NEWS FROM IDF

IDF discussion panel on nutrition education

On the occasion of the [71st World Health Assembly held in Geneva](https://www.who.int), IDF organised, on the 22nd of May, a multi-stakeholder event “nutrition education and IDF action to tackle obesity and prevent diabetes”.

Upwards of 85 people attended this event, during which nutrition experts, government representatives and people living with diabetes discussed how quality nutrition education is part of the solution to overcome the global health challenges posed by diabetes and obesity. The event also provided the opportunity to showcase recent developments in the [IDF Kids & Diabetes in Schools](https://www.idf.org/health cystology) 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 panellists on the [IDF website](https://www.idf.org).

UN High-Level Meeting on NCDs

IDF is currently involved in intensive advocacy efforts around the [High Level Meeting (HLM) on NCDs](https://www.who.int/nmh/events/high-level-meeting) that the UN will hold on September 27 in New York. This meeting is one of the most important meetings on NCDs of the past few years, and will inform key national and global action for the next five years.

[**IDF is calling on all governments**](https://www.idf.org) to act urgently to accelerate national action and advance towards the achievement of the WHO and UN international commitments: a 0% increase in diabetes prevalence and 80% access to essential medicines and devices by 2025, and a 30% reduction in NCD-premature mortality and Universal Health Coverage by 2030.

Our HLM campaign can only be successful if our network supports the call to action by taking it from the global to the national level. **Please get involved and support the campaign** by reaching out to national policymakers and the media and making noise on social media. IDF has developed the following tools to help you build your own national HLM campaign: a [**toolkit**](https://www.idf.org) with the latest information about the meeting; a [**ready-to-use letter**](https://www.idf.org) which you can tailor with information from your country; and a [**2-pager**](https://www.idf.org) which summarises all the HLM activities that you can develop in your country. All these resources can be found in English, French and Spanish on our [HLM webpage](https://www.idf.org/hlm/

Please do not forget to share your activities relating to this with us.

IDF Diabetes Complications Campaign

IDF will launch a diabetes complications campaign on social media in June, aimed at encouraging people to talk about their complications and challenging healthcare professionals to change the language they use when communicating with people with diabetes. At this stage, we are working on gathering complications-related testimonies of people living with diabetes. We encourage all people with diabetes, even if they do not have complications, to join the [IDF Complications Facebook group](https://www.facebook.com/groups/IDFComplications), speak up about complications and share your experiences!
Diabetes prevention, care and management in humanitarian settings

Worldwide, over 65 million people are displaced as a result of conflicts alone - many of whom are living with diabetes. 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 recently 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.

IDF and its partners will build a global advocacy and communication platform 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.

More information on the initiative can be found here.

IDF Diabetes Complications and Foot Congress 2018

The IDF Diabetes Complications and Foot Congress 2018 will be held in Hyderabad (India) between the 24 and 27 October 2018. We invite you to submit your abstract for this Congress and share your knowledge with primary care physicians, endocrinologists, orthopedists, podiatrists, general and vascular surgeons, cardiologists, nephrologists, ophthalmologists, nurses, educators and physiotherapists from around the world. You can submit your abstract on our website until July 15 2018.

IDF webinars

In April and May, IDF organised four webinars for its network. These can be viewed again by following the links below.

- April 16: “Diabetes and Social Media” (watch again and access the slides);
- April 30: “Becoming a diabetes advocate around the UN High Level Meeting on NCDs” (watch again and access the slides);
- May 8: “Diabetes and Ramadan” (watch again and access the slides);
- May 11: “Advocacy: Tactics and Messaging” (watch again and access the slides).
YLD individual projects

As part of the YLD programme, all YLD Candidates are required to develop a diabetes project during the 2018-2019 term. The projects must address the needs of people with diabetes and be supported by an IDF Member in their countries. In April, the YLD Candidates submitted individual reports which included overall information about their plans for 2018-2019, and what had been achieved during the first quarter of 2018. You can find information about the YLD individual projects on the YLD webpage.

YLD Committee

In April, Danielle McVicar from Canada, NAC Representative-elect 2016-2017 and NAC Representative 2018-2019, decided to resign from her position due to personal reasons.

Zanique Edwards from Saint Lucia, who had been elected NAC Representative-elect 2018-2019 at the end of 2017, has now become the NAC Representative for that same period. After conducting new elections in the region, the new NAC Representative-elect 2018-2019 is Liselle Toussaint from Grenada.

You can find more information about the composition of the YLD Committee on the YLD webpage.

YLD newsletter

The YLD newsletter is a compilation of the latest activities from IDF, the YLD Programme and the YLD members. It is published every two months and uploaded to the IDF website. Exceptionally, the YLD Newsletter will not be published in July due to the summer holidays. The next issue will be launched in September 2018 and will cover the months of June-August.

