

European Week of Sport 2023

3Is: Involvement, Inclusion, Innovation #BeActive

DigiCare4You is a Horizon2020 project which aims to improve the **early prevention and management of Type 2 Diabetes (T2D) and hypertension (HTN)** via a **community-based, person-centred solution**, integrating both social and healthcare systems, supported by the use of **digital tools**.

September 23-30 marks the annual European Week of Sport. This week calls on all citizens across Europe and beyond to be active and adopt healthier lifestyles. The week enables sports organisations, enterprises and experts across Europe to develop strategies to increase community participation in sporting activities and for participants to celebrate sports in their communities. This year all the initiatives will focus on three important pillars of sport described as the 3Is: involvement, inclusion, and innovation. [1]

Involvement

The aim is to involve more people in sport and physical activity. This week is for everyone, regardless of age, sporting ability or socio-economic background. Involvement in regular physical activity is key to boosting your overall health and well-being, especially for people living with type 2 diabetes and hypertension.

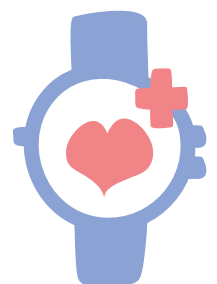


Inclusion

Sport can bring together people from different ages, socio-economic backgrounds, ethnicities, genders, sexual orientations and fitness levels. In bringing together different groups, community sports can provide benefits beyond physical fitness, for example, combatting loneliness, promoting diversity and a sense of belonging as well as boosting one's mental health.

Innovation

Innovation has been transforming sports and been creating new opportunities for involvement, inclusion and even performance. Innovation in sport, as well as in diabetes and hypertension care-, has meant that there are fewer barriers for people living with diabetes and hypertension to participate in sports and physical activity.



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Importance and benefits for people living with T2D and hypertension

Involvement in regular physical activity is important for the health and well-being of all individuals and provides particularly beneficial outcomes for the prevention and management of type 2 diabetes and hypertension.

Benefits of physical activity for people living with diabetes [2]

- Lowers glucose levels
- Enhances insulin sensitivity
- Improves cholesterol levels to protect against heart disease
- Helps lose weight, if required
- Reduces stress levels



Benefits of physical activity for hypertension [3]

- Lowers and regulates blood pressure
- Lowers risk of heart disease
- Lowers risk of stroke
- Reduces stress levels

Resources

For general recommendations and tips for physical activity, [click here](#) to read our infographic on physical activity for adults and children.

For advice on being physically active while living with diabetes and/or hypertension, refer to your healthcare providers and national diabetes associations.

Sources:

[1] European Commission. European week of sport [Internet]. 2023 [cited 2023 Sept 22]. Available from: <https://sport.ec.europa.eu/european-week-of-sport>

[2] Diabetes UK. Diabetes and exercise [Internet]. Diabetes UK; [cited 2023 Sept 22]. Available from: <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

[3] Blood Pressure UK. Exercise, physical activity and your blood pressure [Internet]. [cited 2023 Sept 22]. Available from: <https://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/healthy-living/exercise-physical-activity/>

