

# **Health Promotion: Physical Training for People who suffer from Diabetes Mellitus**

## **Introduction**

Inaktivität is a mayor problem in all age classes, especially in elderly people, who often suffer from chronic diseases. A lack of physical activity and physical fitness is a strong correlated factor in worsenig of individual life conditions, well beeing and doing activities of daily life. A poor level of different physical funktions show strict corralations to expectancy of life.

Important clinical parameters are positive influenced by physical training. Hämeoglobin, blood pressuere in rest and exertion, cardio-vascular funktion and many others can be influendec by activity. As we know, physical activity can be disposed in endurance and strength training. Endurance training is differented in moderate and hight intensity training. A distinction in strength training is drawn between high resistance – low repetition, and low resistance - high repetition training regimes.

It can be taken for sure, that the right ammount of physical training leads to better conditions in activity of daily lifes and to an longer lifespan.

The realisation in practise could be hardly never done, because there is less communication and cooperation between “clinical knowlege” and “sportsiene in exercise”.

Eldery, inactive people and patients suffering from chronic diseases receive most benefit by doing there exercise training

- under best conditions and observation
- in their familiar surrounding
- all-seasons.

This project utilises the hight sopisticated knowledge and methods in physical training and the resulting positiv effects for people`s health. People normally could not get in touch with these results of research and development.

## **The Beginning**

Throught cooperation between the national federal ministry of health and the SPORTUNION Österreich the programm “Zielgerichtete Bewegung bei Diabetes Mellitus” was started in September 2006. The program is in progress at 18 centers in Austria.

The goal of the program ist to bring more physical activity in the daily life of persons who suffer from diabetes mellitus.

## **Enrollment**

The program cooperates with hospitals (for example department of internal medicine) and resident doctors. Diabetes training is also a good place to promote the program. Moreover we keep in contact with regional self-help groups, pharmacies and newspapers. Internet becomes a mayer role in enrollment.

## **The Program**

At firs people have to contact their medical treatment to get the admission to take part in the program. For 8 weeks people can take an active part in the programm. Twice a week they train their cardiovascular system and their muscle strength. During this period they learn how to manage a physical training program on their own. They also get in touch with regional

experts who offer “sports programs.” This periode is free of charge. 3.500 persons will take part in the program from March 2007 – Dezember 2009.

### **Evaluation**

Participants should fill a questionnaire at the beginning of the program and after 8 weeks. They also get questionnaires after 6 and 12 months.

### **Future objective**

We will describe evidence based guidlines for physical activity and physical training for people who suffer on diabetes. We plan to start many new groups in cooperation with the austrian disease management program.

### **Contact**

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