Adolescence is a critical period of life, and even more if a chronic illness is present like type 1 diabetes mellitus (T1DM). The healthy lifestyle practice is one of the pillars of the T1DM treatment.

**OBJECTIVES**

To evaluate the association between lifestyle and Health Related Quality of Life (HRQoL) in adolescents with T1DM.

Lifestyle and HRQoL were evaluated in 69 T1DM adolescents (34 male, mean age 15.8 ± 1.7 years, with diagnosed with T1DM more than 2 years, without other diseases) attended to the Pediatric Diabetology Regional Center of our Department.

Lifestyle was evaluated through the following behaviours:
- healthy nutrition (KIDMED questionary),
- moderate/intensive physical activity (questionary),
- hours/day of television,
- consumption of tobacco, consumption of alcohol.

Health Style (HS+) was defined by concurrence of at least 4 of the following behaviours:
- KIDMED > 8, physical activity for 7 days/week,
- television < 2 hours/day,
- no consumption of tobacco, no consumption of alcohol.

HRQoL was evaluated with PedsQL™ 3.0 Diabetes Module, composed by five scales:
1. diabetes symptoms,
2. management difficulties,
3. adherence to therapy,
4. worry,
5. communication.

Only 18 T1DM adolescents showed HS+ (26%) and higher scores (p < 0.05) than those with no health style (HS-) in scales 1, 3, and 4 of PedsQL, without difference in scale 2.

Even higher levels (p < 0.05) were found in adolescents less sedentary (scale 1) and in those who practiced sport (scale 5).

Diabetic adolescents with HS+ perceived the illness less problematically and showed increased adherence to treatment, they were less concerned about the disease and communicated more with doctors and sanitary team.

**CONCLUSION**

This is the first study that investigates the association between HRQoL and a cluster of healthy behaviors, these singularly examined in other papers of literature.