



**MADRID**  
**ALAS PROGRAMME**

When Madrid joined the Cities Changing Diabetes programme in 2018, the city had already implemented ALAS, a programme to create awareness around healthy eating and physical activity. Cities Changing Diabetes in Madrid focuses on assessing the efficacy of this programme.

**Partners**

- Madrid Salud
- Ayuntamiento de Madrid
- APLICIA Cooperative



# Assessing the efficacy of the ALAS programme in Madrid

**The weighty issue of a sedentary lifestyle**

In Madrid, almost half the adults and 40.9% of the children between 3 and 12 are overweight<sup>1</sup>. As is the case in most large cities, urban living conditions make it more difficult for residents to maintain a healthy body mass index. For example, residents in Madrid spend an average of 62 minutes using public transport every day<sup>2</sup>. Combined with unhealthy dietary habits and a generally sedentary lifestyle, this daily time on public transportation increases the risk for diabetes.

“In the city of Madrid, we’re aware of the importance of addressing obesity and preventing type 2 diabetes from improving the quality of life of citizens. With this objective, we’ve been working through the Food, Physical Activity and Health programme to promote a healthy lifestyle and prevent these diseases.” – Antonio Prieto, general manager, Madrid Salud

**Helping residents change unhealthy habits**

The Alimentación, Actividad física y Salud (ALAS – Food, Physical Activity and Health) programme was established in 2011 by Madrid Salud, the city’s government institution responsible for health promotion and disease prevention<sup>3</sup>. The ALAS programme holds workshops to raise awareness about healthy food options and food labelling, the effect of nutrition and exercise on health, and the ways unhealthy habits can be changed. The programme also promotes the use of cycle paths and the Walking People Project, which give residents access to 21 walking routes in and around Madrid.

Through the ALAS programme, Madrid Salud targets society at various levels and focuses intensive interventions on those at a higher risk of developing type 2 diabetes. The participants, who either live with pre-diabetes or are overweight, are recruited from local healthcare centres, occupational health services and street information stands.

A series of workshops aims to reduce the risk factors for type 2 diabetes over a period of six months. The workshops help participants acquire healthier habits by modifying their existing eating and exercise patterns.

### Data suggest the initiative is working


As part of the collaboration between Cities Changing Diabetes and Madrid Salud, four informal reports were developed to assess the efficacy of the ALAS

initiative. Based on these reports and data collected from 1,629 of the programme participants, the results suggest that the ALAS interventions are working. In the high-risk programme, 85% of the participants managed to lose weight and 35% of the participants with prediabetes succeeded in normalising their blood sugar levels<sup>4</sup>.

### Moving forward

The Cities Changing Diabetes partners in Madrid are currently involved in two key research activities: 1) a study exploring the impact of the interventions implemented by the ALAS programme in terms of weight loss and improving glycaemic status, and 2) a study looking at the impact of the COVID-19 lockdown on the health-related habits of people at high-risk for developing diabetes.



 [www.citieschangingdiabetes.com](http://www.citieschangingdiabetes.com)

 [youtube.com/citiesdiabetes](https://youtube.com/citiesdiabetes)

 [twitter.com/CitiesDiabetes](https://twitter.com/CitiesDiabetes)

1. Díaz Olalla JM, Junco Torres I, Rodríguez Pérez M. Estudio de la situación nutricional de la población infantil en la ciudad de Madrid: estado ponderal y su relación con la seguridad de acceso económico a los alimentos. 2017. 2. Moovit Insights. Madrid Public Transit Statistics. [https://moovitapp.com/insights/en/Moovit\\_Insights\\_Public\\_Transit\\_Index-21](https://moovitapp.com/insights/en/Moovit_Insights_Public_Transit_Index-21). Accessed February, 2022. 3. MADRID. ORGANISMO AUTÓNOMO MADRID SALUD. [https://www.madrid.es/UnidadWeb/NxC/Patrocinios/Actividades/ficheros/Ficha\\_114\\_ALAS\\_Aliment\\_Act\\_Fisica\\_Salud\\_Proj\\_CITIES\\_CHANGING\\_DIABETES.pdf](https://www.madrid.es/UnidadWeb/NxC/Patrocinios/Actividades/ficheros/Ficha_114_ALAS_Aliment_Act_Fisica_Salud_Proj_CITIES_CHANGING_DIABETES.pdf) Accessed February, 2022. 4. Mercedes Ceinos DO, Carmen Ma León, Marina Pascual, Ana Moscardó, María Urtasun, Sebastián March. Resultados de la intervención del Programa de Alimentación, Actividad Física y Salud (ALAS). 2020. Abordaje de la Obesidad y Prevención de la Diabetes Tipo 2. <https://www.madridsalud.es/pdf/Informe%20ALAS%20RESULTADOS.pdf>.