

Diabetes prevention

[Health & Medicine](#), [Nursing](#)



Annotated Bibliography Affiliation Annotated Bibliography Annan, F. . The Connection between Better Health and Exercise in Diabetes. Practice Nursing, 22 (9): 17-20.

The author, Francesca Annan, is a Pediatric Diabetes Pediatrician. This article evaluates the importance of exercise in the treatment and prevention of diabetes. The article addresses a relevant health risk problem considering the increasing diabetes cases and less effective interventions used to curb the problem. The author provides evidence supported with credible references on the importance of exercise in diabetes prevention.

Specifications required from medical practitioners on how to use physical education as a diabetes treatment and prevention tool are provided. The author also sensitizes on the importance of using proper exercising techniques in addressing different diabetes needs. In conclusion, the article cites that exercise is a mandatory requirement in diabetes prevention and treatment. The peer-reviewed article is great source of information for the education of nurses on the importance of exercise and the proper use of exercise in diabetes treatment and prevention. The article was readable for the target audience.