

## 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 Rähkä, NIVA</b>
10.05–10.30	Introductions and participants presentations	<b>Olaf Jensen</b>
10.30–10.40	<b>Nepal Study “Female Community Health Volunteer”</b>	<b>Bishal Gyawali</b>
10.40–10.45	<b>Lecture:</b> Objectives and content <a href="https://www.prediabetes-remission.com/">https://www.prediabetes-remission.com/</a>	NDM
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	<b>Lecture:</b> Procedures by the University, Clinics, the Seafarers, and the Coaches	<b>TBC</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

10.00–10.30	Participant presentations	
10.30–10.45	<b>Lecture:</b> Objectives and content <a href="https://www.prediabetes-remission.com/">https://www.prediabetes-remission.com/</a>	<b>TBC</b>

10.45–11.10 Discussion part 1: Overweight and obesity, Sleep, work and diabetes, Healthy food.

11.10–11.15 *Short break*

11.15–11.30 Discussion part 2: Healthy food, drink type

11.30–11.50 Procedures done by the Mar Med Clinics, the Seafarers, and the Coaches

11.50–12.15 Discussion part 3: Evaluation of the day

12.15–12.30 Homework: Select one or more videos/ texts to comment on Day 3. **TBC**

### Thursday, 5.6.2025

10.00–10.30 Participant presentations

10.30– 10.45 **Lecture: Data reporting in Google Forms** **TBC**

10.45–11.10 Discussion part 1: Alcohol, Food fibers, Dental care

11.10–11.15 *Short break*

11.15–11.30 Discussion part 2: Lifestyle, Social well-being

11.30–11.45 **Lecture** **TBC**

11.45–12.30 **Evaluation and post course activities:** Creation of Nordic group of Maritime Prediabetes-Remission