studies, with another ten currently underway, including:

Managing Prediabetes

Lifestyle advice can help prevent progression from prediabetes to diabetes. EDOR has teamed up with Health Hawke's Bay Primary Health

Organisation to bridge the health service and research gap. Our study—funded by the Ministry of Health—aims to compare a pre-diabetes lifestyle intervention with current practice.



Glycaemic control in Type 1 diabetes

Optimising glycaemic control can reduce complications in those with type 1 diabetes. However glycaemic control is not always optimal. This international study aims to compare glycaemic control among people with type 1 diabetes using data from regional and national registries. The results will inform future studies to improve glycaemic control.

Childhood Obesity

Our BLISS study is a baby-led approach to introducing solids that bypasses purees and introduces whole foods right from the start of complementary feeding.



We are following 100 families who are using this approach, compared with 100 families using traditional spoon-fed purees.

Sticking to a healthy diet

The SWIFT (Support strategies for Whole-food diets, Intermittent Fasting, and Training) study tests 5 different ways of helping 250 overweight people make improvements to their diet and activity levels that they can stick to. We know that a range of acceptable dietary patterns exist - we want to determine how we can best help people to adhere to good dietary changes long-term.

