

## **ABSTRACT FROM THE STAR RESEARCH GRANTS AWARDED (2009)**

**Title:** **A Personal Trainer Assisted Strength Training Programme for Pacific Men with Diabetes**

**Lead Investigator:** **Associate Professor Matthew Parsons**

Within NZ, there are 170,000 people with diabetes. Pacific people are particularly affected in terms of morbidity and mortality. Evidence indicates that exercise interventions such as green card prescriptions reduce diabetes related complications. However, attendance rates amongst Pacific people are low, as are general activity levels which place Pacific people at risk. The role of the personal trainer in supporting exercise adherence for people with chronic conditions has not been explored and yet the role attributes; motivational interviewing, life coaching and empowerment are aspects common to successful self-management programmes. This proposal seeks to evaluate through a feasibility study, the impact of a personal trainer supported 6-month gym based resistance exercise programme for Pacific men versus green card prescription on adherence, insulin sensitivity, costs and satisfaction. This innovative study will explore a previously unused role in chronic disease management as well as develop our understanding of resistance exercise and insulin sensitivity.