The Education and Integrated Care Stream will include a wide range of topics ranging from “Low-carbohydrate diets - Is there a best diet for diabetes?” to examples of national programs addressing care and policies.

Integration of diverse sources and supports for care and management will be a major theme. A teaching lecture will include global successes in tobacco control as models for how policies, communities, health care, and resources outside the healthcare system can be brought together to achieve major changes in health problems. Continuing this theme, a symposium on community approaches will include presentations from India and Palestine as well as a presentation on the North Karelia project in Finland that showed how integrated resources across an entire region reduces cardiovascular disease. Another challenge to integration is bringing together specialty and primary care, the topic of a symposium with examples from Shanghai, Cuba and Brazil. Still emphasizing integration, a symposium on digital health and modern technologies will discuss how new technologies can bring together key supports for diabetes management, such as peers and families.

Of central and enduring importance, self-management will be the focus of several symposia addressing the role of the diabetes educator – beyond education to on-going diabetes self-management support, guidelines, barriers to and facilitators of implementing diabetes education, as well as emerging topics and conceptual and strategic issues in self-management.

Peer support has received growing recognition in recent years. A teaching lecture will discuss global evidence as well as lessons learned and opportunities for peer support. Additionally, a symposium and an open forum on peer support will include presentations from Africa, China, the Caribbean, Denmark, France and the Americas.

Mental health problems and diabetes distress – often related but not the same – will each be the topic of symposiums, including a Finish example of integration of primary care with social, educational, and vocational services.

Prevention of diabetes will be the focus of a symposium with representative programs from Africa, China, and the United Arab Emirates. More regional and national examples will be the focus of an open forum including programs from Rwanda and Shanghai while another open forum will examine multi-sector national initiatives and policies in the United Arab Emirates and Northern Europe.

A highlight of the stream will be the Award Lecture by Yutaka Seino from Japan who will discuss “Exploring diversity of diabetes: Science-navigated care and education.”
Rounding out Education and Integrated Care, six oral poster sessions will address similar themes, including diet and physical activity, challenges to self-management and care; community based care; global perspectives on diet and physical activity; digital health, innovative channels, and communication; innovative educational approaches; and improving diabetes care.

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