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Successful physical activity (PA) program for patients with type 2 diabetes (T2DM) in the “skills for change” intervention study in Al Ain City, United Arab Emirates

Platat Carine
UAE University, UAE

Type 2 Diabetes Mellitus (T2DM) is a major worldwide public health concern and remains a heavy burden for the countries. If a regular practice of physical activity (PA) is recognized as a promising therapeutic strategy for T2DM, the efficiency of the implemented PA programs remains discussed and no study including a culturally adapted PA program has been so far conducted in the UAE.

A one-year, community-based, randomized prospective study involving 382 Emirati adults with T2DM from seven ambulatory healthcare centers in Al Ain was conducted to enhance OA practice in this population. Centers were randomly assigned to intervention or control groups. The study was completed in November 2013. PA (IPAQ short version) was assessed at baseline and at the end of the study.

The PA program included: 1) individual counseling, 2) weekly group sessions supervised by trained nurses, 3) a DVD to reproduce PA sessions at home. Data were analyzed by using ANOVA. Data are available for 382 participants, 219 control and 163 intervention (53.81±0.49 years old; 75.65% female). At baseline, in average, participants were reporting a low level of PA, with no vigorous PA and a long sitting time.

At the end, whereas the control became even more sedentary, the practice of moderate PA was improved and sitting time was reduced in intervention. After 1 year, this culturally-adapted PA program was able to efficiently promote PA among T2DM Emirati adults. This program represents one successful strategy which could be implemented at a larger scale to promote PA among Emirati diabetic patients. This project is supported by Sheikh Hamdan bin Rashid Al Maktoum Award for Medical Sciences, MRG/04/09-10.

Biography

Carine Platat completed her PhD in 2005 in the field of nutrition, physical activity and metabolic syndrome. She has been working as assistant then associate professor at UAE University since 2008. She has been involved in different projects related to diabetes and physical activity. She is also conducting researches related to polyphenols, oxidative stress and nutrition-related diseases including diabetes and cancer. She has published more than 20 papers in reputed journals and is serving as an editorial board member.

platatcarine@uaeu.ac.ae

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