

## **PHYSICAL ACTIVITY, PSYCHOLOGICAL STATUS AND NUTRITIONAL ASSESSMENTS IN DIABETIC II PATIENTS IN NORTH WEST OF MOROCCO**

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In Morocco, as in the rest of the world, diabetes represents a major challenge for public health authorities, given the growing share of this disease and its complications in the future years. A balanced diet and a regular and moderate physical activity is recommended for people with this disease. This practice would help to achieve the primary goal of treatment: preventing or delaying microvascular and macrovascular complications. However, diabetics are more likely to develop psychological problems compared to people without diabetes, which poses a new challenge. Using a broad vision of several aspects of diabetes management, the first part of this research was to identify and evaluate the different axes of management (dietary habits, physical activity, etc.), this assessment allowed us to reveal the various limits to the improvement of the quality of life of these diabetics. In the light of these results, two interventions were carried out: a nutritional educational intervention to compare the strategy of collective nutrition education used in health centers and another personalized approach, personalized education impact significantly more positively the patient's glycemic profile. The second intervention concerned a new aspect, which is the psychology of the diabetic patient, and the impact of a psychologist's psychological focus on the glycemic profile and self-perception, the results of this latter study was very satisfactory because there was a direct correlation between the improvement in self-esteem and the balance of the patient's glycemic profile. Glycemic indicators and diabetic status were improved by the different interventions. This integrated approach need to be implement at large scale in national health strategy.

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