

Research Update: New Position Statement for Type 2 Diabetes

December 2010 saw the publication of a Joint Position Statement on Exercise and Type 2 Diabetes from the American College of Sports Medicine and the American Diabetes Association. The statement focuses on adults with Type 2 Diabetes Mellitus (T2DM) and recommends a combination of aerobic and resistance training, as both improve insulin action, blood glucose control, and fat oxidation and storage in muscle.

The new statement includes recommendations that individuals with T2DM should engage in at least 150 mins of aerobic exercise per week. This should be at moderate intensity, or higher, and should be performed over at least three days. Because of the transient nature of exercise-induced improvements in insulin action, the authors recommend no more than two consecutive days between bouts of aerobic exercise. Resistance training should be performed on at least two days of the week, ideally three, according to the statement.

The authors also note that increased levels of physical activity and physical fitness can reduce symptoms of depression and improve health-related quality of life amongst people with T2DM.

Medicine & Science in Sports & Exercise. 42(12):2282-2303, December 2010

Research Update: Relevant Primary Care Interventions to prevent Falls in Older Adults

A team of researchers in Philadelphia and Portland, USA, have carried out a Systematic Review into relevant primary care interventions to prevent falls amongst community-dwelling older adults. The team of researchers found 61 items of published research which were of suitable quality to be included in their review.

Two interventions were found to be particularly effective – exercise and vitamin D supplementation. Across the studies which used exercise as an intervention, pooled results showed that participation in an exercise programme reduced people's risk of falling by 13%. Where older adults took vitamin D supplements, their risk of falling was reduced by 17%. The review team were not able to find statistically significant data once the results of multifactorial interventions were pooled, however they commented that they do seem to be effective in reducing falling. This systematic evidence review was carried out for the US Preventive Services Task Force.

Annals of Internal Medicine, December 20, 2010 vol. 153 no. 12 815-825

Opportunities with Vida Wellness

We have some very exciting plans to expand our Strong Foundations classes in 2011. This will be a fantastic opportunity to be part of a fast-growing national wellness brand for older adults. We are looking for highly qualified exercise professionals with experience of leading group exercise classes with active older adults. This is a great chance to become a member of the Vida Wellness team and help us grow our nationally-recognised Strong Foundations programme.

Further details will be released to all Network members as soon as possible. In the meantime please contact Claudine (details below) to register your interest. Make sure to tell your friends and colleagues to join the Vida Network (free to join online at www.vidanetwork.co.uk) if they want to know more about these exciting plans....

****Are you a highly qualified exercise professional, with experience of leading group exercise classes with active older adults AND based in or near to South West London? ****

We have immediate opportunities in the Wimbledon area – please contact Claudine Aherne for more information: claudine@vidawellness.co.uk or call 0333 1234 334 (local-rate).

Save the date! Active Ageing Seminar - June 22nd, 2011

We are very pleased to announce that this year our Active Ageing Seminar will be held on June 22nd. This event, organised in partnership with the BHF National Centre and ICAA, will be held at Woburn House Conference Centre, London. Following the success of the 2010 Seminar and based on requests from Network members, we will be holding a full day event this year – so save the date in your diaries and look out for more details – coming soon!

Living Well with Dementia: New Online Resources

The "Living well with dementia" article series by Bob Laventure and Claudine Aherne was originally published in the Journal on Active Aging and is now available to read on the Vida Network website. Go to www.vidanetwork.co.uk and click on the 'resources' tab to see all three articles.



Report: Active Ageing Events 2010

One of the most exciting developments of 2010 was the pilot of Active Ageing Events in the UK. The BHF National Centre, in partnership with the Department of Work and Pensions (DWP), developed a series of resources to assist professionals in raising the public profile of active ageing by organising local events and activities. These were distributed and publicised as part of the DWP's Full of Life programme, launched on Older People's Day, October 1st.

It is estimated that some 3,000 events were organised in 2010 and hopes are high that the physical activity theme will remain in place for 2011.

You can download the Active Ageing Events resources for free from www.active-ageing-events.org.uk

The BHFNC will be holding two seminars in February 2011, where you can hear examples of best practices and learning from this year's events, and start planning for 2011 events. The seminars will be held in Loughborough (Feb 21st) and London (Feb 22nd) - see www.bhfactive.org.uk for further details.

With our very best wishes for 2011!

Vida Wellness: 0333 1234 334 (local-rate)

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