

OPTIMA Project

A Success Story of Africa-Europe Research Collaboration in Personalised Medicine



Overview

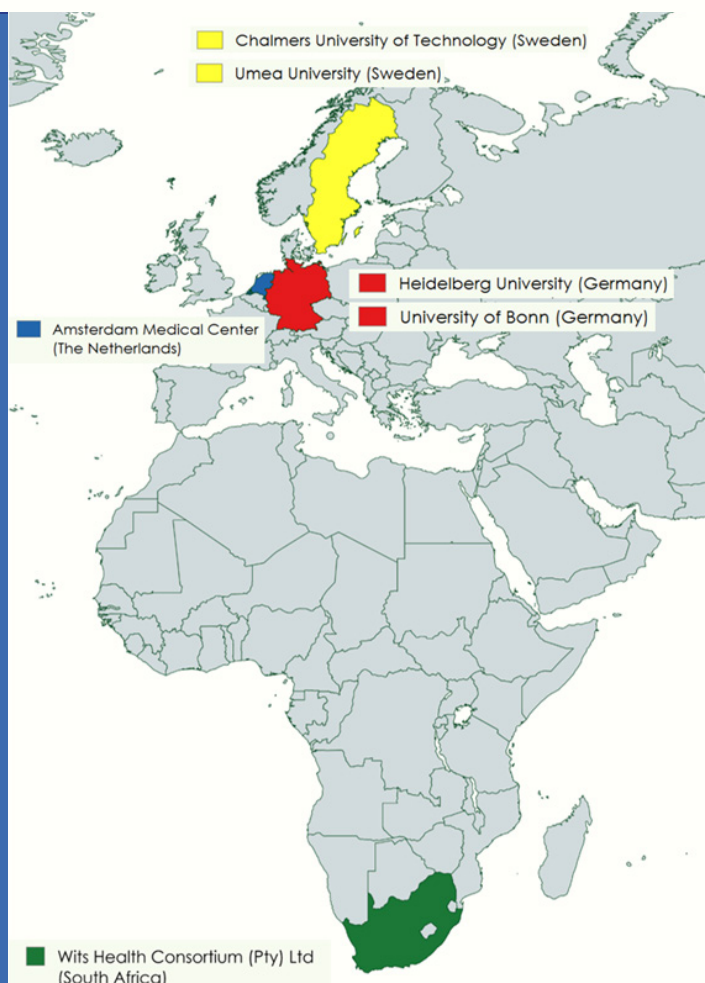
The OPTIMA project- *Omics Approach for Personalised Prevention of Type 2 Diabetes Mellitus for African and European Populations* - is at the forefront of innovative research aimed at improving the personalised prevention of type 2 diabetes (T2D).

This collaboration unites experts from South Africa, Sweden, Germany, and the Netherlands to develop culturally tailored interventions, focusing on both European and sub-Saharan African communities.

OPTIMA aims to establish ethnic- and sex-specific biomarkers linked to dietary patterns, creating culturally adapted prototypes for T2D prevention.

Funding

Funded by ERA PerMed's 5th Joint Transnational Call 2022, this project received €952,033 within a total budget of €1,252,297.



Highlights of the Africa-Europe Collaboration

- While much existing research in Personalised Medicine has concentrated on European populations, OPTIMA addresses a critical gap in T2D prevention and establishes a model for future Africa-Europe collaboration in this field.
- It provides a unique opportunity to identify and validate metabolites and proteins through prospective studies of incident T2D in two African cohorts (South Africa and Ghana) and one European cohort (Sweden).
- This project will assess the cost-effectiveness of dietary interventions, evaluate perceptions regarding early T2D detection, and willingness to engage in targeted nutritional strategies.
- This initiative is particularly important given the rising incidence of T2D globally. The outcomes will inform future interventions for T2D prevention, enhancing public health initiatives in both African and European contexts.
- This collaboration highlights the importance of equity in health resources for historically underserved populations. A key strength of the OPTIMA project is the diverse resources, expertise, and perspectives contributed by the European and African teams.

Learn more about the OPTIMA story here: <https://shorturl.at/erMja>



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