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Diabetes prevention and management the perspective of physical activity, telemonitoring and cultural context

Type 2 diabetes mellitus (T2DM) and its complications represent an enormous challenge to health professionals globally. Diabetes is epidemic in several Gulf countries including UAE, where its prevalence continues to increase dramatically. Research evidence supports the widely held view that much of the current and growing disease burden associated with T2DM is due to sedentary lifestyles and dietary trends and is therefore preventable in principle. The aims and objectives are twofold. First, it provides a review of the literature supporting the level of physical activities (PA) in T2DM. Second, it provides a description of a prototype physical activity in diabetes prevention sensitive to UAE community for non diabetic subjects considering physical activity, BMI and uses of Telemonitoring for risk factors responsible of developing T2DM.

There are synergies between diabetes prevention strategies and wider public health priorities in relation to both chronic disease prevention and cultural context, but strong advocacy and Understanding of the cultural influences in prevention as it is relevant in order to effectively promote PA, if we are concerned to seize the opportunity to reverse current trends in UAE.

Key words: telemonitoring, diabetes, culture, physical activities.

Biography

Hamzeh Awad has completed his PhD at the age of 30 years from University of Munich, Germany and worked in disability, rehabilitation, diabetes and eHealth in different countries such as Germany and UK. Further he has been appointed as Assistant Prof. at King Saud University, and Research Manager at Prince Sultan Rehabilitation City, KSA. He is now Associate Prof. in Health Science at Al Khawarizmi International College (KIC), UAE. He has several publications in ISI journals and Keynote speaker in several international conferences. He has several international collaborations with different research groups. Also, he has been involved in diabetes research for 10 years and leading Physical therapy work in Diabetes in Middle East.

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