

## Y.C. Poster Displays: All inclusive public health

### The Physical activity behaviour of vulnerable diabetic migrants: the role of juridical status

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#### Background

About 20% of the risk for type 2 diabetes (DM) is attributable to low level of physical activity (PA). There is evidence on socioeconomic disparities in PA. Despite the increase in incidence and prevalence of DM in migrants there is a lack of information about their attention to PA. Our aim was to assess

level of PA in diabetic migrants and to study the factors involved in the PA choice.

#### Methods

A survey among patients followed by an outpatient "open access" clinic for deprived urban population in Rome was conducted. Socio demographic data and information on awareness of disease, healthcare utilization and lifestyle had been collected through a semi-structured questionnaire administered to all diabetic patients visited the clinic between April and October 2014. Descriptive and Univariable statistics ( $P < .05$ ) were used to assess the association between socio-demographics characteristics and the level of PA.

#### Results

A total of 67 diabetic patients with a mean age of 50.5(SD 9.9) were included in the study. Among them, 44.8%(30) came from Indian-Subcontinent and 36.4%(24) were undocumented. Only one fifth of them knew about DM as a chronic condition. For 37.3% (25) lifestyle is the main cause for developing DM and 67.2% (45) had knowledge about long-term complications.

The majority of patients (80.6%) reported a moderate intensity PA. According to our preliminary results, the level of PA is higher among extra EU-documented EU migrants ( $p < 0.05$ ) compared with undocumented ones. No association was detected between PA and having knowledge about complications, educational level and time from the diagnosis.

**Conclusion**

The promotion of PA is one of the component of public health work, according to our finding, a particular attention to vulnerable groups is needed. This preliminary results enforce the importance to analyse the impact of all polices on migrant health in order to identify comprehensive strategies to promote the adoption of healthy lifestyle.

**Key messages**

- This is a contribution to the international scientific debate on disparities and chronic diseases among migrant vulnerable population
- It provides a methodology useful for planning and organizing services for migrants with diabetes