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## Recommendation provided by health professional to person with type 2 diabetes regarding physical activity in West Africa

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**Background and objectives:** To assess the recommendations provided by health professionals to persons with diabetes regarding physical activity.

**Methods:** The cross-sectional study was conducted over three months in 2012 in Ouagadougou (Burkina Faso) and Bamako (Mali). Interviews with closed and open-ended questions were conducted with a total of 78 health professionals (including 60 MDs) involved in the treatment of persons with diabetes in public hospitals and health centers.

**Results:** 77% of health professionals interviewed were physicians. For physical activity 95% of the health professionals had a satisfactory recommendation and the factors associated were the country, the occupied station and the received formation. The different physical activity recommended by the health professional was walk, bicycle, house work and jogging. Indeed, the doctors recognize the difficulties related to the practice of sport in the African cities. About the physical activity, for the totality of the health professional, the answer most shared by all and stated is *"In the African context, the practice of the sport in the city is almost non-existent. Even the Town hall does not take into account space for the sport. Thus one asks the patients to do themselves, the households, the detergent, to walk to go to work. It is really all that one can do"*

**Conclusions:** The study highlights the need to improve dietary counseling of patients with diabetes, particularly as regards developing specific dietary plans with individual patients for better compliance. Health professionals specialized in nutrition are becoming a priority in Africa to address nutrition-related non-communicable diseases, to train other health professionals and to assist individual patients.

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