

# International Diabetes Federation (IDF) South and Central America (SACA) Consensus Summary

## Key strategies for prevention, treatment and care of diabetes in South and Central America

### Why a SACA consensus on diabetes?

- The consensus represents a response to the UN Resolution on Diabetes to improve the prevention, treatment and care of diabetes
- At present, authorities in the region do not consider chronic diseases such as diabetes to be a priority, yet 16.2 million people in South and Central America have diabetes and worldwide one person with diabetes dies every ten seconds
- The SACA consensus identifies primary and secondary management strategies that address the diabetes epidemic in the region

### Key strategies to improve prevention, treatment and care of diabetes

#### PRIMARY PREVENTION STRATEGIES

##### Education

- Implement education programmes to drive lifestyle changes, provide education to young people and ensure training of diabetes educators

##### Prevention

- Highlight the importance of prevention by involving healthcare professionals in new and existing prevention programmes

##### Alliances & Collaboration

- Encourage collaboration between government, industry, advocacy groups and medical associations

##### Awareness

- Promote the UN Resolution and related initiatives to health authorities and society to improve the prevention, treatment and care of diabetes

#### SECONDARY PREVENTION STRATEGIES

##### Patient Engagement

- Promote the benefits of self-management to people with diabetes
- Provide education to people with diabetes on complications of the disease
- Clarify the person with diabetes' right to appropriate treatment

##### Disease Management

- Promote a multi-disciplinary approach to diabetes care
- Ensure access to quality/most appropriate medication
- Drive implementation of evidence-based guidelines to ensure referral to secondary care and quick access to specialists

##### Lobbying

- Promote active participation of people with diabetes in lobbying national and local government for better access to treatment and appropriate care

**For further information on the full SACA consensus document, please visit [www.idf.org](http://www.idf.org)**

The IDF SACA meeting was held in Rio de Janeiro, Brazil on 7th October 2008, bringing together IDF member associations from 14 countries in the region. IDF with support from Merck & Co., Inc. has implemented this meeting as part of a series, with meetings taking place in each of the seven IDF regions (Africa, Middle East and North Africa, Europe, North America and Caribbean, South and Central America, South-East Asia and Western Pacific) in 2008 and throughout 2009. The meeting programme provides an opportunity to facilitate effective implementation of the UN Resolution 61/225. It is also a unique platform to encourage open dialogue and best practice sharing between countries in each region, to ensure such initiatives are a success.

The action plan was led by IDF SACA and was supported by Merck & Co., Inc.



International Diabetes Federation  
South and Central American Region