**Thesis or internship at Wageningen University & Amsterdam UMC**

Start date: from february 2022

**Title: The role of the environment in effectiveness of the SLIMMER lifestyle intervention**

**Background**

SLIMMER is a registered Combined Lifestyle Intervention (CLI). The intervention has been proven to be effective in reducing weight and glycemic markers in people with high risk of developing type 2 diabetes (prediabetes). Lifestyle intervention focused on an individual’s behavior change, while the living environment can play a role as well in determining lifestyle behaviours. In the context of CLI, we hypothesize that supportive environments can enhance participants’ behavior change.

**Aim**

The aim of this study is to investigate whether the effectiveness of the SLIMMER intervention in reducing glycemic markers and weight is modified by residential neighborhood characteristics, such as the food environment, green space, walkability and neighborhood SES.

**Plan**

We will use data from the SLIMMER effectiveness trial. The trial started in 2010-2011 and has a follow-up after 12 and 18 months. Both time points will be used to investigate effect modification by neighborhood characteristics. The information on neighborhood characteristics will be linked to the participants based on their 6-digit postal codes at baseline. All data are available and ready to be linked.

**We are looking for**

A MSc student that takes an interest in epidemiology, data analyses, public health and health promotion, and is available for 6 months.

**More information**

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