



Blue Circle Voices NEWSLETTER

JUNE 2018



International
Diabetes
Federation

The global voice of people living with diabetes



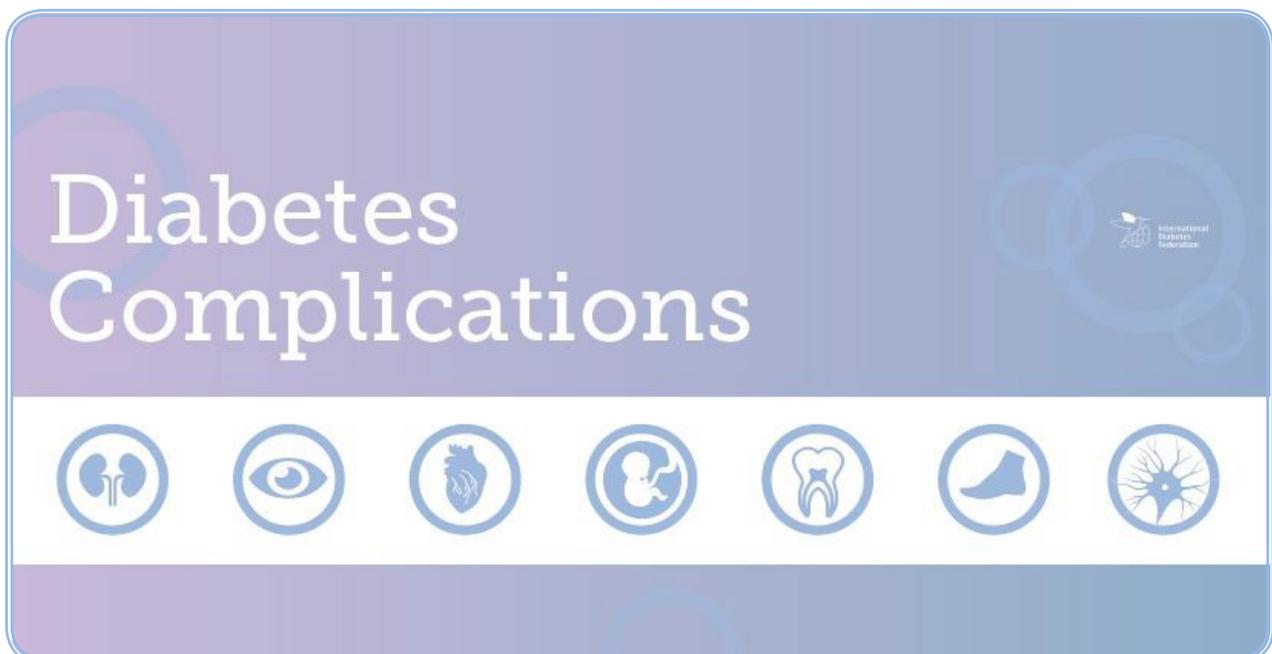
NEWS FROM THE BLUE CIRCLE VOICES NETWORK

IDF Campaign on the language around diabetes

IDF has recently launched a campaign, designed to raise awareness of complications among people living with diabetes, combat stigma and engage with healthcare professionals around the best ways of talking about complications. As part of this campaign, we have started a [Facebook group](#), which people can use to share personal stories, reflections on complications, etc. We will also be sharing news and education material as well as other content.

