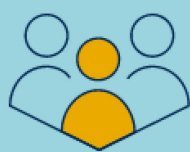


# Exercise and Diabetes

BY NAWAR ATTAL



**23.3% of 65+** with diabetes in West Virginia exercise.

**76.7 of 65+** with no diabetes in West Virginia do exercise



**88 million Americans** 18+ were pre-diabetic in 2015  
(Randal & Donley, 2021)

**Exercise improves quality of life**

Type 2 diabetes patient report feeling better after an exercise program  
(Baptista et al., 2017)



**Exercise improve** hip balance in older adults.

(Morrison et al., 2018)

**Exercise lowers risk of falling for those with type 2 diabetes**

Reaction time improves by more than 30 milliseconds  
(Morrison et al., 2018)



**Individual with diabetes** exercise less compared to healthy individuals

**Glucose control improves with exercise**

Physically active older adults show improved glucose clearance from their blood stream.  
(Chang et al., 2021)

