

# SAMRC **PRESIDENT AND CEO**

## LECTURE BY PROFESSOR NUALA MCGRATH

**Diabetes Together: a couples-focused intervention to support self-management of Type 2 diabetes in South Africa**

**Dear Colleagues,**

The SAMRC President and CEO, Professor Ntobeko Ntusi, invites you to the SAMRC President and CEO Lecture where he will be hosting Professor Nuala McGrath, a Professor of Epidemiology and Sexual Health at the University of Southampton, UK and a Global Health professor from the National Institute for Health and Care Research (NIHR), UK.

Professor McGrath will give a talk titled: "Diabetes Together: a couples-focused intervention to support self-management of Type 2 diabetes in South Africa".

The details of the event are as follows:

**Venue:** SAMRC Conference Centre

**Time:** 13h00

**Date:** Wednesday, 20 November 2024

[Click here](#) to join the meeting remotely

Postdoctoral students and early career scientists based in Cape Town with an interest in couples-focused health and NCDs are invited to meet with Prof. McGrath after her lecture. Please [RSVP HERE](#)

### SPEAKER

**Professor Nuala McGrath** Epidemiology and Sexual Health

*Professor Nuala McGrath is Professor of Epidemiology and Sexual Health at the University of Southampton, UK and, holds a Global Health professorship from the National Institute for Health and Care Research (NIHR), UK.*

*Professor McGrath has more than 30 years of experience in HIV surveillance, treatment and prevention studies and intervention trials in sub-Saharan Africa. She is an Honorary Professor at the School of Nursing and Public Health, University of KwaZulu-Natal, and part of the Faculty of the Africa Health Research Institute, KwaZulu-Natal.*

*Professor McGrath received her undergraduate degree in Mathematics, Statistics and Operational Research (University of Exeter, UK); a Masters in Biometry (University of Reading, UK); and a Doctorate in Infectious Disease Epidemiology (Harvard School of Public Health, USA). She was a Wellcome Trust Research Career Development Fellow (2008-2015), has lived in the USA, Tanzania, Uganda, Malawi, and South Africa, and has previously held Honorary appointments with the Human Sciences Research Council, South Africa, and University College London, UK.*

*In partnership with Prof. Naomi Levitt and the Chronic Disease Initiative for Africa (CDIA) Group at the University of Cape Town, Professor McGrath has developed a couples focused intervention to support Type-2 diabetes self-management. In the presentation, she will share how they developed the intervention, findings and the teams' plans for evaluation.*

