



This is the 1st WARU Newsletter. WARU was launched in March 2017 to facilitate health and well-being related research within the University by fostering relationships with the local community and providing a facility to meet with members of the public and enable them to contribute to the research process. There has been much research activity since the launch and many projects have started to improve health and well-being in the community.



Stress Coping Strategies

Juggling the varied responsibilities of being a university student can, at times, make it seem like one's goals are threatened. This is stressful; effective coping strategies are essential for one's university 'career' to be satisfying and productive. Here in WARU, Drs Simon Payne and Dave Whitworth are qualitatively investigating the experiences of stress and coping of university students - from both student and staff perspectives - and their data will inform institutional policy, student support provision, and the effectiveness of personal tutors as the 'first line of defence' against the harm that stress often causes.



Promoting healthy lifestyles for older people.

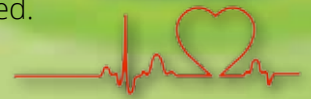


Preparations are underway for several projects in 2018 specifically aimed at the older population in Ceredigion. Activities focus on assessments around daily functioning (balance, strength, walking, dexterity, memory, vision, etc.) and how to improve your functional ability. In 2017, we are recruiting participants to evaluate these type of assessments (you'll get a report of your results), to then be used in the 2018 project as the basis of a personalised intervention. Another project will be done jointly with Age Cymru Ceredigion on how to promote healthy lifestyles and raise awareness of the importance of being active, at any stage of your life.

If you're interested in taking part, please contact Dr Marco Arkesteijn (maa36@aber.ac.uk or 01970 628559).

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We have limited spaces left on the **MWH@Home** research project. This study aims to develop new methods to monitor 'wellness' and eating habits over a year using 'smart' devices in the home. Please contact us if you are interested.



Targeting Pre-diabetes Through Primary Care

Pre-diabetes is defined as a higher than normal blood glucose concentration and is associated with an increased risk of developing diabetes.

It is estimated that over half a million people in Wales could have pre-diabetes and that within 12 months 5 – 10% will develop diabetes while a similar percentage will return to normal blood glucose levels. In 2015, the North Ceredigion GP Cluster initiated a pre-diabetes intervention that targeted patient education and lifestyle modification.

Research student Nicholas Gregory and his supervisor Dr Rhys Thatcher have been working with the GP Cluster to evaluate the effectiveness of the intervention.

One year after the intervention started 44 of the 130 patients who had pre-diabetes had regained normal glucose control. The study is still ongoing but the data are extremely supportive of early identification of, and, educational intervention for delaying the development of type II diabetes.





Dyma Newyddlen gyntaf WARU. Lansiodd WARU ym mis Mawrth 2017 i hwyluso ymchwil i iechyd a lles yn y Brifysgol drwy feithrin perthynas â'r gymuned leol a darparu cyfleuster i gwrdd â'r cyhoedd a rhoi cyfle iddynt i gyfrannu at y broses ymchwil. Cafwyd llawer o weithgarwch ymchwil ers lansio'r uned ac mae nifer o brosiectau eisoes wedi dechrau gwella iechyd a lles yn y gymuned.



Strategaethau i ymdopi â straen

Gall ceisio cadw'r ddysgl yn wastad rhwng gwahanol gyfrifoldebau bod yn fyfyrwr prifysgol weithiau wneud i chi deimlo'i bod yn anodd i chi gyrraedd eich nod. Mae hyn yn achosi cryn dipyn o straen, ac mae strategaethau ymdopi effeithiol yn hanfodol er mwyn cael 'gyrfa' brifysgol gynhyrchiol sy'n rhoi boddhad i chi. Yma yn WARU, Mae Dr Simon Payne a Dr Dave Whitworth yn cynnal ymchwil ansoddol i brofiadau myfyrwyr prifysgol o straen ac ymdopi – o safbwynt y myfyrwyr a'r staff – a bydd eu data'n llywio polisi'r sefydliad, darpariaeth cymorth i fyfyrwyr, ac effeithiolrwydd tiwtoriaid personol fel 'rhwyng flaen' yn erbyn y niwed y gall straen yn aml ei achosi.



Hybu ffyrdd iach o fyw i bobl hŷn



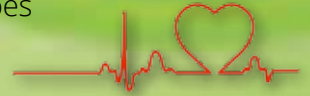
Mae paratodau ar y gweill ar gyfer sawl prosiect yn 2018 yn benodol ar gyfer poblogaeth hŷn Ceredigion. Mae'r gweithgareddau'n canolbwyntio ar asesu gweithgareddau dydd i ddydd (cydbwysedd, cryfder, cerdded, dehurwydd, cof, golwg ac ati) a sut i wella eich gallu gweithredol.

Yn 2017, rydym yn recriwtio pobl i werthuso'r mathau hyn o asesiadau (cewch adroddiad ar eich canlyniadau, a fydd yn cael eu defnyddio ym mhrosiect 2018 yn sail i ymyriadau wedi'u teilwra. Cynhelir prosiect arall ar y cyd ag Age Cymru Ceredigion ynghylch sut i hybu ffyrdd iach o fyw a chodi ymwybyddiaeth o bwysigrwydd ymarfer corff, beth bynnag fo'ch oedran.

Os oes gennych ddiddordeb mewn cymryd rhan, cysylltwch â Dr Marco Arkesteijn (maa36@aber.ac.uk neu 01970 628559).

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Mae nifer gyfyngedig o leoedd ar ôl ar brosiect ymchwil **MWH@Home**. Nod yr astudiaeth hon yw datblygu ffyrdd newydd o fonitro lles ac arferion bwyta dros gyfnod o flwyddyn gan ddefnyddio dyfeisiau 'clyfar' yn y cartref. Cysylltwch â ni os oes gennych ddiddordeb.



Targedu Cyn-diabetes drwy Ofal Sylfaenol

Diffinnir cyn-diabetes fel crynodiad uwch nag arfer o glwcos yn y gwaed ac mae'n gysylltiedig â risg uwch o ddatblygu diabetes.

Amcangyfrifir y gallai dros hanner miliwn o bobl yng Nghymru fod â chyflwr cyn-diabetes ac y bydd 5–10% o bobl, ymhen 12 mis, yn datblygu diabetes ac y bydd y glwcos yn ngwaed canran debyg o bobl yn mynd yn ôl i lefelau normal. Yn 2015, cychwynnodd Clwstwr Meddygon Teulu Gogledd Ceredigion ymyriad cyn-diabetes i dargedu addysg i gleifion ac addasiadau i ffordd o fyw.

Mae'r myfyrwr ymchwil Nicholas Gregory a'i oruchwyliwr Dr Rhys Thatcher wedi bod yn gweithio gyda'r Clwstwr Meddygon Teulu i bwysu a mesur pa mor effeithiol yw'r ymyriad. Flwyddyn ar ôl i'r ymyriad gychwyn roedd lefelau glwcos 44 o'r 130 o gleifion a chanddynt gyflwr cyn-diabetes wedi cyrraedd lefelau normal eto. Mae'r astudiaeth yn dal i fynd rhagddi ond mae'r data'n gefnogol iawn o ran adnabod yn gynnar ac ymyriadau addysgol er mwyn arafu datblygiad diabetes math II.

