

**FORM FOR TABLING A QUESTION FOR
WRITTEN ANSWER (Rule 130)**

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Priority question



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SUBJECT: Physical activity and diabetes
(please specify)

TEXT:

Research has shown that physical activity/sports is extremely effective in the prevention of diabetes. It is also one of the pillars for the treatment of the disease by enabling body cells to utilize glucose more effectively. This reduces the need for pharmacological treatment, helps to control body weight and drastically diminishes the risk of developing cardiovascular complications which are the most common cause of death for patients with diabetes.

Hence, additional physical activities amongst diabetic patients has the potential to drastically change the EU diabetes landscape by reducing mortality, decreasing expenditure and in general improve the overall wellbeing of diabetic patients and their families.

Tailored EU and national measures are needed to encourage diabetic patients to upscale their physical activity. Secondly, guidelines must be developed for diabetic patients to support them in doing more extreme sports such as hiking at high altitude.

1. What actions the EC is going to undertake to maximize extensive benefits of physical activity for diabetes patients?
2. Will the EC, in coordination with the Member States, be willing to use the EU Public Health Programme, Horizon 2020 and/or the structural funds to promote physical activity among diabetic patients and secondly, help filling the many knowledge "gaps" in this area?

Signature(s):

Date: 01.06.2016

[Handwritten signatures: Jarosław Wałęsa, Hannu Takkula, Marc Tarabella, and others]