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| 2. | [Take a stand on diabetes](#doc_id_2) Daily Mirror, December 17, 2015 Thursday, NEWS; Pg. 11, 77 words |

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| 3. | [Standing up for just FIVE MINUTES could help prevent diabetes, new research suggests](#doc_id_3) Express Online, December 16, 2015 Wednesday 10:08 PM GMT, 393 words, Giles Sheldrick |

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| 4. | New way to cut diabetes risk - and what it means for the health of office workers;  Researchers say standing up can cut blood sugar and insulin levels, providing more evidence of the hazards of sitting still for hours at a time mirror.co.uk, December 16, 2015 Wednesday 10:32 PM GMT, 315 words, Mark Waghorn |

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The Express

**December** 17, 2015 Thursday

Edition 1;

National Edition

**Five minutes on your feet could halt diabetes**

**BYLINE:** Giles Sheldrick

**SECTION:** NEWS; Pg. 5

**LENGTH:** 299 words

**STANDING** up for just five minutes at a time could prevent **diabetes**, research suggests.

The breakthrough comes as experts say unhealthy lifestyles have put 12 million Britons at risk of developing the Type 2 version.

The findings add to growing evidence that **sitting** still for long periods could be putting millions at risk of serious illness.

Previous research has shown **standing** up at regular intervals could help to ward off obesity and heart disease.

Dr Joseph Henson, of the Leicester **Diabetes** Centre which carried out the research, said: "We are the first study to show simply **standing** at regular intervals during the course of the day significantly reduces **diabetes** risk." Tests were carried out on 22 overweight or obese women at high risk of Type 2 **diabetes**.

Researchers found that interrupting periods of prolonged **sitting** with five minutes of **standing** every 30 minutes reduced spikes in sugar levels after breakfast and lunch by 34 per cent.

This was similar to the 28 per cent fall triggered by walking.

Insulin concentrations fell by 20 per cent when **standing**, compared with 37 per cent for walking. The effect lasted for at least 24 hours.

The lives of four million people are now blighted by **diabetes** and treating it costs the NHS £10billion a year.

Type 2 **diabetes** develops when a lack of insulin means there is too much glucose in the blood.

Experts think that simply getting up out of a chair may increase the uptake of glucose in the muscles, which is then used as energy.

Dr Alasdair Rankin, of **Diabetes** UK, said: "This research does not suggest **standing** up alone is enough to prevent Type 2 **diabetes**.

"It adds to important evidence that **sitting** for a long time without getting up is bad for our health and something we should all try to avoid, regardless of whether we do regular exercise."

**LOAD-DATE:** December 17, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DXP

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Daily Mirror

**December** 17, 2015 Thursday

Edition 1;

National Edition

**Take a stand on diabetes**

**SECTION:** NEWS; Pg. 11

**LENGTH:** 77 words

SIMPLY **standing** up could help stave off **diabetes**.

Tests on overweight women with a high Type 2 **diabetes** risk showed five minutes on their feet every 30 minutes had benefits similar to going for a walk.

Sugar levels fell 34% while walking led to only a 28% drop. Insulin levels went down 20%, though walking lowered them by 37%.

Leicester University's Dr Joseph Henson said: "Simply **standing** engages uptake of glucose into muscles. It's important to office workers."

**LOAD-DATE:** December 17, 2015

**LANGUAGE:** ENGLISH

**GRAPHIC:** DANGER **Sitting** at desks

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DMR

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Express Online

**December** 16, 2015 Wednesday 10:08 PM GMT

**Standing up for just FIVE MINUTES could help prevent diabetes, new research suggests**

**BYLINE:** Giles Sheldrick

**LENGTH:** 393 words

**STANDING** up for just five minutes at a time could prevent **diabetes**, research suggests.

GETTY

New study suggests that **standing** for just five minutes can reduce the chance of developing **diabetes**

The breakthrough comes as experts say unhealthy lifestyles have put 12 million Britons at risk of developing the Type 2 version.

