Sub-Saharan Africa (SSA) faces an epidemic of type 2 diabetes mellitus (T2D) and obesity. At the same time, these conditions are several times more common in SSA migrant populations in Europe than in both, their African peers and European populations. In Europe, T2D strikes minority populations earlier, and causes more complications and a higher mortality.

The reasons are only poorly understood, but may involve migration-related changes in lifestyle and diet, genetic predisposition as well as peculiarities in perception and practises. RODAM (Risk of Obesity & Diabetes among African Migrants) is a collaborative project with 8 partners from 3 European and 2 African countries which addresses these fundamental health issues among a homogeneous, and one of the largest SSA migrant groups in Europe (i.e. Ghanaians). The project aims at studying the complex interplay between environment, healthcare, biochemical and (epi)genetic factors in T2D and obesity among SSA migrants, at providing a basis for improving diagnosis and treatment, and at identifying specific risk factors to guide intervention and prevention. In a multi-centre study, adult Ghanaians will be recruited in rural and urban Ghana, Germany, the Netherlands, and the UK. The differences in prevalence rates within Ghana on the one hand, and three European countries on the other, will allow us to unravel environmental and (epi)genetic factors in relation to T2D and obesity.
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