

Title:

Identifying and addressing bone health and exercise information needs in older adults with diabetes

Investigators & Institutions Involved:

Dr. Jenna Gibbs (McGill University)

Dr. Suzanne Morin (Research Institute – McGill University Health Centre)

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Description of Study:

Broken bones (or fractures) and diabetes contribute to poor function, hospitalization, and substantial health care costs in Canada's aging population. Diabetes also becomes more common with age, and often co-exists with bone loss and fractures in older adults. Despite this, fragile bones remain an under-recognized complication of diabetes in the older adult population. Exercise can prevent muscle and bone loss, improve metabolic health, and is a promising strategy for fall and fracture prevention. However, considerable knowledge gaps exist regarding the impact of exercise on bone health among older adults with diabetes and diabetes-specific tools, resources, and services focused on exercise for fracture prevention are lacking.

The purpose of this study is to identify the perceptions and experiences related to exercise for managing bone health in older adults living with diabetes. Study participation will involve one remote interview (approximately 30-60 minutes) with our research team. Prior to the interview, you will complete a brief demographics and health information questionnaire.

Funding Source: Drummond Foundation Research Grant and FRQS New Investigator Grant

Project Start Date: March 1, 2024

Project End Date: September 1, 2024

Inclusion Criteria/Eligibility:

- Adults ≥ 50 years of age with a diagnosis of T1D
- Adults ≥ 50 years of age with a diagnosis of T2D with at least 1 diabetes complication or diagnosis of diabetes for at least 10 years or a diagnosis of osteoporosis or a history of a fragility fracture

Ethics Approval: This study has been approved by the McGill University Health Centre Research Ethics Board (REB #2024-8171).

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