

#### **OP27.4**

##### **Implementation of a community-based exercise program for patients with type 2 diabetes on primary care: Diabetes em Movimento® Project**

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**Background & Aim:** Portugal is one of the European countries with a higher prevalence of diabetes, around 13 % of the population. Even though physical activity is part of the type 2 diabetes treatment algorithm, the vast majority of this population does not comply with international exercise recommendations. This work aims to present the implementation protocol of Diabetes em Movimento®, a community-based exercise program for patients with type 2 diabetes, on primary care, in the city of Vila Real, Portugal.

**Methods:** A partnership between the Community Health Centre Douro I – Marão e Douro Norte, Trás-os-Montes e Alto Douro Hospital Centre, University of Trás-os-Montes e Alto Douro, Research Centre in Sports Sciences Health Sciences and Human Development, and Vila Real City Council, was established to implement a free of charge exercise program. Exercise sessions are held in cyclic seasons between October and May, in a local Sports Hall, and are supervised by sport sciences and nursing students. Each patient can engage in two or three exercise sessions per week, with 75 minutes each, in groups of 30 participants. The exercise program was prepared according to the international guidelines for physical activity to control type 2 diabetes and for the elderly population. It involves a combination of aerobic, resistance, agility, balance and flexibility exercises, within each exercise session, using low-cost material and minimum resources. High applicability exercise strategies were designed for elderly, overweight/obese, and patients with low physical fitness, taking into account the prevention of exercise-related adverse events.

**Results:** Diabetes em Movimento® is a multi-institutional and multidisciplinary community-based intervention program that has currently 100 participants with type 2 diabetes.

**Conclusions:** Community-based programs are recommended by the World Health Organization for lifestyle intervention and are cost-effective strategies to fight against physical inactivity in high-risk populations on primary care.