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TITLE

Nigerian athletes and diabetes: an awakening

Ebubechukwu Obi

Boot Resources Limited, Rd 10 No24 Upper
North, T/Ekulu, Enugu, Nigeria

Researches have shown that diabetes (type 1) can occur instantaneously at any of the stages in human development. Generally, type 2 diabetes is associated with obesity and mainly manifests during middle age, or from 40, and above. In the recent past, largely due to globalization, sufferers of diabetes seem to cut across cultures. In Nigeria for instance, there is surge in population of the middle class families. This can be traced to the economic boom and education, associated with the country's return to democracy, in the late 1990s. A large percentage of this group live in the cities and prefer having small families, a sharp contrast of the typical traditional African family, which their parents represented. Regrettably due to lack of awareness of the details about the disease, especially in Africa and other developing countries, many sudden deaths involving active athletes are ignorantly attributed to Witchcraft by unsuspecting rival or fellow competitor. Example (celebrated case in Nigeria of the late Sam Okwaraji, Nigerian international soccer star who collapsed and died on the field in a world cup qualifier against Angola in Lagos, 12th of August, 1989). There have been other sudden collapses and deaths of athletes who were less in popularity, especially in the local scene. Some faint and are presumed to be as a result of exhaustion during long distance walk or juggling, organized by charity groups occasionally. Presently in Nigeria, the disease is seen as the disease of the wealthy, or associated with the rich, or upper class families in the society only. There total lack of awareness of the disease influence on sports performance. The congress will empower me to champion the course of bringing to notice/knowledge, the information about diabetes with great regard to professional and upcoming athletes, to policy makers in Nigeria, in order to carry out more extensive researches on diabetes and athletes in Nigeria.

Biography

Ebubchukwu obi is a Psychologist (sports). He attended Enugu State University of Science and Technology, Enugu, Nigeria. He is the CEO of Boot Resources Nigeria Limited, a sports and management company in Enugu, Nigeria. His survey in sustainable sports development in Nigeria, in 2007/08, led to the establishment of the first ever sports college in Nigeria, by the Enugu Catholic Diocese (on going), August 2010. He is also the contributor; Youth and Sports, and Youth and Crime. To the National Youth Policy Review in Nigeria, in October, 2008.