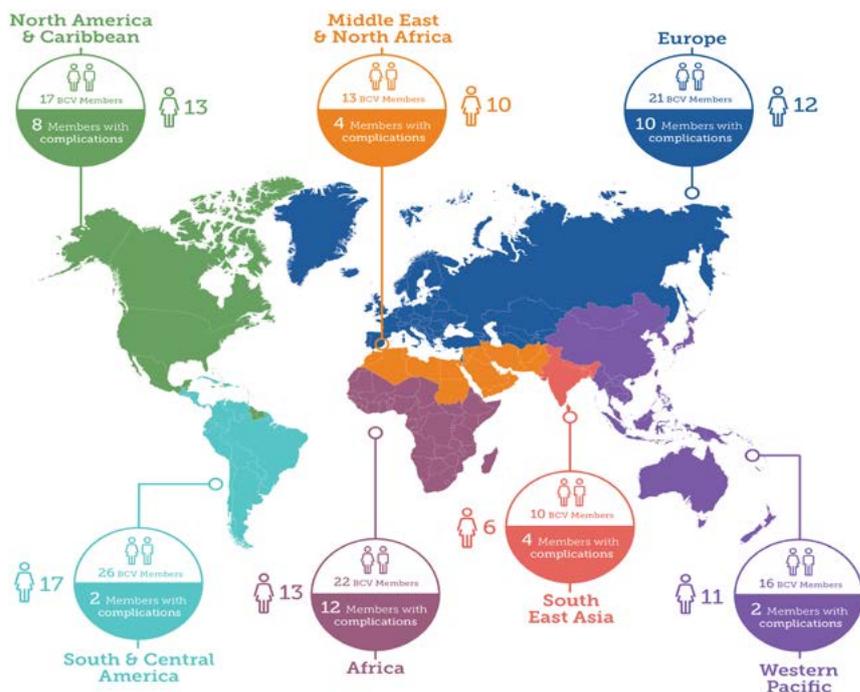
We invite you to join and promote the page among your networks. The campaign will aim to foster discussion around various complications topics. We would welcome any personal testimonies or other input you would like to provide for this campaign – be it in the form of written or video testimonies or any other material.

If you wish to send us material or have any questions, please contact bluecirclevoices@idf.org.



BCV Membership

The BCV network now comprises 125 members from 57 different countries. We invite you to visit the "[Meet the BCV](#)" section on our website, to learn more about them. We are seeking to recruit new members, especially people living with type 2 diabetes or less common types of diabetes (who are currently underrepresented in the network), and people from countries where there is no BCV representation yet. If you know of someone who has diabetes and/or is a carer of a person with diabetes, and would be interested in joining the BCV network, please let us know at bluecirclevoices@idf.org.



Consultations

Between October 13 and November 15, 2017, IDF organized an online consultation with the BCVs with the aim of providing some insights into their perceptions of the quality of the diabetes care that they/the person they care for have received ever since they were diagnosed, as well as any gaps in its provision. Some 76 Blue Circles Voices responded to the consultation. We invite you to discover the most salient points of the consultation [here](#).



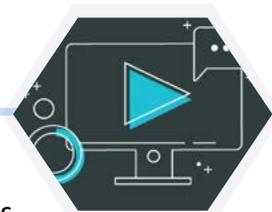
Video Testimonies

Video testimonials are a great way of increasing the visibility of the BCV network and of allowing the voices of the BCV members to be heard. We invite those BCV members who have not yet submitted a testimonial, or want to submit a new one, to contact us at bluecirclevoices@idf.org so we can provide them with instructions and advice on how to prepare their videos.



Webinars

Between May and June 2018 IDF organized three educational webinars for the BCV and its other network of people living with diabetes, the Young Leaders in Diabetes: "Diabetes and Ramadan" on May 8 ([watch again](#) and [access the slides](#)); "Advocacy: Tactics and Messaging" on May 11 ([watch again](#) and [access the slides](#)) and "IDF School of Diabetes" on June 27 ([watch again](#) and [access the slides](#)).



Several webinars will take place in the upcoming months (dates to be determined), including:

- "How to develop a successful diabetes project?"
- "Advocacy: How to approach legislators?"

If you are not part of the BCV network but would like to join the webinars, please contact bluecirclevoices@idf.org.



NEWS FROM THE BLUE CIRCLE VOICES MEMBERS

ADVOCACY

Liliana Tieri (Argentina)

Liliana and her association [CUI.D.AR](#) attended three international events which allowed them to acquire new knowledge and share exciting experiences concerning advocacy initiatives at the global and regional levels.

The first of them, [Global Patients Congress](#), was organized by the [International Alliance of Patients Organization](#) (IAPO) in Florida (USA) from 24-26 May. IAPO members, including CUI.D.AR, had the opportunity to meet different stakeholders including healthcare professionals, government bodies, international agencies and experts as well as a variety of private sector companies.

