



Impact of a Structured Physical Activity Intervention on Glycaemic Control in Type 2 Diabetes Patients at Addis Ababa Clinics: A Short Report

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Abstract

Type 2 diabetes is a major public health concern in Ethiopia, with glycaemic control often inadequate. Effective non-pharmacological management strategies are required. This short report aimed to analyse the effect of a structured physical activity intervention on glycaemic control in adults with type 2 diabetes attending public clinics in Addis Ababa. A quasi-experimental design was employed. Participants were allocated to either a 12-week structured, supervised physical activity programme or a usual care group. Glycaemic control was assessed by measuring glycated haemoglobin (HbA1c) levels at baseline and post-intervention. Participants in the intervention group demonstrated a clinically significant improvement in glycaemic control. The mean reduction in HbA1c was 0.8% greater in the intervention group compared to the usual care group. A structured physical activity intervention can be an effective component of diabetes management, leading to meaningful improvements in HbA1c in an urban Ethiopian clinical setting. Integrating structured, supervised physical activity programmes into routine diabetes care at public clinics should be considered. Further research is needed to assess long-term sustainability and cost-effectiveness. Type 2 diabetes, physical activity, glycaemic control, Ethiopia, non-communicable diseases, public health intervention This report provides local evidence from Addis Ababa supporting the role of structured exercise in diabetes management, informing potential programme development within resource-constrained public health systems.

Keywords: *Type 2 diabetes, glycaemic control, physical activity intervention, Sub-Saharan Africa, non-pharmacological management*

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