

Peer Support Across Cultural, National and Organizational Settings: Common Functions and Setting-Specific Features

JADE AND PEARL IN HONG KONG

Hairong Nan with *Ko G, So W, Tong P, Ma R, Kong A, Wong R, Nan H, Chan J*

THE AUSTRALASIAN PEERS FOR PROGRESS DIABETES PROGRAM

Brian Oldenburg with *P, Riddell M, Renwick C, Audehm R, Absetz P, Zaini A, Dunbar J*

PEER SUPPORT FOR ADULTS WITH DIABETES IN RURAL UGANDA

Linda Baumann with *Nakwagala F, Nambuya A*

GENERALIZABLE FUNCTIONS OF PEER SUPPORT AND LOCAL TAILORING OF PEER SUPPORT INTERVENTIONS

Renée Boothroyd with *Fisher E*

The age adjusted relative risk ratios [for social isolation] are stronger than the relative risks for all cause mortality reported for cigarette smoking.

House, Landis & Umberson
Science, 1988 241: 543

Importance of Ongoing Follow Up and Support in Diabetes Self Management

Review of effects of self management on metabolic control

(Norris et al., *Diabetes Care* 2002 25: 1159-1171.)

- Only predictor of success: ***Length of time over which contact was maintained***

Predictors of Sustained Change in Weight Loss and Smoking Cessation

- Duration of intervention/contact in weight loss
(Wing and Hill *Ann Rev Nutr* 2001 21:323-41. Wing, Tate, et al. *NEJM* 2006 355:1563-71. Wadden et al. *Obesity* 2009 17: 713-722.)
- Meta-analysis of Smoking Cessation by Kottke
(*JAMA* 1988 259: 2882-2889)
“Success was not associated with novel or unusual interventions. It was the product of personalized smoking cessation advice and assistance, repeated in different forms by several sources over the longest feasible period.”



Peers for Progress

Connections for Better Living | DIABETES

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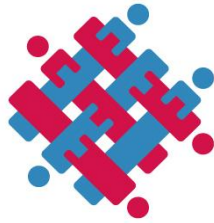
Peers for Progress

Connections for Better Living | DIABETES

- 1. Build the evidence base**
- 2. Facilitate knowledge sharing and management among peer support programs around the world – develop a shared “state of the art”**
- 3. Facilitate national and regional advocacy for peer support as routine part of health care and prevention**

Review of Peer Support

- 01/01/2000 - 12/31/2009 : cognates of “coach,” “*promotora*,” “peer support” etc.
- 47 separate studies met criteria of:
 - Provided by nonprofessional
 - Support for multiple health behaviors over time (i.e., not isolated or single behaviors)
 - Not peer implementation of class
- Preliminary outcomes:
 - Significant within- or between-group changes:
83% of all 47(39/47)
80% of 35 with objective or standardized outcomes
(28/35)



Peers for Progress

Peer Support Around the World | DIABETES

Key Challenge

**Peer Support and Diabetes Vary
Tremendously Across Cultures**

*How do we identify a global
approach?*



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Peer Support Around the World | DIABETES

What Could Be More Culturally Contingent??

Diabetes

Diet and eating patterns

Fate, life, death

Family versus individual responsibility

Social Support

E.g., eye contact:

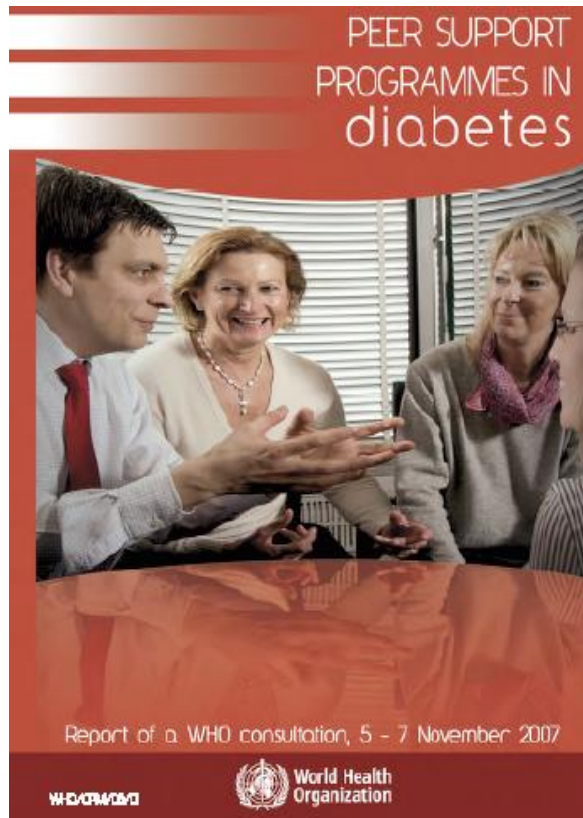
In Japan, looking in the eye is disrespectful

