

**Turning the Tide of the Diabetes Epidemic:
A Regional Response to the United Nations Resolution 61/255 on Diabetes**

A compilation of action plans by the IDF regions to improve the prevention, treatment and care of diabetes

The International Diabetes Federation (IDF) driven *Unite For Diabetes* campaign and resulting United Nations Resolution 61/225 has highlighted the severity of the diabetes epidemic affecting more than 250 million people. The campaign has encouraged governments worldwide not only to recognise the global impact of the disease but to take lasting and meaningful actions to address it.

Whilst the Resolution supports a global ideal, it is regional and national demographics, socio-economics, politics, and cultural and behavioural factors that are amongst the biggest barriers to achieving progress in diabetes care and treatment. It is also at the regional and local level that the greatest impact can be achieved.

With this in mind, the IDF Regional Action Plans outlined in this document summarise the outcomes of important new work completed by national diabetes organisations across the seven IDF regions. Regional meetings led by IDF and supported by Merck & Co., Inc. were attended by more than 150 IDF member associations, clinicians and policy makers. Each meeting generated plans to improve prevention, treatment and care of diabetes and provide a template for local diabetes programmes. The results form a response to the challenge of practically implementing the United Nations Resolution and identify key steps required to take action to the next level.

Common themes and recurring aims can be identified within the action plans. These include engaging with government to shape diabetes policy, improving access to appropriate treatment and care, facilitating collaboration between stakeholders and enhancing all forms of diabetes education. Most importantly though are the local subtleties of detail and application distinct to each region. It is now vital that countries within those regions truly embrace and implement these plans and that intervention strategies founded on local expertise are underwritten by healthcare policy makers.

The United Nations Resolution marked the start of a new era of diabetes management. With the collaboration of all stakeholders in the diabetes community, the IDF Regional Action Plans are the blueprint to achieve change at a grass roots level.

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