[Latin America Patients Academy](#), held in Miami, was the second meeting, which occurred at the same time of the Global Patients Congress. Patient's organizations from different pathologies, doctors and governmental organizations talked about advocacy matters with a particular attention on policies for equal access to secure and innovative care for patients.

Liliana and her association also had the opportunity to attend the First Latin American Encounter of Diabetes Associations in Mexico. The event gathered Latin American leaders to share advocacy experiences and Liliana participated to it as an advocacy experts panel.



AWARENESS-RAISING

Basem Futa (Saudi Arabia)

On May 6 2018, the [Saudi Diabetes and Endocrine Association](#) (SDEA) organized an awareness event about diabetes management while fasting during the holy month of Ramadan (Fasting Ramadan Safely and Healthfully), attended by people living with type 1 and type 2 diabetes.

Dr. Basem, Nutrition Advisor of [Johns Hopkins Aramco Healthcare](#) and Chairperson of the Nutrition and Diabetes Education Committee of SDEA, shared an interactive educational presentation at the event.

SDEA members with diabetes attended the educational nutrition exhibition about healthy eating patterns during the fasting month of

Ramadan and had their blood sugar, blood pressure and body mass indices measured. The activities were followed by an interactive lecture about safe and healthy fasting Ramadan, and a session of questions and answers.



Carol Hendricks (South Africa)

On April 26, Carol Hendricks, alongside her support group members, gathered in Mitchell's Plain, in Cape Town, to perform diabetes check-ups.

The event was very well attended. Seventy people were tested and six were diagnosed with diabetes. Carol and her team were able to provide them with initial advice and referred them to their local clinics for further diabetes management and treatment.



Bernard Enyia (Nigeria)

On April 26, the "Taking Diabetes awareness creation to the Family" event took place in Calabar. It featured various presentations on diabetes prevention, management and care, as well as nutrition education. More than 1,000 parishioners of St Rita's Police Catholic Chaplaincy attended the event. This occasion was an opportunity for families to invite the health team headed by Bernard to carry out awareness, education and screening programmes in the convenience of their homes.

Chief organizer of the event alongside medical personnel of the Catholic Men Organization of the church, Bernard was actively involved in the

mobilization of both facilitators and participants. He also talked about the topic "Coping mechanisms for living with diabetes in Nigeria (self-care medication and diets)" and took part in blood sugar and foot screening, control of body mass index, blood pressure check-up.

Riva Greenberg (USA)

This Spring, Riva was invited to present the [Flourishing Treatment Approach](#) (FTA) at the [Stanford Medicine X](#) conference, affiliated with Stanford University. She designed the FTA after interviewing almost 200 people living with diabetes and learning that many of them successfully manage to live with diabetes.

The Flourishing Treatment Approach gives health professionals a different mindset when dealing with people with diabetes. The approach also includes tools for practitioners to whom Riva teaches empathetic listening, strength discovery and how to build on something that works well.



Verónica Emilia Tapia Abril (Ecuador)

On May 20, a 5k road race, called “Gánale a la diabetes” (“Win diabetes”) was organized by “[Casa de la Diabetes](#)” (“House of Diabetes”), where people living or with a risk of living with diabetes are taken care of in Cuenca. The race was part of an awareness-raising campaign on diabetes and how to prevent type 2 and complications. In addition, the sport event helped to raise money for the July Diabetes camp for children and teenagers. The 5k run is part of the many activities carried out by the foundation during the year to help families and kids. Verónica promoted the event on social media and participated in it alongside her family.





NEWS FROM IDF

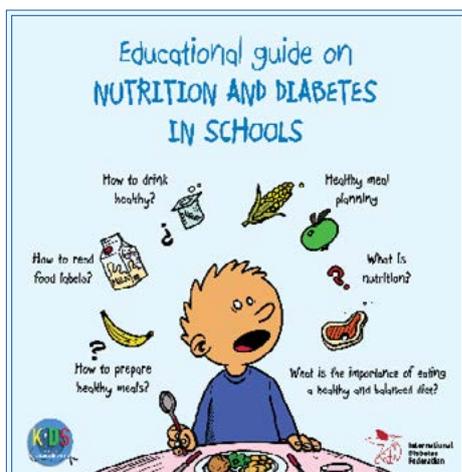
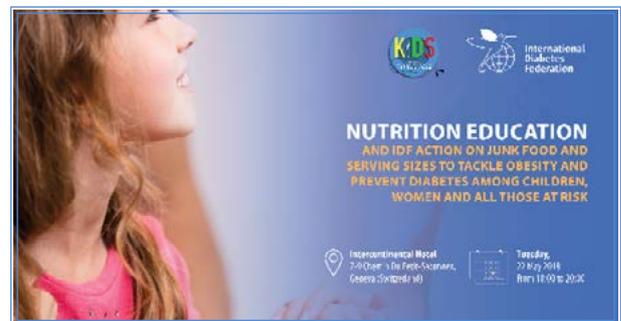
WHA side event

