



## Other Abstracts

# Run for Fitness and Prevention of Diabetes Programme: Healthy Run

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### Introduction:

Against the upsurging prevalence of diabetes and other lifestyle related endocrine and metabolic disorders, Diabetes Hongkong (DHK) started the DHK Healthy Run in 2005 with the purpose to promote regular exercise as an important means for prevention and management of diabetes. The number of runners is increasing over the years, and the challenges of the event have been raised by extending the route from 8 km to 10 km. Besides the 10-km event for individual runners, the 3x1 km Boys' and 3x1 km Girls' team relays are organized for secondary school students with the purpose to encourage regular exercise in teenagers. In addition, a 5-km run was also introduced in 2008 for runners with diabetes.

### Purpose of the Project:

The purpose of this project was to promote regular exercise as an important means for prevention and management of diabetes and to provide an opportunity for runners to work out their self-challenging power and stress.

### Material & Methods:

The project is a successful collaboration between DHK and various bodies, including government departments, hospitals, voluntary groups, non-governmental organizations (NGOs), schools, etc. For example, the recruitment for the 3x1 km School Team Relays, 5-km and 10-km runs was through DHK website, secondary schools, running clubs, NGOs, hospitals and clinics. A pre-event introductory exercise talk was given to help new runners with diabetes to start running for exercise regimen. On-site health information desks and physiotherapy counters provided free consultation services for runners to reiterate the benefits of regular exercise (especially in blood glucose control) and to promote other physical activities organized by DHK (e.g. Yoga, Tai Chi Classes). The increase in the number of runners is used as an indicator to reflect the effectiveness of the project (i.e., the promotion of public awareness about the importance of regular exercise).

### Results:

Year	Total Runners	Category							
		10km				*5km For DHK members with diabetes		3x1 km School Team Relay	
		Men Open	Men Senoir	Women Open	Women Senior	Men Open	Girl Open	Boys	Girls
2005	67 (8km)	38	15	10	4	/	/	/	/
2006	212	71	83	33	25	/	/	/	/
2007	427	125	157	38	32	/	/	45	30
2008	667	173	275	80	62	7	7	33	30
2009	1,111	302	445	138	131	11	9	45	30

### Conclusions:

Significant increase in the number of runners in different categories each year is observed and the public awareness towards the importance of regular exercise has been raised.