In Germany, *not* looking in the eye is disrespectful

Autonomy of individual versus responsibility of family, friends

Styles of support – effusive versus tacit

WHO Consultation, November, 2007



Australia	Mexico
Bangladesh	Netherlands
Bermuda	Pakistan
Brazil	Philippines
Cameroon	Saudi Arabia
Canada	Singapore
China	Switzerland (WHO)
Egypt	Turkey
Gambia	Ukraine
India	United Kingdom
Indonesia	United Republic of Tanzania
Jamaica	United States

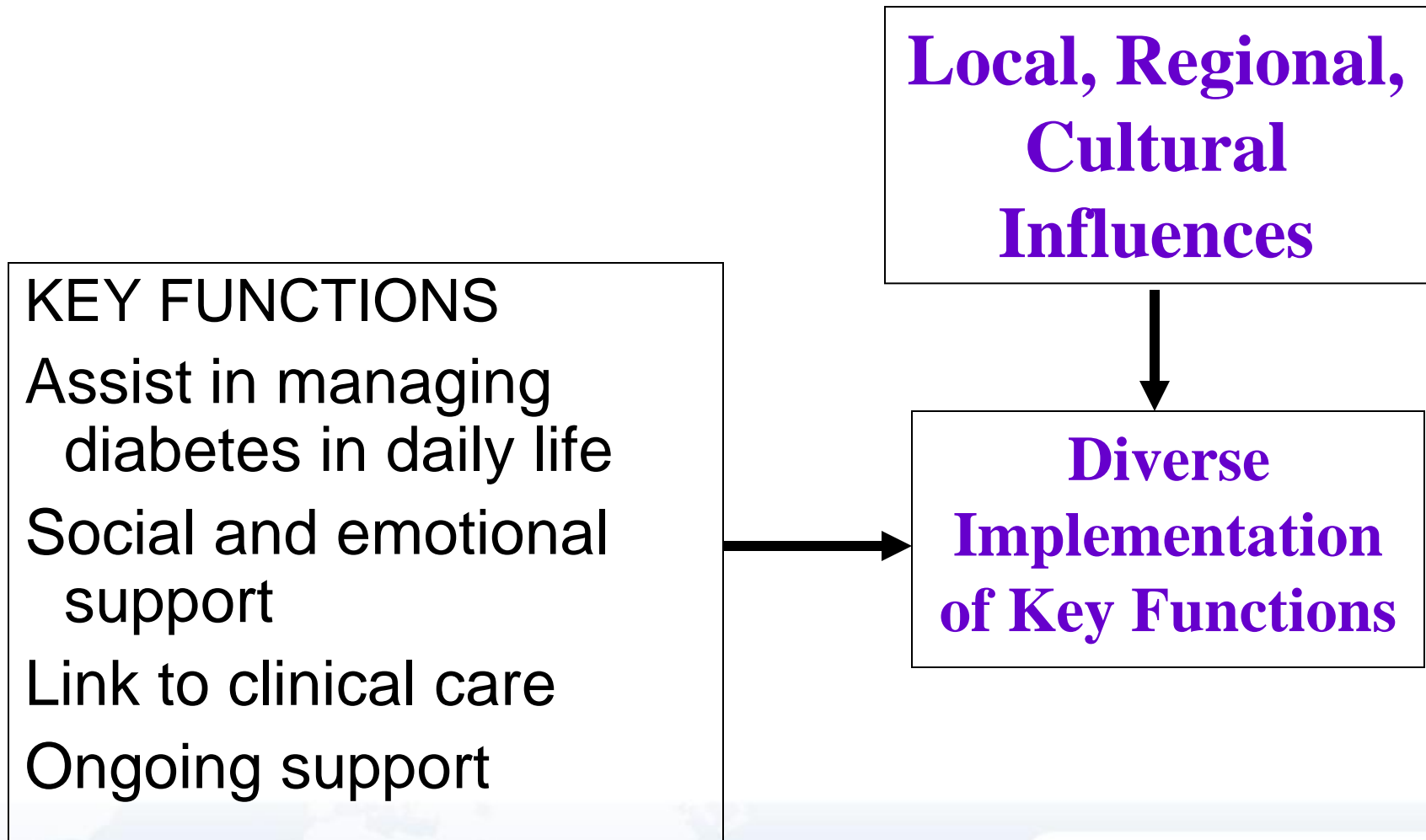
1. Key functions are global

2. How they are addressed needs to be worked out within each setting

Key Functions of Peer Support

- 1. Assistance, consultation in applying management plan in daily life**
- 2. Ongoing social and emotional support**
- 3. Linkage to/assistance in gaining access to clinical care**
- 4. Ongoing availability of support; proactive contact**

