

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**.



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



4 million forcibly displaced people live with diabetes.



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



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



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**.



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**.