ABSTRACT

The Effect of Using "Small Games and Diet Programs" on Blood Lipids and Glucose Among Children in The Pre- Diabetes Stage

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The research aims to identify the impact of using "small games and diet" on blood lipids and glucose for children in pre-developing diabetes. The exercises facilitates the glucose entry in to muscles, and prove that the insulin is responsible for glucose transport during physical exercise and these exercises increase the influence of insulin and should be take into account reduce calories intake in the meal.

The researcher used the experimental method for study group (compared pre and post). The research community has been chosen the way of intentional sample ten children from 9:12 years to implementing the proposed program from period start from 21/9/2014 till 21/12/2014 m for all studied children in pre-diabetes stage attending primary school in benha city, the conducted school was named: Ahmed Zewail (grade I, II and III). The researcher used the following tools and methods: Measuring weight and height using (rest meter)**,**stop watch, blood analysis for (HbA1c and cholesterol level in the blood)**,**measuring blood pressure using digital device and measure body mass index(BMI).

The researcher used the following statistical methods to address the research data: Mean - Median - Standard deviation- Kurtosis- Skewness – ″T‟ test improvement ratio. The most important result there are statistical significant differences between the pre and post study group in favor of post program in relation to physical variables for children in pre-diabetes stage and presence differences in the improvement between the two measurements pre and post program due to the positive impact of the exercise and diet program .

The researcher main conclusions are: the suggested exercise and diet have positively on improving some physical variable (under study).Research conclusions prove that the post program has higher improvement percentage than pre-program that also lead to the sports have a large role in the treatment plan for children with diabetes, it contributes significantly to the regulation of blood sugar and stimulate blood circulation and maintain access to the ideal weight of children , and other disease associated with diabetes mellitus such an increase cholesterol level and high blood pressure Moreover, the practice of exercise increase general health and psychological comfort and improve the overall appearance of the child.

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