Standardization & Global Tailoring

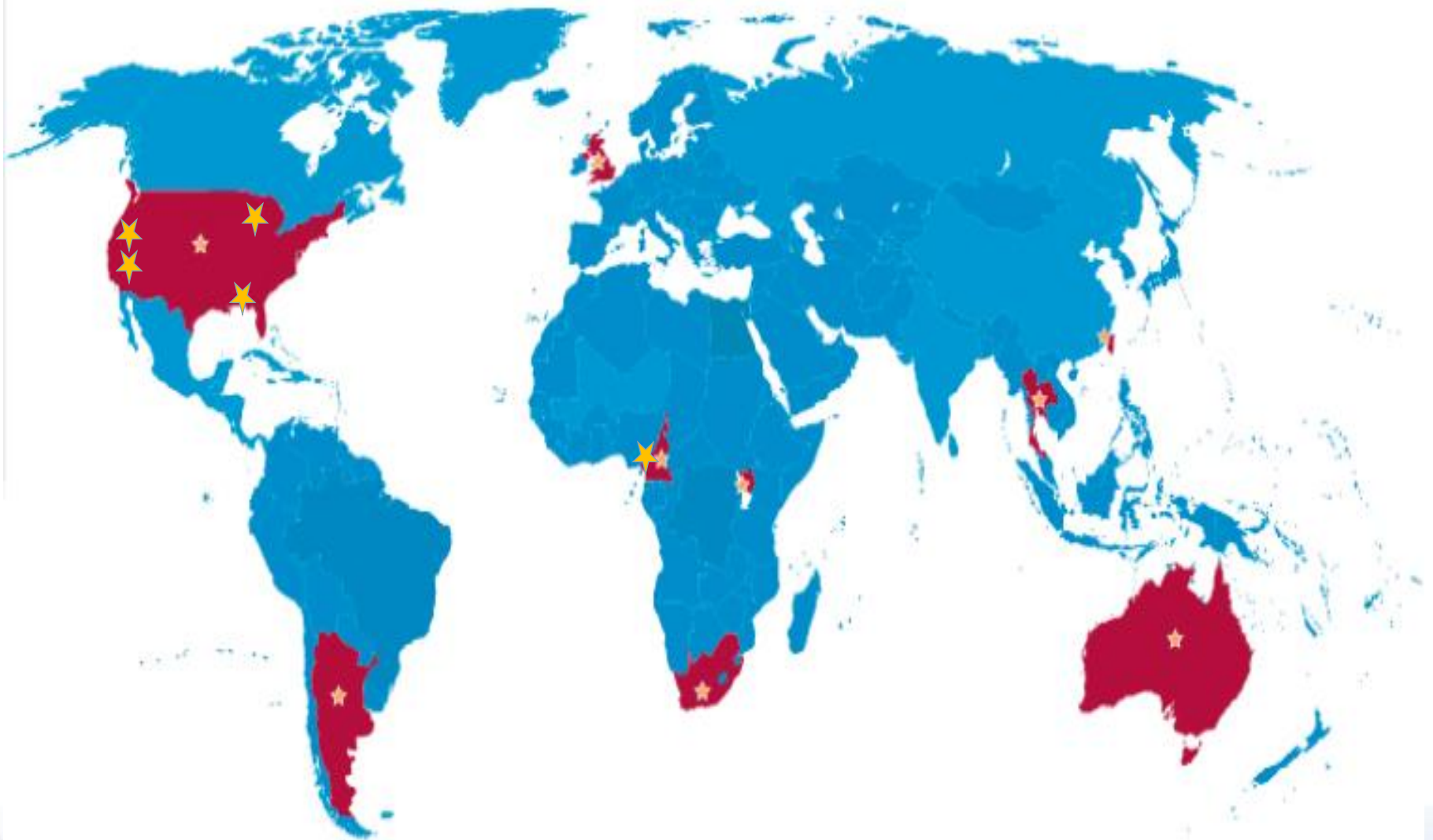


“Standardization by function, not content”

Hawe *et al.* *British Medical Journal*
328:1561-1563, 2004.

Aro *et al.* *Eur J Public Health* 18:548-549,
2008

14 Projects of Peers for Progress



Peer Support in Health Promotion: Information Exchange

**Midday Discussion - Saturday, 7 August,
2010 - 1:15 PM – 2:15 PM**

**Conference Theatre, Lagoon Level (1B)
1:15 PM – 2:15 PM**