

**Question for written answer E-004587/2016
to the Commission**

Rule 130

Bogdan Brunon Wenta (PPE), Santiago Fisas Ayxelà (PPE), Jarosław Wałęsa (PPE), Hannu Takkula (ALDE), Marc Tarabella (S&D), Therese Comodini Cachia (PPE) and Theodoros Zagorakis (PPE)

Subject: Physical activity and diabetes

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, as it enables body cells to utilise 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 activity amongst diabetic patients has the potential to drastically change the EU diabetes landscape by reducing mortality, decreasing expenditure and generally improving the overall well-being of diabetic patients and their families.

Tailored EU and national measures are needed to encourage diabetic patients to increase 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 action is the Commission going to take to maximise the extensive benefits of physical activity for diabetes patients?
2. Would the Commission, 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, to help fill in the many knowledge gaps in this area?