**Title**: Diabetes and Exercise Comparison of Two Similar States

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**Purpose**: Physical activity is significantly lower in older individuals compared to younger individuals in Appalachia (Hoogland, 2020). Studies have shown exercise could lower the chances of Type 2 diabetes by more than 50% (Gautier, 2010). This study examines an association between diabetes and exercise by comparing West Virginia (WV) and Idaho.

**Methods**: Data from the 2017 BRFSS was used to conduct a cross-tabulation to examine the relation between diabetes and exercise of adults ages 65+ in rural states WV and Idaho.

**Results**: In WV 26.4% have diabetes with 62.9% of the individuals who exercise χ2 (1,N=1865)=13.02, p<*0.001*. 18.7% of Idaho’s individuals have diabetes and 72.1% of the individual’s exercise χ2 (1, N=1585)=16.85, p<*0.0001*).

**Discussion**: WV had higher rates of diabetes and lower rates of exercise by 9.2% compared to Idaho; although, types of exercise and diabetes were not specified within the BRFSS. It would be beneficial to examine different types of exercise and their effects on both types of diabetes.