

Nutrition & Exercise for Type 2 Diabetes

Type 2 diabetes is by far the most common form of diabetes, affecting 85-90% of all people with diabetes and is more often diagnosed in older adults, but due to our increasing rates of obesity, we are now seeing young children developing this condition. It occurs when the body's insulin is unable to work properly (insulin resistance) or when the body cannot produce enough insulin to maintain normal blood glucose levels. The risk is higher in people who are overweight and inactive and diet and exercise are the first line of treatment and the cornerstones of managing this condition even when medication is also required.

Diabetes is the fastest growing chronic condition in Australia, with around 956,000 of us having been diagnosed with type 2 diabetes and another 2 million estimated to have pre-diabetes. Fitness professionals are therefore very likely to be working with these individuals, and understanding their condition and the role of lifestyle changes is important. It is also essential to have a good knowledge of the appropriate exercise prescription for people with type 2 diabetes and possible contraindications and precautions when training these individuals.

This course explores the following topics:

- ▲ What is type 2 diabetes?
- ▲ Symptoms and diagnosis of type 2 diabetes
- ▲ Management of type 2 diabetes
- ▲ Dietary recommendations for type 2 diabetes
- ▲ Benefits of exercise in type 2 diabetes
- ▲ Exercise recommendations for people with type 2 diabetes
- ▲ Exercise precautions and contraindications with type 2 diabetes

Upon successful completion, course participants will:

- ▲ Understand the pathophysiology of type 2 diabetes
- ▲ Be familiar with the common symptoms of type 2 diabetes
- ▲ Understand the key aspects of the management of type 2 diabetes
- ▲ Be familiar with the dietary recommendations for type 2 diabetes
- ▲ Understand the benefits of exercise for those with type 2 diabetes
- ▲ Understand the current exercise recommendations for people with type 2 diabetes
- ▲ Be familiar with the symptoms and treatment of hypoglycaemia
- ▲ Be aware of precautions and contraindications for exercise for those with type 2 diabetes

Course creator bio: Kate is an Advanced Accredited Practicing Dietitian and Credentialed Diabetes Educator, with a Masters of Nutrition and Dietetics, a PhD in nutrition from the University of Sydney and a Graduate Certificate in Diabetes Education and Management from the University of Technology, Sydney. She works in private practice in Sydney and has a particular interest in diabetes. Kate is co-convenor of the DAA National Diabetes Interest Group, a board member of Diabetes Counselling Online, and a member of the Diabetes Australia Medical Education and Scientific Advisory Council (MESAC), the Australian Diabetes Educators Association (ADEA) Clinical Practice Committee and the Type 1 Diabetes Network Expert Advisory Board. She is also an editorial board member for Diabetes Management Journal, a member of the magazine editorial advisory group for the Australian Diabetes Educators Association and a regular contributor to Diabetic Living Magazine.

