From October 2017, IDF will publish a YLD newsletter every two months, with the objective of promoting the activities and projects that YLD candidates undertake in their countries. As some time has passed since the last YLD newsletter was published, this issue reports on activities that have taken place since the beginning of 2017.
Selection of new members of the YLD Programme

In May 2017 IDF launched a call to all its Members to nominate candidates to become part of the YLD network. The nominees needed to fulfil a series of criteria, including:

- Being between 18 and 29 years old, and living with diabetes;
- Being in good relations with their diabetes associations and, if possible, having a record of volunteering with them;
- Having a good command of the English language, to be able to communicate with other Young Leaders and the IDF office.

In July, IDF selected the new members of the YLD Programme – 65 enthusiastic young people from all around the world who will be YLD candidates during the next two years. They have joined the YLD candidates from 2015 and the YLD mentors in the network, which now comprises 124 young people worldwide. You can find the public profiles of the YLD candidates on the IDF website: www.idf.org/our-network/young-leaders/meet-the-young-leaders.html

Training in Abu Dhabi

Every two years, IDF organises a training session with members of the YLD Programme in order to provide them with the tools necessary to become efficient advocates to defend the rights of people with diabetes at the national, regional and global levels.

In 2017, IDF will organise the YLD Training Programme on the occasion of IDF 2017 in Abu Dhabi, from 5-8 December. Almost 70 YLD candidates are invited to this training programme, during which they will receive a training on basic aspects of diabetes, as well as new technologies, advocacy, etc.

The training sessions and workshops will be recorded in order for the YLD candidates who cannot attend the face-to-face event to have online access to all the discussions from January 2018.

The YLD Training Event will also mark the graduation of YLD candidates who joined the Programme in 2015 and have successfully developed diabetes projects with their respective associations.

Graduation is not dependent on attending the Training, so YLD candidates who do not attend will also be able to graduate.

IDF is currently working on the event logistics. We will keep the network informed of the developments in future YLD newsletters.

YLD Programme educational materials

As part of the YLD Programme, IDF provides YLD candidates with broad-ranging education material. All YLD candidates are required to participate in the activities prepared by IDF in order to graduate from the Programme in two years’ time.

In the coming months, IDF will provide the YLD candidates with the following:

- Access to the first IDF online module: Introduction to diabetes, which offers a basic introduction to the topic, and will deepen YLD candidates’ knowledge and support them in becoming efficient diabetes advocates. This module, hosted on the D-NET platform, needs to be completed by the YLD candidates by November 10.
- YLD Toolkit for the High Level Meeting on NCDs: IDF has launched a global call to action on the road to the UN High Level Meeting on NCDs in 2018. In order for its Members to join this call and develop their own national campaigns, IDF has prepared a toolkit that provides them with all necessary information. IDF will develop a similar toolkit for YLD candidates, so that they can learn about this important political process and how to support their diabetes association.
ADVOCACY - Estefania Malassisi from Argentina

In July 2017, Estefania had a meeting with Maria Eugenia Vidal, the new governor of the Buenos Aires province. She succeeded in organising this meeting by sending a letter to the governor explaining the situation of people living with diabetes, which sparked Maria Eugenia’s interest.

During the meeting, which took place in the office of her diabetes association (CUI.D.AR), Estefania was able to make Maria Eugenia aware of the issues affecting people with diabetes in Argentina, explaining the differences between the various types of diabetes and the necessary treatments. Estefania also presented her YLD project and highlighted the need to legislate on themes that are of interest to people living with diabetes. This meeting appeared to have had an impact on the governor, who afterwards contacted the health minister to obtain a meeting.

AWARENESS-RAISING - Nathália Noschese from Brazil

On September 3, 2017 Nathália organised in São Paulo the 8th edition of the Piquenique Azul (Blue Picnic) – an initiative she launched with the aim of engaging, supporting and promoting diabetes education in an entertaining manner for people who live with diabetes, while also promoting global awareness of diabetes targeted at the general public.

This initiative has been extremely well received by people living with diabetes in Brazil, who recognise that the initiative has helped them understand that they can live a normal life. Some 567 people participated in the 8th edition!

Piquenique Azul has also seen its visibility markedly increase through traditional media coverage, with many articles being published. Some pharmaceutical companies, alongside other corporate sponsors, have also donated gifts to be distributed during the event. The initiative has also received the support of Anderson Silva, a Brazilian mixed martial artist and former UFC Middleweight Champion (nicknamed “The Spider”), who has shared the project on his personal Facebook page, encouraging people to attend the gathering.

PREVENTION AND EDUCATION - Nadia Aliagas from Argentina

Nadia participated in an event called “Diabetes: diagnosis and return to school” which reunited 90 students from Santa Fe. The event was held by her national diabetes association, the Santa Fe Association of Diabetics. The lack of diabetes education can prevent children from returning to school and living a normal life following their diagnosis.

The workshop aimed at addressing the various challenges that children with diabetes face at school, and answering their questions.
Tsegamlak Serihum from Ethiopia

The 5th diabetes camp in Ethiopian history took place between the 4 and 6 September 2017, gathering children aged between 7 and 14. Tsegamlak was the head of the organising committee. The purpose of the camp was to educate children on diabetes self-management and to fill the gap that exists in diabetes care in Ethiopia.

Danielle McVicar from Canada

In July and August 2017, Diabetes Camps took place across four Canadian provinces. Young adults aged between 18 and 25 staffed the camps. The camps always have great reviews, and one parent stated:

Camp is the one time in the year where they get to be "Normal" (my daughter’s words), it is so wonderful that they get to live among other kids who live the same lives that they do. They get this amazing opportunity to relate and understand that they are not alone in this crazy struggle they call life. My daughter’s favourite part is that they get to make new friends, she is shy and does not like meeting new people but at D-Camps she shines. (…) I really love the change that camp made in my daughter and how camp gives her a feeling of belonging and it is all going to be ok. (…) Camp is such an amazing experience and really, the reprieve these kids need. Thank you so very much.

Ronaldo Wieselberg from Brazil

On April 8 2017, Ronaldo supervised medical students who participated in the “Ambulatório Social” initiative. This activity was developed to screen the general population for diabetes, arterial hypertension and metabolic syndrome, as well as to monitor diabetes and metabolic syndrome prevalence in São Paulo. This activity established that the prevalence of diabetes in the population of São Paulo was 11.5% (2.1% greater than the national prevalence), showing the need to target specifically the situation in this city.