

# 9<sup>th</sup> Diabetologists Conference

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## Obesity related diabetes in youth: The role of health belief modeling the promotion of healthy eating and exercising

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Type 2 Diabetes (T2D) is one of the most common chronic diseases in youth. T2D among youth is emerging as a major health concern. This study investigates the factors contributing to the disease development, severity of the disease and the benefits of and barriers to healthy eating and exercising. The review of literature of health science articles is the method used for this study. The review of literature interprets that childhood obesity; genetic factors and physical inactivity play a major role in the development of T2D. Literature review also investigates that the increased prevalence of T2D parallels the prevalence of childhood obesity. Hence the preventive measures in minimizing the T2D prevalence focus on decreasing the prevalence of risk factors like obesity and physical inactivity through health education based on health belief model. The importance of diet, activity and behavior change approach in preventing T2D among the youth is also emphasized.

### Biography

Dr Srinivasa Rao Gadala, is a Public Health Specialist, currently working as a Chief Programme Officer, National Health Mission, Telangana State, INDIA since April 2015. He is also an in-charge Joint Director for the programme of Non-Communicable Diseases for the State of Telangana, working on the health & wellness of the people of Telangana state by conducting research & evaluation studies and implementing preventive strategies to prevent cancer, stroke, and cardiovascular diseases including diabetes prevention. Dr Srinivasa Rao Gadala has done his undergraduate course of Bachelors in Medicine & Bachelors in Surgery from one of the India's top most reputed medical institutes named osmania medical college, hyderabad, Andhra Pradesh later pursued his Master's programme in Social & Preventive Medicine/Community Medicine from the same institute of osmania medical college, hyderabad, andhra pradesh. After pursuing his Masters in Community Medicine, he joined in the Department of Medical & Health in the year 2000, beginning as a Medical Officer, at Blood Bank Units, Municipal Corporation, later as an Officer on Special Duty in the Department of Medical & Health. With the background of Public Health & Community Medicine, Dr Srinivasa Rao Gadala and team is now working on implementing preventive strategies in preventing diseases both communicable & non-communicable diseases rather management/treatment of the diseases. In this process, attending the 9th Diabetologists Conference 2016 would be of a great learning exposure and a platform to learn about the various methods/strategies in preventive diseases like diabetes which is affecting even the pediatric age group apart from the elderly group.

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