The findings add to growing evidence that **sitting** still for long periods could be putting millions at risk of serious illness.

Previous research has shown **standing** up at regular intervals could help to ward off obesity and heart disease.

Dr Joseph Henson, of the Leicester **Diabetes** Centre which carried out the research, said: "We are the first study to show simply **standing** at regular intervals during the course of the day significantly reduces **diabetes** risk."

GETTY

Obesity is a major factor in developing **diabetes**

Tests were carried out on 22 overweight or obese women at high risk of Type 2 **diabetes**.

Researchers found that interrupting periods of prolonged **sitting** with five minutes of **standing** every 30 minutes reduced spikes in sugar levels after breakfast and lunch by 34 per cent.

This was similar to the 28 per cent fall triggered by walking. Insulin concentrations fell by 20 per cent when **standing**, compared with 37 per cent for walking.

GETTER

Regular exercise such as walking can also prevent a person from developing **diabetes**

The effect lasted for at least 24 hours. The lives of four million people are now blighted by **diabetes** and treating it costs the NHS £10billion a year.

Type 2 **diabetes** develops when a lack of insulin means there is too much glucose in the blood. Experts think that simply getting up out of a chair may increase the uptake of glucose in the muscles, which is then used as energy.

brightcove.createExperiences;

Dr Alasdair Rankin, of **Diabetes** UK, said: "This research does not suggest **standing** up alone is enough to prevent Type 2 **diabetes**.

"It adds to important evidence that **sitting** for a long time without getting up is bad for our health and something we should all try to avoid, regardless of whether we do regular exercise."

Related articles Diabetic women MORE at risk of heart disease, says shock report EXCLUSIVE: Coffee could banish your risk of developing THIS potentially fatal disease Your GUT may be the cause of **diabetes**: Shock news revealed by scientists

**LOAD-DATE:** December 16, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper; Web Publication

**JOURNAL-CODE:** WEBDE

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mirror.co.uk

**December** 16, 2015 Wednesday 10:32 PM GMT

New way to cut **diabetes** risk - and what it means for the health of office workers;   
Researchers say standing up can cut blood sugar and insulin levels, providing more evidence of the hazards of sitting still for hours at a time  
  
**BYLINE:** By Mark Waghorn  
  
**SECTION:** LIFESTYLE,HEALTH  
  
**LENGTH:** 315 words

**Diabetes** can be prevented just by standing up, suggests new research.

The study found regularly getting up from the desk or sofa reduces blood sugar and insulin levels in similar ways to going for a walk.

The findings add to evidence showing the dangers of sitting still for long periods and could have implications for millions of office workers.

Previous research has shown that standing up for at least an hour a day helps ward off the threat of obesity and heart disease.

For the new study, Doctor Joseph Henson and colleagues recruited 22 overweight or obese women at high risk of type 2 **diabetes** - the form related to lifestyle.

Read more: Obesity poses as big a threat to the UK as terrorism, top doctor warns

They found interrupting periods of **prolonged** **sitting** with five minutes of standing every 30 minutes reduced the rise in sugar levels after breakfast and lunch by 34 per cent. This was more than the 28 per cent fall triggered by walking.

And insulin concentrations fell by 20 per cent - compared to 37 per cent for walking - on the day of the intervention.

Moreover the improvements in sugar levels after standing and walking persisted into the next day - although only walking also produced this for insulin.

Currently those at risk of **diabetes** are advised to engage in moderate-to-vigorous physical activity for at least 150 minutes per week.

But the latest research, published in the journal **Diabetes** Care, suggests breaking up prolonged periods of sitting with regular five minute bouts of light movement - or even standing - could be more effective.

Dr Henson, of Leicester University, said said: "Simply standing up engages the uptake of glucose into the large muscles.

"It's important to any people who sit for long periods of time - such as office workers.

"Breaking up long periods of sitting could be of benefit to everybody."

Does your job leave you sitting at your desk for hours?