

FOR IMMEDIATE RELEASE

Alberta Centre for Active Living Funds Diabetes Research Project

EDMONTON, AB, February 22, 2005—The Alberta Centre for Active Living recently provided one-time seed funding for an important Alberta research project.

Prescribing Physical Activity for People with Diabetes

The link between physical inactivity and Type 2 diabetes is well known. What's more, the therapeutic value of physical activity for people with diabetes has been recognized for over a century.

The Canadian Diabetes Association's clinical practice guidelines suggest that people with Type 2 diabetes build up "at least 150 minutes of moderate intensity exercise each week, spread out over at least three non-consecutive days of the week." Benefits of physical activity include better glycemic control, decreased insulin resistance, an improved lipid profile, increased fitness, and weight maintenance.

Despite this link, no one really knows who is offering physical activity information to people with diabetes and what kind of information they're offering. Dr. Normand Boulé (Assistant Professor, Faculty of Physical Education and Recreation, University of Alberta) wants to "address the fundamental question of who is out there in Alberta and across Canada prescribing physical activity information and what they're prescribing."

Dr. Boulé will first survey all regional, provincial, and national organizations that work to prevent and treat diabetes to find out who within the organization promotes physical activity. Dr. Boulé will then ask these health-care professionals about the kind of physical activity information and support they offer.

The ultimate aim of this line of research is to help determine the effectiveness of making physical activity specialists part of the diabetes care team.

About the Alberta Centre for Active Living

The Alberta Centre for Active Living is a provincial non-profit research and education centre affiliated with the Faculty of Physical Education at the University of Alberta. The centre is supported by the Alberta Sport, Recreation, Parks and Wildlife Foundation, Alberta Community Development, and the University of Alberta. For more information about the centre, visit our web site at www.centre4activeliving.ca.

Contact information

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