

This education project is promoted by the Alicia Foundation and the IDIBAPS, with ESTEVE's collaboration

## [www.diabetesalacarta.org](http://www.diabetesalacarta.org) portal image and contents renewed

The website offers a new image and adds new contents related to dietary management, with a specific section on the prescription and performance of physical activity adapted to people with type 2 diabetes

**Barcelona, 20 October 2015.**- Diet is one of the diabetes-related treatments that patients find harder to adhere to, and so is regular physical activity. That is why the [www.diabetesalacarta.org](http://www.diabetesalacarta.org) website, promoted by the Alicia Foundation, the IDIBAPS and ESTEVE, just renewed its image and added new contents to help type 2 diabetic people manage these two key elements —diet and physical activity— in an efficient and simple way.

Since 2008, the IDIBAPS and the Alicia Foundation, with ESTEVE's collaboration, have been innovating in the development of tools likely to assist therapeutic education in diabetes. By improving their dietary management and control, diabetic people can follow the healthiest, most appropriate diet in a simple and practical way, without renouncing the pleasures of eating. One of the major tools provided as a result of this work is the [www.diabetesalacarta.org](http://www.diabetesalacarta.org) portal which, since 2012, has become a reference website for educators, healthcare providers and diabetic people alike.

In addition to its new image, the website now also offers new contents. In this sense, one of the major changes is the inclusion of a specific section for the prescription and performance of (aerobic and muscle strength) physical activity adapted to people with type 2 diabetes. Engaging in regular physical activity being indispensable to the treatment of diabetes, it had to be part of the website.

There is also a new online store where all educational materials for the project, such as educational tablecloths and notebooks for professionals, can be acquired. The benefits generated by this virtual store will be fully devoted to the development of this non-profit education project.

The new version of [www.diabetesalacarta.org](http://www.diabetesalacarta.org) also offers a blog with diet and fitness tips to allow interaction with the diabetes multidisciplinary team behind this platform. "Diabetic people need clear, useful information about the treatment of their disease. This blog is a simple way to address the needs of patients and their relatives", says **Serafin Murillo**, a Registered Dietitian Nutritionist and a researcher at (CIBERDEM)-IDIBAPS.

### **About the IDIBAPS**

The August Pi i Sunyer Institute for Biomedical Research (IDIBAPS) is a biomedical research center promoted by the Hospital Clínic of Barcelona, the University of Barcelona, the Spanish National Research Council (CSIC), and the Generalitat of Catalonia. Created in 1996, the IDIBAPS is committed to fostering translational research, innovation and technological progress in biomedicine through several programs aimed at improving the prevention, diagnosis and treatment of highly prevalent, morbid and fatal diseases in our country.

### **About the Alícia Foundation (Food and science)**

The Alícia Foundation ([www.alicia.cat](http://www.alicia.cat)) is a research center devoted to technological innovation in cooking, to the improvement of eating habits, and to the valorization of the agri-food and culinary heritage. The Alícia Foundation is social and open in nature; its Món Sant Benet laboratory gathers a multidisciplinary team composed of chefs, nutritionists, scientists and food culture experts who develop knowledge, tools and programs to help us eat better under all circumstances.

### **About ESTEVE**

ESTEVE ([www.esteve.com](http://www.esteve.com)) is a leading chemical-pharmaceutical group in Spain with a strong international presence. Founded in 1929 and presided over by Joan Esteve, it currently employs nearly 2,300 people, has a presence in Europe, USA, Mexico and China, and had a sales revenue of 838 million Euros in 2014.

Firmly committed to excellence, the Company uses its best efforts to promote health and improve people's quality of life. Research being ESTEVE's hallmark, a portfolio of highly innovating projects ultimately aims to provide responses to unmet medical needs. ESTEVE being a socially responsible Company, it ensures that all projects entered by it align with its CSR vision. You may follow ESTEVE at Twitter's link: @ESTEVE\_news

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