Type 2 diabetes mellitus (DM2) is more common in Black and Hispanic adults. Physical activity (PA) and reduced sedentary lifestyle are suggested to positively benefit the health of individuals with DM2.

A study on mobile physical activity tracking by Wu et al. (2023) in American College of Sports Medicine Journal indicated that regular PA led to an overall reduction in HbA1c by 9.5%.

Impact of PA on HbA1c level, which is the measure of average blood sugar levels, over 3 months:
- 17 Black and Hispanic adults in Greater Hartford, Connecticut
- Mean age 56 years
- Pre- and post-intervention: Jan 2018 to Dec 2020
- Measurement of HbA1c levels
- Daily PA using Fitbit (high, moderate, low)

Increase in daily PA time over 3 months:
- Moderate-intensity PA = 15.8 to 20.8 minutes
- High-intensity PA = 12.1 to 15.2 minutes

An increase of 7 minutes of total moderate-/high-intensity PA was associated with approximately 10% reduction in HbA1c levels in older Black and Hispanic adults.

HbA1c Reduction in Diabetic Older Blacks and Hispanics: A Study on Mobile Physical Activity Tracking
Wu et al. (2023) | American College of Sports Medicine Journal
DOI: 10.1249/TJX.0000000000000231