

DIATLÉTIC: 1ST EDITION OF THE SPANISH HALF MARATHON CHAMPIONSHIP FOR ATHLETES WITH DIABETES.

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Objective:

DIATLÉTIC is a team of athletes with diabetes founded by Fundación para la Diabetes and whose principal aims are:

- To promote balanced forms of physical exercise.
- To declare, as a statement of principle, that no person should abstain from doing sports simply because they have diabetes.
- To foster experience exchanges among athletes with diabetes.
- To do away with the idea that risk of severe hypoglycemia is a valid pretext in excluding people from specific jobs.

Method:

Fundación para la Diabetes has sponsored participation by athletes with diabetes in the Granollers Half Marathon from 2006 to 2009.

Sponsorship comprises: covering registration fees, providing special assistance at supply points throughout the race, and offering Diatlético runners food and lodging, once the race is over.

Results:

DIATLÉTIC Team athlete involvement in the Granollers Half Marathon has increased consistently, from 14 runners in 2006 to 35 in 2009.

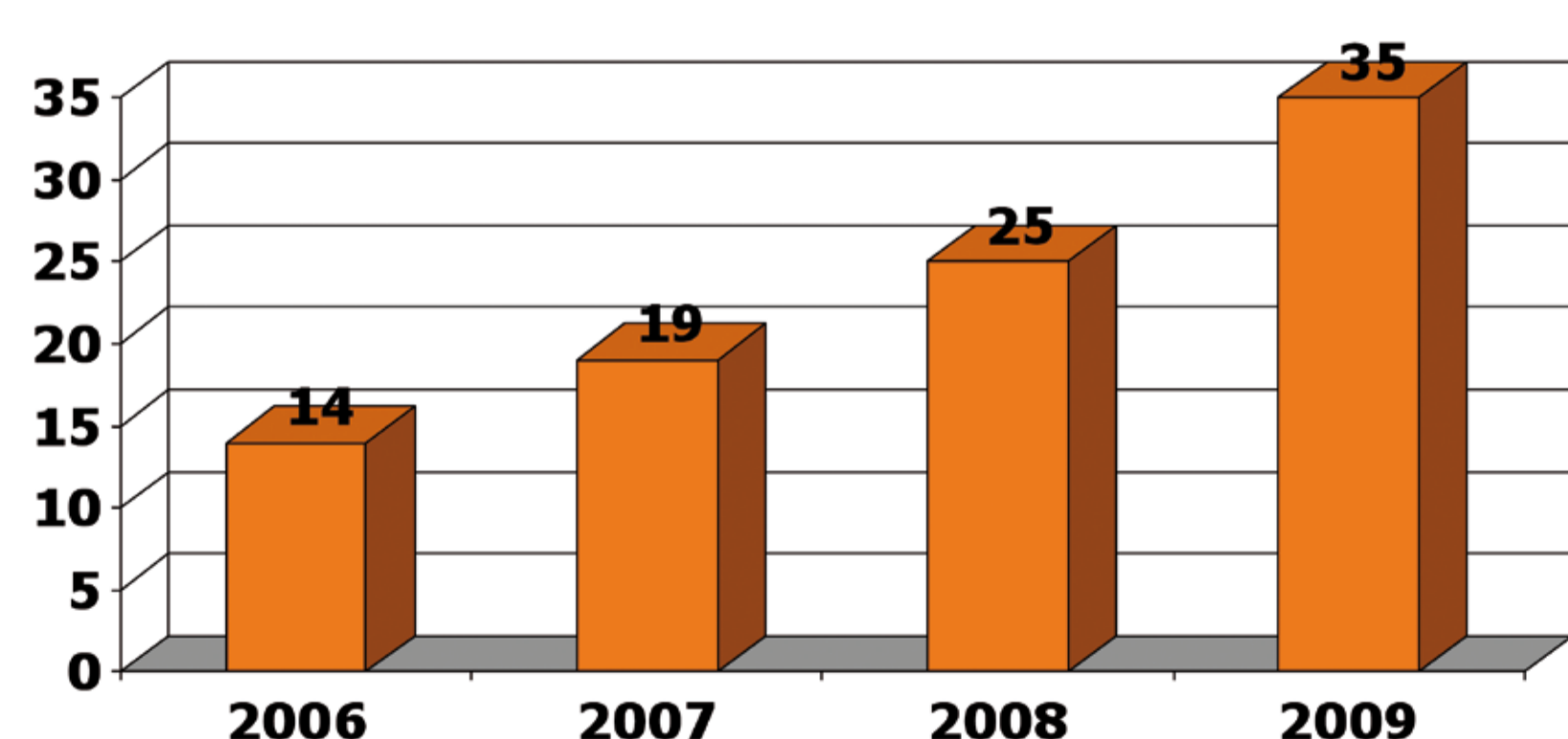
In all, 93 athletes with diabetes have taken part, over the 1,962 km. and 4 editions of the race: 86 men and 7 women.

