EXERCISE: PREVENTS, TREATS, REVERSES DIABETES TYPE 2

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PROJECT METHODOLOGY

Diabetes is a global disease of considerable significance with an expected 590 million by 2023 (1). The ailments that accompany diabetes type 2 are devastating to the individuals who have it. Diabetes type 2 can be prevented, treated, and even reversed with regular exercise (2-4). A video is an effective media that can be used to educate both providers and patients about the power of exercise against diabetes type 2 (2). An outlined and storyboarded video with a compelling story and teaching has been created on the topic and is easily accessed by a simple YouTube search. An informative flyer and email with a link to the YouTube video has been created to present to providers. A questionnaire for Survey Monkey has been created for providers and patients to effectively evaluate the video after it has been viewed for continual improvement from feedback.

EXERCISE HAS BEEN SHOWN TO DECREASE:

- Diabetes type 2
- Insulin resistance
- HbA1c
- Body weight
- Waist circumference
- Body Mass Index (BMI)
- Triglycerides
- Fasting insulin
- Fasting glucose
- C-reactive proteins
- Systolic blood pressure
- Diastolic blood pressure
- Visceral adiposity index
- Fatty liver index
- LDL
- Cholesterol (5,10,11)

Exercise has been shown to increase:

- HDLs (10,11)

Effective exercise in the fight against diabetes type 2 can include a wide variety of physical activity:

- Jogging
- Walking
- Cycling
- Hiking
- Swimming
- Dancing
- Weight lifting
- Tennis
- Basketball
- Racquetball
- Soccer
- Strength training
- Aerobics (1,4,5,11)

CONCLUSIONS

In Summary, diabetes type 2 causes a myriad of adverse and damaging health problems to the mind and body of millions of people. Evidence has been found that regular exercise can prevent, treat, and even reverse diabetes type 2. A video that presents this evidence is a useful tool for providers and patients.

REFERENCES