

Special Issue

Effects of Physical Activities on People with Diabetes

Message from the Guest Editors

It is well known that people of all ages and abilities can improve their quality of life through regular physical activity associated with well-designed dietary recommendations and nutrition therapy. Exercise is normally suggested in the management of type 1 and type 2 diabetes mellitus. In type 2 diabetes, the practice of physical exercise can result in improved glycemic control. In addition, exercise can help to prevent the onset of type 2 diabetes, reducing its world-wide burden. In type 1 diabetes, however, the expected improvements in glycemic control with exercise have not been clearly established. The aim of the Special Issue is to provide an updated panorama of the influence of physical exercise on diabetes, focusing on new and emerging topics and on prevention, to be developed and implemented to promote physical exercise as a non-pharmacological treatment of the disease. We encourage papers addressing exercise interventions, new methodologies focusing on diabetes complications, balance dysfunction and postural instability, as well as analysis of the public health consequences of the constant practice of physical exercise.

Guest Editors

Dr. Milena Raffi

Department of Biomedical and Neuromotor Sciences, University of Bologna, 40126 Bologna, Italy

Dr. Alessandro Piras

Department for Life Quality Studies, University of Bologna, 40126 Bologna, Italy

Deadline for manuscript submissions

closed (31 January 2025)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/179506

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1
(Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).