



# Will Bi-Monthly Telephone Contact Help Motivation and Compliance To Improve Exercise Regimen in Obese Type 2 diabetes?

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## PROBLEM

- Type 2 diabetes is a chronic health condition
- Type 2 diabetes can be controlled by:
  - Losing Weight
  - Healthy Diet
  - Exercise/Physical Activity
  - Medication
- 20 to 30 minutes of exercise/physical activity every 48 hours can help in the control of type 2 diabetes

## PURPOSE

To identify if bi-monthly telephone contact will help motivate obese individuals who have type 2 diabetes to be more compliant with an exercise regimen.

Research has shown that physical activity is a key factor in the prevention and management of type 2 diabetes, but many who have the disease remain relatively inactive.

Recent studies now show that type 2 diabetics who participate in regular physical activity have improved glucose control and can even prevent or delay type 2 diabetes.

Physical activity also can favorably impact lipids, blood pressure, cardiovascular events, mortality, and quality of life (Colberg et al., (2010).



## INTERVENTIONS

- Pilot study consisted of bi-monthly (twice monthly) telephone contact with type 2 diabetics who are obese.
- Sample size = 20 individuals (2 males and 18 females) ranging 19 to 78 years of age.
- Initial telephone contact included an introduction from the investigator, a brief overview of the study, and a pre-participation questionnaire. Additionally, goal-setting, potential barriers, and problem-solving related to an exercise regimen were discussed.
- A verbal commitment to strive to participate in physical activity/exercise every two days for at least twenty minutes was obtained with the initial phone conversation.
- The investigator provided motivation and support to assist the participant in receiving optimal benefits.

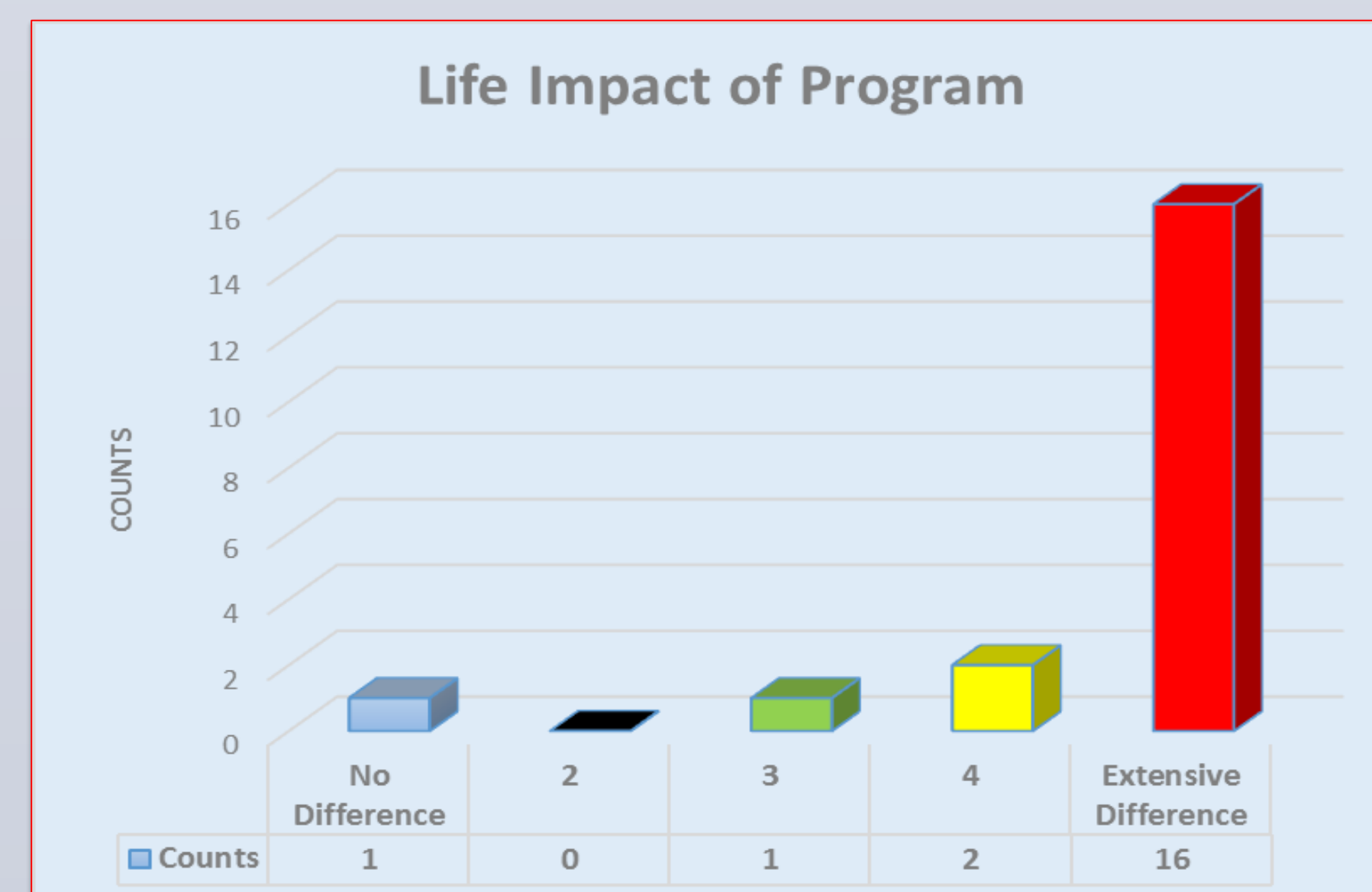
## OUTCOMES

- Data from 20 participants were reviewed and analyzed.
- A majority reported better blood glucose readings during the study.
- A majority reported an increase from sedentary to light physical activity/exercise.
- One participant reported an increase from sedentary to moderate physical activity/exercise.
- Overwhelming number of participants stated that the study made an extensive positive difference in their lifestyle.

### Comments from a Post-Participation Questionnaire include:

- Helped me to understand how exercise can improve my health. The encouragement was wonderful and I enjoyed the conversation.
- Diet is much better and my triglycerides have improved. I am walking the track more often now. A1C is 5.8
- Trying to walk more often when the weather permits. I do feel better when I walk more.
- I walk outside a few days a week when the weather is nice for about 15 to 30 minutes. My A1C is down to 6.0 now.
- This study has been more of an inspiration than anything.
- Got me to be more involved in exercise and thinking about my health and physical activity.

- 1 = no difference
- 2 = slight difference
- 3 = moderate difference
- 4 = great difference
- 5 = extensive difference



## CONCLUSIONS

Based on the reviews of this pilot study the evidence supports that motivation, compliance, and exercise regimens will improve through bi-monthly telephone contact with obese type 2 diabetics.



## RECOMMENDATIONS

### Intervention Period

- It is reasonable to accept that any future study would produce significantly greater outcomes if the intervention period were during the spring or summer season.

### Participant Limitations

- Small sample size and primarily female
- Some participants could not participate effectively due to physical status

