

## **Workshop. Diabetes and physical activity in childhood and adolescence**

In addition to insulin therapy, diet and education, regular physical activity is usually considered to play a key role in the management of children and adolescents with type 1 diabetes mellitus (T1DM). It improves insulin sensitivity, increases glucose utilization, reduces cardiovascular risk factors, and helps to prevent obesity.

Despite these benefits, it is still nowadays easy to find in some parents and paediatricians a trend to feel negatively toward physical activity and to discourage children and adolescents with T1DM from participating in sports and games. This attitude might be related to the lack of evidence-based recommendations for preventing acute metabolic derangements during exercise.

It was time to promote a workshop on physical activity in children and adolescents with diabetes, addressed to the Italian paediatricians experienced on T1DM diabetes management in order to discuss how to involve children and adolescents in exercising and to highlight evidence-based recommendations for minimizing the risk of hypoglycaemia during exercise.

The meeting could have not been organized in a better place, Coverciano, technical headquarter of the Italian football association, situated in the hills above Florence. The invited speakers are opinion leaders in the field and were asked to introduce personal studies on the response of blood glucose levels to exercise and on a safe participation in physical activity.

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Guest Editors:

**Francesco Chiarelli,**

University of Chieti, Italy

**Francesco Prisco,**

2<sup>nd</sup> University of Naples, Italy

**Maurizio Vanelli,**

University of Parma, Italy