On the 71st [World Health Assembly](#) IDF hosted the multi-stakeholder panel discussion, “Nutrition education and IDF action to tackle obesity and prevent diabetes” in Geneva on May 22. The event focused on the importance of nutrition education and the actions that IDF is taking in this area. During the event, nutrition experts, government representatives and people living with diabetes discussed how quality nutrition education could be part of the solution to overcome the global health challenges posed by diabetes and obesity.

The event provided the opportunity to display recent developments in the [IDF Kids & Diabetes in Schools](#) initiative, a project that aims to foster a safe and supportive environment in schools for children with diabetes, and encourage the adoption of good healthy habits from an early age. You can find more

information about the event and the speakers and panelists on the [IDF website](#).

The event recording can be accessed [here](#). Paula Chinchilla, BCV member from Costa Rica, participated in this discussion panel and did a fantastic job in providing her perspective as a nutrition professional and person living with



Educational guide on nutrition and diabetes in schools

The KiDS and Diabetes in Schools educational guide has been developed as a complimentary resource to the [Kids and Diabetes Information Pack](#), published by IDF in 2015. This guide is an awareness and information tool created to inform teachers, parents of children with diabetes as well as all parents and children of the important role of nutrition in the management and prevention of diabetes.

[Download](#) the educational guide to learn more about nutrition education and improve the lives of school-aged children.

IDF Diabetes Complications Congress 2018

The IDF Diabetes Complications Congress 2018 is the first in a new series of live educational events developed by the International Diabetes Federation to tackle the issues around diabetes complications. The event, which will be held in Hyderabad (India) between the 25th and 27th October 2018, will feature over 100 invited speakers from around the world; a dynamic programme, spread over seven streams, that will provide participants with the latest research, treatments and tools to limit and treat diabetes complications; and a lively exhibition showcasing the latest advances in diabetes complications care and technology.

We invite you to submit your abstract for this Congress [here](#) - the deadline is 15 July 2018. Stay tuned to our [webpage](#) to discover the new updates to the [preliminary scientific programme](#).



Diabetes prevention, care and management in humanitarian settings

Worldwide, over 68 million people are displaced because of conflicts alone. Many of them are living with diabetes. IDF estimates that 1 in 11 people currently have diabetes. Some studies suggest the rate is higher in displaced populations.

All too often, diabetes care is overlooked in the humanitarian response. Without concerted action at all levels, diabetes will continue to take a heavy toll on displaced populations, overwhelming health systems in countries most affected and hindering global efforts to meet the [Sustainable Development Goals](#).

IDF has launched a [multi-stakeholder initiative](#) to make sure the voice of displaced people with diabetes

is heard and their needs met. This initiative forms part of IDF's wider scope of humanitarian actions which include the [IDF Life for a Child Programme and Diabetat](#).

