WHAT NEEDS TO BE DONE

**People with diabetes in humanitarian settings** need uninterrupted access to medicines and care, healthy food, and safe environments to manage their condition effectively.

**People in protracted humanitarian emergencies at risk of type 2 diabetes** require access to prevention and education programmes to enable them to lead healthy lives.

**The nutritional needs** of people with diabetes in all types of humanitarian settings must be included in humanitarian preparedness plans and responses.

**425 million people** living with diabetes worldwide. The majority have type 2 diabetes.

**4 million forcibly displaced people** live with diabetes.

**Obesity and physical inactivity** are the main risk factors for type 2 diabetes in childhood.

**Type 2 diabetes** is on the rise in children and youth.

A majority of cases of type 2 diabetes can be prevented by healthy diet and physical activity.

People with diabetes in humanitarian settings often have to survive on inadequate food that results in poorer blood glucose control that can potentially lead to life-threatening complications.

**NO ONE SHOULD BE LEFT BEHIND**

Healthy nutrition is key for good diabetes management and prevention of type 2 diabetes in humanitarian settings.

425 million people living with diabetes worldwide. The majority have type 2 diabetes.

4 million forcibly displaced people live with diabetes.

Obesity and physical inactivity are the main risk factors for type 2 diabetes in childhood.

Type 2 diabetes is on the rise in children and youth.

A majority of cases of type 2 diabetes can be prevented by healthy diet and physical activity.

People with diabetes in humanitarian settings often have to survive on inadequate food that results in poorer blood glucose control that can potentially lead to life-threatening complications.

**IDF.ORG/HUMANITARIANACTION**

Supported by

International Diabetes Federation

WORLD DIABETES FOUNDATION