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894 - IMPLEMENTATION AND SCALE-UP OF "DIABETES EM MOVIMENTO": INSIGHTS FROM 2024/2025 SEASON

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Resumen

Background/Objectives: Physical activity is a cornerstone of type 2 diabetes (T2D) management. Despite all the scientific guidelines and clinical recommendations most Portuguese T2D patients remain insufficiently inactive. To tackle this public health problem the Portuguese Directorate-General of Health coordinates the implementation and scale-up of “Diabetes em Movimento” - a community-based exercise program for patients with T2D. This work aimed to analyse the 2024/2025 season of the program.

Methods: “Diabetes em Movimento” is a multi-institutional, multidisciplinary, and multicomponent program delivered in ninémonth cycles (October to June), with three weekly exercise sessions (Mondays, Wednesdays, and Fridays), each lasting 90 minutes. The sessions are conducted in groups (20 to 30 participants) in a sports hall and are led by exercise professionals and nurses. High-applicability exercise strategies are used, developed with minimal and low-cost material resources. In addition to the exercise sessions, the program currently includes health education sessions on key topics for the prevention of the main comorbidities related with diabetes. All the activities are free-of-charge.

Resultados: During season 2024/2025 the program was implemented in 52 Portuguese municipalities (Almada, Amarante, Angra do Heroísmo, Armamar, Arouca, Barcelos, Beja, Braga, Castelo de Paiva, Celorico da Beira, Covilhã, Esposende, Felgueiras, Figueira de Castelo Rodrigo, Fornos de Algodres, Gouveia, Horta, Lagos, Lamego,

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Lousada, Marco de Canaveses, Marinha Grande, Moimenta da Beira, Murça, Odivelas, Oliveira de Azeméis, Paços de Ferreira, Paredes, Penafiel, Ponta Delgada, Portimão, Póvoa de Varzim, Praia da Vitória, Rio Maior, Santo Tirso, São João da Madeira, São João da Pesqueira, Seia, Sines, Tabuaço, Tarouca, Tavira, Tondela, Trofa, Valpaços, Viana do Castelo, Vila do Conde, Vila Franca de Xira, Vila Nova de Gaia, Vila Pouca de Aguiar, Vila Real, e Vila Real de Santo António) engaging a total of 1247 participants in 55 exercise groups, 5531 exercise sessions and 611 health education sessions. We recorded a growth of 24% in the number of municipalities and a 26% increase in the number of participants compared with the 2023/2024 season.

Conclusions/Recommendations: Although the important growth of the program, Portugal has 308 municipalities and around one million people living with T2D. Despite central coordination, the program is implemented at community level by local organizations which means that stronger advocacy efforts are required to engage community stakeholders and decision-makers.

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