If you are not part of the IDF network and would like to receive this newsletter by email, you can subscribe by sending an email to advocacy@idf.org, with your name, country of residence and profession.
AWARENESS

Tazul Islam, Bangladesh

On the eve of the Bengali New Year, on April 13-14, the Changing Diabetes in Children Programme (CDIC), the Ophthalmology Department of the Bangabandhu Sheikh Mujib Medical University and Narail Diabetic Shamiti organised a free diabetes and eye-screening activity in Narail, 250 km away from Dhaka.

Tazul participated in this initiative, screening people for diabetes and eye disease, testing HbA1c, distributing insulin and test strips and raising awareness of diabetes and its complications. Different sessions on diabetes awareness, how to use medication, putting an end to superstitions and myths, and having a balanced diet were also organised.

A total of 110 adults and children were screened. The HbA1c test helped identify 10 people with diabetes between 12 and 26 years of age, who had little education about diabetes and did not know how to properly use their medication. They have now received appropriate education on how to manage their condition.

Weronika Kowalska, Poland

On April 8, Weronika conducted a motivational lecture during the “Diabetes without mysteries” conference, organised by the Student Diabetology Circle of the Medical University of Warsaw. Attendees included parents of children with type 1 diabetes and adults with type 1 diabetes. The main topics discussed were technology and nutrition.

Weronika’s lecture focused on how managing your diabetes well and eating adequately can help you pursue your passions and make your dreams come true. She shared her own story of diabetes burnout with the audience and how she changed her way of thinking from “diabetes-focused” to “self-focused”. Her message was to live life to the fullest with proper diabetes management and nutrition, and not focus on the fact that we have diabetes. Weronika highlighted the fact that diabetes also brings positive things with it, such as new friendships, and that it is possible to do a lot when focusing on our strengths instead of on our limits.
ADVOCACY

Apoorva Gomber, India

Diabetes India Youth in Action (DIYA) is a type 1 diabetes-led advocacy group from New Delhi, started by a team of ten young passionate people living with type 1 diabetes. One of them is Apoorva, who works actively in connecting people with type 1 diabetes across India, calling for better access to care, raising awareness of type 1 diabetes and encouraging young people to join DIYA camps.

One of DIYA’s main concerns is discrimination at school and in the workplace. To fight against discrimination, DIYA has reached out to the Indian Government to request more action. A teleconference to discuss this issue with government officers was organised in mid-April. We will inform the network of the outcomes of this important activity in future newsletters.

Diana Novelo Alzina, México

On March 7, Novo Nordisk organised a meeting between healthcare institutions, academia, civil society and the municipality of Mérida (Yucatán), to discuss the Cities Changing Diabetes Project.

Diana and the Vice-President of her association – the Diabetes Association of Southeastern Mexico (AMDS) – were invited to this meeting, where all participants agreed to get involved in the implementation of Cities Changing Diabetes in Mérida. On April 20, all parties signed up to the project and a Committee was established. The first activity will be to map the diabetes prevalence and the specific needs of the different communities of the State.

During these meetings, Diana had the chance to speak about the YLD Programme and her experience of the Abu Dhabi Training Summit, and about the YLD project she is developing – which is focused on creating a registry of people with type 1 diabetes in the Yucatan state.
On May 5, the Argentinian association CUI.D.AR organised a “Pijamada” (sleepover) targeting kids between the ages of 7 and 12. The activity was supported and coordinated by doctors and YLD members such as Estefanía and Lucas – who are always keen to support CUI.D.AR’s initiatives.

The purpose of the “Pijamada” was to teach kids with diabetes about self-management, such that in the future they can have sleepovers with their friends as any other child without diabetes would. They learned to inject insulin in case an adult cannot do it, count carbs and check their glucose levels. More importantly, they learned that diabetes does not prevent them from doing the same things as any other boy or girl their age!

Another recent activity supported by Estefanía, Lucas and their colleagues is “Team One Urbano”, the purpose of which is to meet new people living with diabetes while encouraging physical activity and diabetes education.

Both initiatives have been very successful, with attendees saying they had a great time and learned a lot about diabetes!

On May 12, ADJ Diabetes Brasil organised the awareness activity “Breakfast with a Doctor” for a group of adolescents with type 1 diabetes, their parents, relatives and friends.

Lucas was one of the participants in this initiative, where people shared the difficulties they experience at school and discussed how to improve their relationships with classmates, teachers and school coordinators. Participants were referred to the materials developed by IDF as part of the Kids and Diabetes in School project. They also discussed types of treatment, carb counting and diabetes camps. Attendees were very satisfied with the activity and would love to participate again!