

Changing lifestyles for diabetes prevention.

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Editorial

Diabetes is a global health problem among population worldwide. Known risk factors and related causes are genetic and health behaviors. Many research evidences show that we can prevent diabetes manifestations by modifying eating behavior and doing regular exercise. However, most of individual cannot overcome their unhealthy habits. Therefore, more attention should be considered to promote changing lifestyles for achieving goal of diabetes prevention.

There are two essential strategies to prevent diabetes: healthy eating and regular exercise. Health literacy is important to practice healthy eating behavior. Health care providers and associated person should be focused on promoting individual health literacy across life span. Family members and all individuals should be educated about unhealthy eating and advised to have healthier dietary behaviors. Unhealthy eating behaviors include over eating, consumption of high sugar, transfat and animal fat. Therefore, health policy related to consumption control of variety products contained high sugar, transfat and animal fat should be initiated and promoted worldwide. Nowadays, many forms of sweetened drinks, bakery and proceeded foods containing high fructose corn syrup are favored among students and official personnel. Moreover, food containing advanced glycation end products (AGEs) should be explored and published worldwide. It's time to control and stop these situations in order to protect optimal health among population worldwide. On the other hand, healthier eating behaviors should be clearly educated for all individuals. Complex carbohydrate, low glycemic index or glycemic load choices, and low AGEs diet should be promoted.

Lastly, motivation to do regular exercise should be promoted in all institutions and workplaces. FITTE should be considered to plan daily exercise. Firstly, frequently is appropriate number of exercise sessions per week. It should be 3-5 times weekly. Not more than two days that you can have no exercise activity. At least 150 minutes exercise per week is recommended for all across life span. Intensity of each exercise is considered depends on their health status and tolerance. Moderate intensity exercise is effective to prevent diabetes. The best time to do exercise is in the morning. It is good to burn your extra calories and stimulate basal metabolic rate. Both aerobic exercises and resistance training should be practiced. These are some recommended types of exercise: brisk walking, using stairs, treadmill, stationary bike, weight train and some kind of sports. Tai chi and yoga exercise is currently practice. It is beneficial in stretching of muscle and relaxing your mind. Warm up and cool down is also recommended before and after doing regular exercise. Lastly, every exercise activities should bring your enjoyment. Additionally, using music can enhance funning during exercise session. Therefore, modern dance is favor among teen and adults. Every type of exercise and physical activities can increase cellular glucose uptake and respiration. It can decrease insulin resistance and increase insulin sensitivity.

In conclusion, all individual should be educated and advised to raise their awareness about diabetes risk and promote engagement to modify healthy behaviors. As a result, health literacy and diabetes prevention could be achieved worldwide.

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