

# Demographic and clinical characteristics of a Spanish population of people living with type 1 diabetes who practice nonprofessional sports: The DIABESPORT survey



## Methods

### Data collection



observational cross-sectional study  
**web-based survey**  
 37 questions  
 November 2021 and January 2022

### Inclusion criteria

- ✓ T1D
- ✓ Perform any type of physical activity

### Study Population



**n=342**

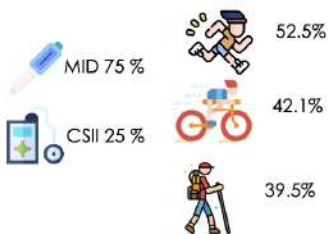
#### Age distribution

Adults:  $42.8 \pm 9.3$  years old  
 Children:  $14 \pm 2.4$  years old

Men 67.5%

#### Years living with T1D:

$18.6 \pm 11.4$  years



## Key Results

### \*Metabolic control



**HbA1c**  $6.7 \pm 0.8\%$  ( $8 \pm 1$  mmol/mol)

**TIR**  $72.9 \pm 15.8\%$

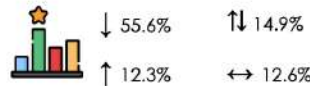
### \*Therapy adjustment during physical activity



**MID** Boluses reduction 42.5%, nutritional supplements 19.7%

**CSII** Lower basal rate during and after exercise 47.7%, just during exercise 26.1%

### \*Glucose levels



**39.2%** after exercise  
**9.6%** during exercise

**5%** severe hypoglycemia on days of exercise in the last 6 months

### \*Support and sources of information



**60.7%** felt supported by their healthcare team

**60.8%** trial and error to manage diabetes during exercise

**20.5%** information provided by their healthcare team