

## The Maritime Coaching study for Pre-diabetes & Hypertension

Online workshop 2025

May 20: 10-12:30, May 28: 10-12:30 and June 5: 10-12:30 CET (Central European Time).

Tuesday, 20.5.2025		
10.00–10.05	NIVA welcome and general information	<b>Nathalie Räihä, NIVA</b>
10.05–10.25	Introductions and participants presentations	<b>Olaf Jensen</b>
10.25–10.45	<b>Nepal Study “Female Community Health Volunteer”</b>	<b>Bishal Gyawali</b>
10.45–10.50	Objectives and content	<b>Nailet Delgado</b>
10.50–11.10	Discussion part 1: <ul style="list-style-type: none"> <li>• What is prediabetes and how to reverse it?</li> <li>• Prevention by healthy eating (without medicine)</li> <li>• Prevention by keeping physical fit</li> </ul>	
11.10–11.15	<i>Short break</i>	
11.15–11.30	Discussion part 2: <ul style="list-style-type: none"> <li>• Blood pressure</li> <li>• Role of the workplace</li> <li>• Mental health at sea</li> </ul>	
11.30–11.50	Procedures by the University, Clinics, the Seafarers, and the Coaches	<b>Olaf Jensen</b>
11.50–12.15	Discussion part 3: Evaluation of the day	
12.15–12.30	<i>Homework: Select one or more videos/ texts to comment on Day 2.</i>	

Wednesday, 28.5.2025		
10.00–10.10	Introduction and Q&A	
10.10–10.30	<b>Overweight, Obesity, and Healthy Food</b>	<b>Nailet Delgado</b>
10.30–10.50	<b>Prediabetes-Remission II: Replacement of Urine-Stix with Glucometer Test</b>	<b>Olaf Jensen</b>

10.50–11.15	<b>Prediabetes-Remission by Lifestyle-Mediated Coaching</b>	<b>Olaf Jensen</b>
11.15–11.20	Short break	
11.20–11.40	TBC	<b>Bishal Gyawali</b>
11.40–12.00	Group discussion (breakout rooms)	
11.55–12.00	Evaluation of the day	
Thursday, 5.6.2025		
10.00–10.30	Introduction and Participant presentations	
10.30– 10.45	<b>Lecture: Data reporting in Google Forms</b>	
10.45–11.10	Discussion part 1: Alcohol, Food fibers, Dental care	
11.10–11.15	<i>Short break</i>	
11.15–11.45	<b>Lecture: Lifestyle, Social well-being</b>	
11.45–12.00	Creation of Nordic group of Maritime Prediabetes-Remission	