



SPH SEMINAR SERIES

Assessing and Improving Health in Type 2 Diabetes with Wearable Monitors

**Jennifer Blankenship, University of
Massachusetts**

The prevalence of diabetes is widespread and a major public health concern. Physical activity is a key to preventing diabetes related complications (e.g. cardiovascular disease, neuropathy) by improving risk factors including blood pressure and daily glycemia. Acute bouts of exercise and chronic training result in a glucose lowering effect, however, the dose response relationship between a bout of physical activity and blood glucose is not well defined. Recent laboratory evidence suggests there are benefits to spreading physical activity over the course of the day by interrupting sedentary time with short bouts of light physical activity. However, there are limited data available that have investigated the effect of breaks from sitting in the free-living environment. This seminar will discuss how we can utilize wearable monitors (e.g. continuous glucose monitors and physical activity monitors) to understand the glucose lowering effects of physical activity in individuals with type 2 diabetes outside of the laboratory. Recent evidence from laboratory and free-living environment studies will be presented to compare the glycemic impact of traditional continuous exercise and short physical activity breaks from sitting in type 2 diabetes.

Date: Tuesday 6th June
Time: 1-2pm
Room: 113
Location: Public Health Building, Herston

