

Role of physical activity and nutrition in controlling type 2 diabetes mellitus-2007

Seyyednozadi, M.^a, Shakeri, M.T.^b, Rajabian, R.^c, Vafaei, A.^d

^a Department of Community Medicine

^b Department of Biostatistics

^c Department of Endocrine Diseases

^d Department of Health and Management, Mashhad University of Medical Sciences, Mashhad, Iran

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Abstract

This interventional study was designed to evaluate the role of recommended physical activity and diet in control of type 2 diabetes in order to choose an appropriate strategy for controlling diabetes according to condition of our community. This study carried out in a time-period between 2006-2007 and study's community of this research was Persian Diabetes Clinic and Khorasan Diabetes Research Center: Mashhad, Khorasan Razavi. In this community based interventional study diabetic patients (type 2) with informed consent allocated randomized in one of the following groups, recommended physical activity, recommended both physical activity and diet, control group and laboratory test included: FBS, HbA1c and urinalysis before intervention and 3 months after intervention. Results were compared in four groups. Data were collected by a designed questionnaire and analyzed by SPSS 11.5 software. Comparison of 4 groups showed recommended physical activity has significant effect in decreasing FBS, HbA1c and HbA1c ($p < 0.001$) Whereas the recommended diet led to merely significant decreasing in FBS ($p = 0.002$). Diabetic patients who were recommended for both physical activity and diet have improved variables but they are not significant although they have decreased the weight and drug ($p < 0.001$). It is considerable that in controlling group variables a significant increase in the drug usage is recommended ($p = 0.001$). The result of the study show that simple and practical appropriate diet and physical activity is effective in control of diabetes. We suggest further consideration regarding this subject. © 2008 Asian Network for Scientific Information.

Reaxys Database Information

Author keywords

Control of diabetes; Diet; Physical activity

Indexed Keywords

EMTREE drug terms: hemoglobin A1c

EMTREE medical terms: adult; aged; alternative medicine; article; controlled study; diabetes control; diet therapy; dietary intake; glucose blood level; human; intervention study; laboratory test; major clinical study; non insulin dependent diabetes mellitus; nutritional status; physical activity; postprandial state; treatment response

Chemicals and CAS Registry Numbers: hemoglobin A1c, 62072-11-7

ISSN: 17273048 **Source Type:** Journal **Original language:** English

DOI: 10.3923/jbs.2008.794.798 **Document Type:** Article