Average runner age was 37 (24-54), while mean evolution time for diabetes is 12 years (12-41).

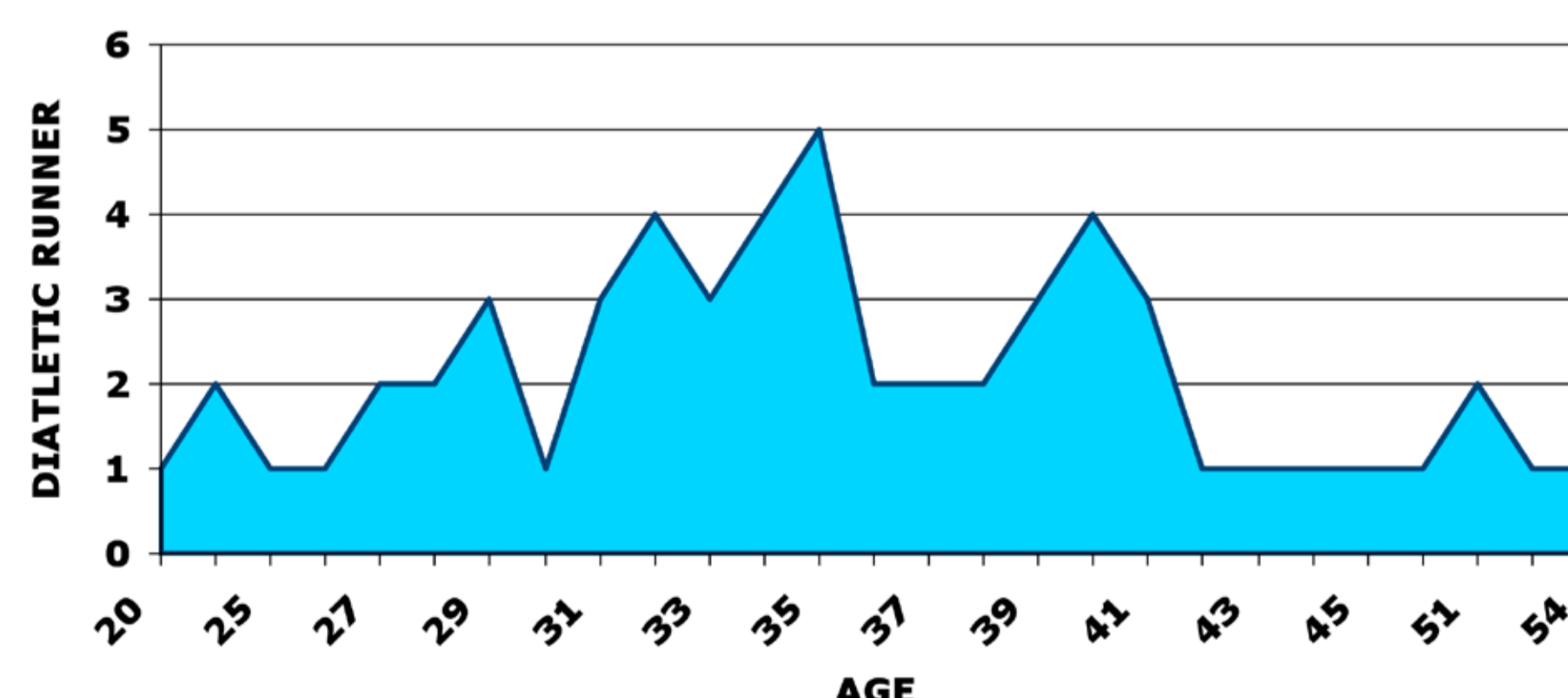
No severe hypoglycemic or ketoacidosis episodes were recorded.