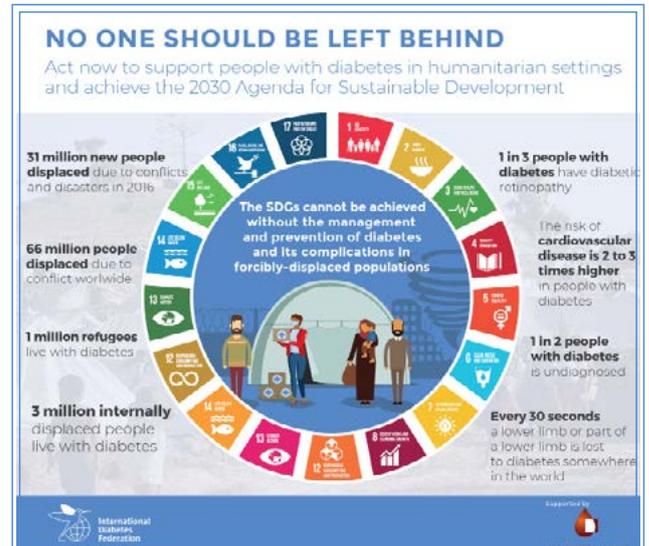
This multi-stakeholder advocacy and communication platform aims to raise awareness of the challenges of preventing and managing diabetes in humanitarian settings, and encourage action, financial commitment and the development of financial mechanisms to improve health services and access to essential medicines and care in the immediate and longer-term response to humanitarian crises. Read [IDF's call to action](#) to tackle diabetes in humanitarian settings.



World Refugee Day

Linked to this initiative, on the occasion of [World Refugee Day](#), on June 20, IDF led an intensive [campaign](#) on social media to alert governments, international organizations, civil society and the private sector on the need to improve the lives of the more than 20 million men, women and children forcibly displaced and the 4 million of people with diabetes.

Check the resources developed for World Refugee Day [here](#).



UN High-Level Meeting on NCDs

IDF is currently involved in advocacy efforts around the [High Level Meeting \(HLM\) on NCDs](#) that the UN will hold on September 27 in New York. The HLM 2018 is the most important political meeting on diabetes and other NCDs to be held since 2014. It will evaluate the global and national progress that governments have made since the last meeting in 2014 towards achieving the NCD-related targets included within the global [Sustainable Development Goals \(SDGs\)](#). These include achieving Universal Health Coverage (UHC) and reducing by one-third premature deaths from NCDs by 2030. The meeting will result in a consensus document outlining the way forward in combating NCDs.

IDF HLM campaign can only be successful if its networks support our call to action at the national level, by reaching out to national policymakers and media, and making noise on social media. We encourage you to read the resources that IDF has prepared on this occasion: an updated toolkit with the latest information about the meeting; a ready-to-use letter, which you can tailor with information from your country; and a 2-pager which summarises all the HLM initiatives that you can carry at the national level. We invite you to download all these materials from our [website](#).

You can also support the IDF social media campaign by sending us at bluecirclevoices@idf.org a selfie with a piece of paper, in which you need to write: #HLM2018 + your diabetes priority for the next four years. Please check this [page](#) for more information.



IDF CVD Video

Type 2 diabetes is a major risk factor for cardiovascular diseases (CVD) alongside other risk factors such as smoking and lipid disorders. In turn, CVD is the most prevalent cause of mortality, morbidity and healthcare costs among people with type 1 diabetes and type 2 diabetes.

End of May, IDF launched a [CVD in diabetes awareness video](#) recorded at the IDF 2017 Congress in Abu Dhabi. We sincerely appreciate the participation of four BCV members in this video: Phylissa Deroze (United Arab Emirates), Gopika Krishnan (India), Deric Nkimbeng (Cameroon) and Marcelo González (Chile).

Don't forget to consult our other [CVD resources](#).



IDF School of Diabetes

To develop evidence-based educational resources for both people living with diabetes and health professionals, IDF has launched in 2017 the [IDF School of Diabetes](#). You can participate in free short courses designed to study specialized topics in a broad range of diabetes and its complications, such as diabetes prevention, diabetes and eye, diabetes and CVD.

Take your first course [here](#).

Taking Diabetes to Heart

[Taking Diabetes to Heart](#) is a multi-country study, developed by IDF in partnership with Novo Nordisk, focused on CVD awareness and knowledge among people living with type 2 diabetes. The study - the first of its kind in the world - builds on the IDF global report on Diabetes and Cardiovascular Disease (2016), which includes recommendations to reduce the burden of CVD among people with diabetes and the general population.

The initiative, available in multiple languages, was a great success, as 10,000 people took part in this survey, which closed on June 1, 2018. The results collection will be used to inform policy and decision-making around this common and serious complication of diabetes.

For more information about Taking Diabetes to Heart, please contact takingdiabetes2heart@idf.org.