2009 marked the first edition of the Spanish DIATLÉTIC Championship. The first of the 35 participants to cross the finish line did so in 1 hour and 17 minutes.

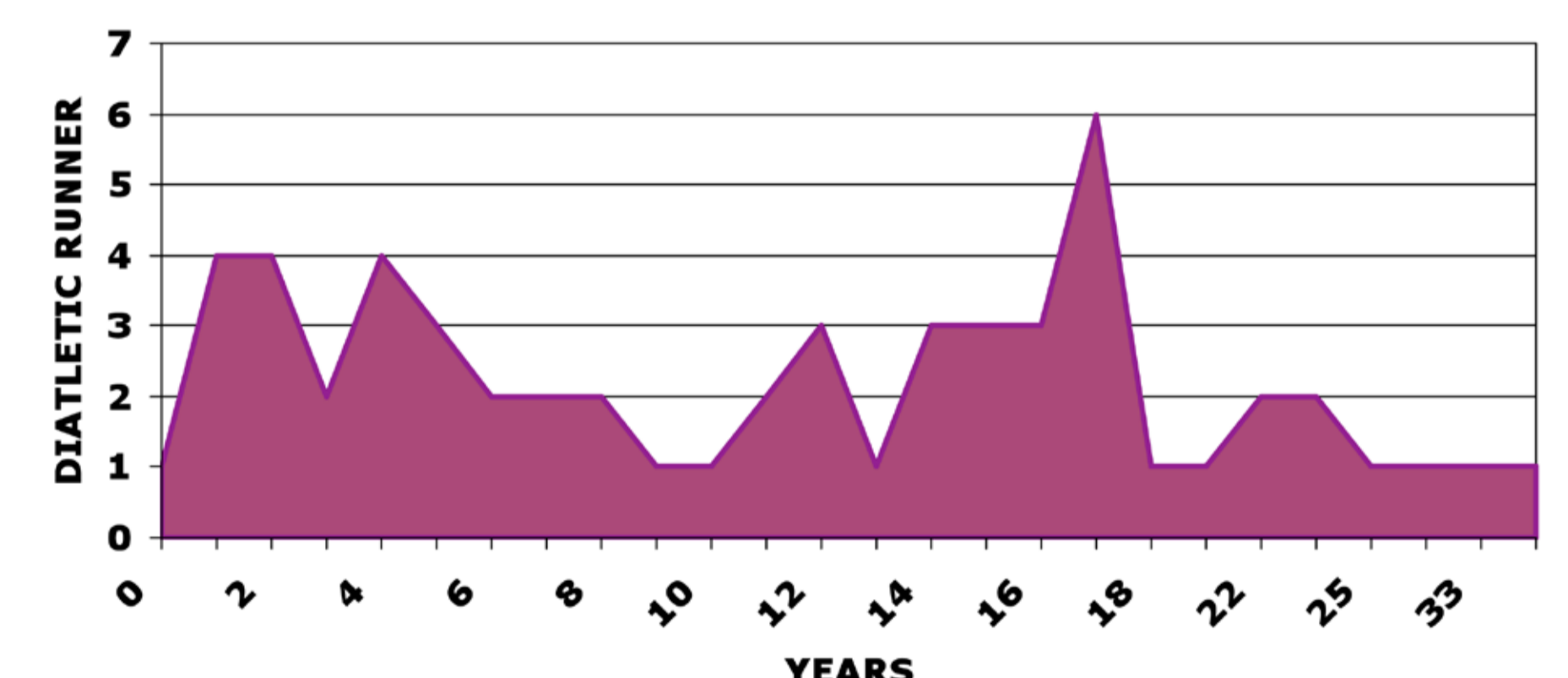
DIATLÉTIC PARTICIPATION IN HALF MARATHONS



DIATLÉTIC RUNNER AGE



DIATLÉTIC EVOLUTION TIME FOR DIABETES



Conclusions:

Though sport, generally, represents a challenge both for young DM1 patients and for the healthcare professionals who treat them, there are ways to make it safe, so long as motivated experts can provide people with the necessary level of information and training, and by introducing both adjusted pharmacological treatment and carbohydrate intake.

In addition to the direct physical and psychological benefits such sporting activities can bring, they also serve to change the negative perception of diabetics as people with limitations.

Sponsored by:

