OUR VISION

To improve the lives of young people affected by diabetes worldwide

OUR MISSION

The Young Leaders in Diabetes programme aims to enhance the lives of your people living with diabetes. YLD Members are committed to raising awareness of diabetes by being a powerful voice for prevention, education, access to quality care, improved quality of life, and the end of discrimination worldwide.

The YLD Programme supports the International Diabetes Federation in reaching its strategic goals.

OUR AIMS

The YLD programme aims to reach the following goals:

• Be a voice for young people affected by diabetes worldwide.
• Identify and support the development of Young Leaders in the international diabetes community.
• Empower and educate YLD members to support the mission of YLD and IDF by strengthening IDF Members.
The YLD Programme mandates that all its Candidates develop an individual project over the two-year term after their acceptance in the network, with the support of their national diabetes associations. For the term 2016-2017, a total of 33 individual projects were undertaken. More detailed information about some of these projects can be found later in this report.

A key highlight of the programme in 2017 was the fourth YLD Leadership Training Summit, which took place in Abu Dhabi from 4-8 December. More detailed information about this Summit can be found in the coming pages. This Leadership Summit is one of the main YLD activities, providing YLD members attending the training with the opportunity to meet in person and to generate a sense of community. For the first time this year, the Training Programme has also been filmed, and will be made available online for those YLD candidates who did not attend the training, and as a free educational resource via the online IDF School of Diabetes.
I feel honored and privileged to have had the opportunity to lead the International Diabetes Federation (IDF) Young Leaders in Diabetes (YLD) Programme during the last biennium. The YLD Programme was established to build and support the next generation of leaders for the global diabetes community. It is an integral component of IDF’s work and plays a key role in the Federation’s global advocacy, awareness-raising and project-related activities.

Diabetes is a global public health issue. Until recently, the diabetes epidemic was largely ignored, resulting in escalating costs for individuals, health systems and society at large. Diabetes increasingly affects people in younger age groups, including children, and is a threat to the health and prosperity of all of us and generations to come.

The global diabetes community is in need of young leaders that are willing to not just silence the alarm with quick fixes, but sustain lasting change to improve health and wellbeing. We need young leaders that can rally people around them in support of a common cause. The real challenge for the YLD programme is to be a voice for young people affected by diabetes as well as a source of education, engagement and empowerment. To ensure global representation, the programme is governed by a Committee consisting of the YLD Chair and fourteen Regional Representatives.

I was honored to preside the fourth YLD Leadership Training Summit that took place in Abu Dhabi on 4-8 December 2017. The Training Summit is one of the core YLD activities, providing YLD members with the opportunity to increase their knowledge of diabetes; learn how to create, plan and conduct projects in their communities; and network and create friendships with other young people committed to improving the lives of people with diabetes.

I would like to take this opportunity to thank all the YLD members that helped us make the Programme better and more visible over the last two years. My special thanks goes to the Regional Representatives and Regional Representatives-elect, and also to the IDF Executive office which provided invaluable support to the Programme. I would also like to express gratitude to the immediate past IDF President Dr. Shaukat Sadikot and the current IDF president Prof. Nam Cho, for their continued commitment and support.

As the Chair of the YLD Programme, it is incumbent on me to make a real difference in the effectiveness of our presence worldwide. We can’t give to others without being affected positively ourselves. When we make the world better for others, we make the world better for ourselves. Let us do this together!

Sincerely yours,

Asst. prof. Dario Rahelić, MD, PhD.
Yemurai Machirori, Zimbabwe

Regional Representative, Africa:
Yemurai has recently completed her Higher National Diploma in Tourism and Hospitality Management. She has been volunteering at her member association whenever she has free time. In recent years, she has focused on helping children with diabetes and their parents by talking with them. She also writes monthly diabetes articles for one of the biggest newspapers in Zimbabwe. She wants to ensure that proper policies are set up, especially for children with diabetes in schools.

Kagiso Molosiwa, Botswana

Regional Representative-elect, Africa:
Kagiso is a second-year diploma student in Health Education and Promotion in Botswana. Since 2010, Kagiso has been actively cooperating with the Diabetes Association of Botswana and has become one of its eight Executive Committee Members. He focuses on providing education on diabetes through participating in interviews and making educational clips on various channels.

Dániel Végh, Hungary

Regional Representative, Europe:
Dániel currently works as a dentist at the Semmelweis University of Budapest in Hungary. He is an active volunteer for the Hungarian Diabetes Association and a passionate advocate for oral health and diabetes. Daniel has shared his expertise at workshops and lectures during national and international conferences such as the European Federation of Periodontology (EFP) workshop and the IDF Congress.

Uros Bogdanovic, Serbia

Regional Representative-elect, Europe:
Uros is a second-year law student at the University of Belgrade. He has been an active member of the Diabetes Association of Serbia since 2014, participating in various camps and being invited to speak in various settings. He was elected Board Member of the Diabetes Association of Serbia in 2017.
Aziza Bokhari, Saudi Arabia
Regional Representative-elect, Middle East and North Africa:
Aziza is a third-year medical student who strives to contribute to improving the health of citizens in her country. Through participating in various volunteering activities, she tries to educate the general population and help those in need of guidance.

Lulwa Al-Qaoud, Kuwait
Regional Representative, Middle East and North Africa:
Lulwa is an industrial engineer from Kuwait. Determined to live life to the fullest, she has not allowed diabetes to stand in her way. She is working on making the community aware that diabetes is manageable, and is not in any way an obstacle. Today she strives to help people with type 1 diabetes to overcome the challenges they face while balancing their day-to-day lives with diabetes. Over time, she hopes to change people’s perceptions of diabetes.

Danielle McVicar, Canada
Regional Representative, North America and Caribbean:
Danielle, who lives in Canada, works for Diabetes Canada running camp and youth activities. She is passionate about the need for increasing access to diabetes education, medicine and other required tools for people living with the condition. She has a bachelor’s degree in Finance and Marketing and in her spare time you’ll find her climbing mountains with her skis.

Zanique Edwards, Saint Lucia
Regional Representative-elect, North America and Caribbean:
Zanique is currently a Special Education Teacher. She has volunteered sharing her experience and raising awareness of living with diabetes by being a guest on various radio shows and giving talks at schools and in companies. She has been the president of the Diabetes Foundation for Youth Saint Lucia since 2014. In future, she will keep on educating the youth in St Lucia on diabetes.
Ronaldo Wieselberg, Brazil

Regional Representative, South and Central America:
Ronaldo is a medical student from Brazil. Realising that many education programmes and health policies did not reach their full potential due to lack of data, he has decided to focus on diabetes and related non-communicable disease epidemiology, leading screening campaigns and gathering information to develop successful policies. For his Association, he acts both as a camp counsellor for their yearly diabetes camp, and as an administrative counsellor focusing on advocacy.

Lucas Xavier de Oliveira, Brazil

Regional Representative-elect, South and Central America:
Lucas is currently studying nutrition and dietetics. He has volunteered for several years with his Member Association and has launched a blog for friends and relatives of people living with diabetes, which has had a lot of success. He wishes to keep on representing Brazil and to foster change in the world.

Apoorva Gomber, India

Regional Representative, South-East Asia:
Apoorva is a medical doctor in India, pursuing a postgraduate programme. She regularly runs educational camps with her Association to ensure easy access to diabetes education and she fights for affordable insulin.

Kush Patel, India

Regional Representative-elect, South-East Asia:
Kush is an ophthalmologist in India. He has been actively volunteering in many camps and participating in various projects offering care at subsidised rates to ensure access to care for all. His main aim is to raise awareness, increase early detection of diabetes and help with the rehabilitation of people living with diabetes.

Shuk Yi Yu, Hong Kong

Regional Representative, Western Pacific:
Shuk Yi is currently pursuing her undergraduate degree in literary studies and law in Hong Kong. She has been collaborating with the Hong Kong Youth Diabetes Action to help families and children living with diabetes. She strives to ensure that diabetes is not solely perceived as an illness to be cursed but also as a blessing.
EXAMPLE OF YLD DIABETES PROJECTS 2017

Improving the lives of children and young people living with diabetes through 33 projects in 23 countries.
Africa

YLD: a powerful voice for prevention, education and the end of discrimination worldwide

Daily Diabetes Control
By Chipimo Chisanga, Zambia

Chipimo’s project is focused on education and awareness. He set up a radio programme in which people can share their personal experience of living with diabetes. Since August 2016, this programme has become a permanent health programme on the radio, a major achievement! The team managing this radio programme goes on the air every two weeks, for 30 minutes, during which they can discuss any diabetes-related topic. This programme enhances diabetes education and awareness, while also bridging the gap between patients and healthcare professionals specialised in Diabetes by also inviting HCPs to share their views during the programme.

Patient Empowerment
By Lamin Dibba, The Gambia

Empowering diabetes patients has been the focus of Lamin’s project since 2015. He has achieved this by organising educational events gathering patients and their parents, holding school talk shows and both radio and television diabetes live shows. Introducing diabetes in everyday conversations allows patients to better manage their diabetes and to challenge the misconceptions surrounding it. By talking regularly with around 67 children and young adults living with type 1 diabetes, Lamin was able to empower them to manage their diabetes. The average HbA1c levels at the beginning of the two-year period were around 14, and dropped to levels between 6 and 9 after participating in those talks, showing the effectiveness of this approach.
Europe

Social media campaign
By Sophie Hidjkaer, Denmark

Sophie’s project echoes Life for a Child’s “Spare a Rose, Save a Child” campaign. With the Danish Diabetes Association, she encouraged people to show their love for someone living with diabetes by donating to Life for a Child. By targeting not only people living with diabetes but also their loved ones, the idea was to create a feeling of unity and common ground, while also increasing awareness of how many people are affected by diabetes and showing the severity of diabetes in developing countries.

Play
By Konstantina Boumaki George Lionakis, Greece

Konstantina and George collaborated with the Cretan Association of Diabetes to produce a play in Heraklion, Crete. The play was based upon a book written in cooperation with the Ministry of Health, which has become an educational document studied in every elementary schools. The book follows the diary of an 11-year-old boy who talks about the symptoms of diabetes before his diagnosis as well as the struggles, the denial and the difficulties that he has faced since. Through a recreational play, they were able to touch upon the essence of what living with diabetes is and educate the general public on diabetes. The play was well attended by people of all ages, as there were performances for nearby elementary schools and junior high schools and another performance opened to all.
Blue Circle
By Maryam Al-Ostad, Kuwait

Maryam created a local youth movement to build awareness of all matters related to diabetes, which aims to challenge the misconceptions around diabetes through sport. In 2017, this youth movement named “Blue Circle” completed an eight-day sports challenge trip to Austria, during which they hiked, went rafting, and practiced rock climbing and other outdoors activities. This project aimed to show that diabetes does not limit your life experience. The team was supervised by a nutritionist who helped them maintain a healthy lifestyle throughout the period and achieve good diabetes management. All details of the trip were documented and posted on social media, to raise awareness of diabetes and the importance of having a healthy lifestyle.

Better Diabetes Care
By Mohamed Shaaban, Egypt

Mohamed’s project aims to guarantee integrated patient-centred continuous care for people living with diabetes in Egypt. This is achieved by undertaking a range of activities such as providing education, helping, empowering people living with diabetes, raising public awareness, conducting research and providing medical care and supplies. To do so, two mobile medical vans went to various regional areas such as Fayoum and Baltim to screen people for diabetes, hypertension and obesity and offer medical supplies. This was complemented by early-detection and awareness campaigns during which doctors gave free medical care while raising awareness of various health issues. Volunteers also gave three educational sessions in Dar Elsalam on the topic of fasting and diabetes. Finally, HCPs participated in gatherings organised by the diabetes association to learn more about the concept of patient-centred care.
Katie developed a documentary project called “Every way possible”, which explores how certified diabetes educators (CDEs) can best engage individuals who move to the United States from another country, and help them manage their diabetes within the US healthcare system. By using interviews with a patient and a CDE, the documentary aims to cast a light on the challenges recent immigrants living with diabetes face when arriving in the US. It also shows the necessity to ensure that educators are able to provide culturally competent care to a diverse population. It is accessible on YouTube and the story behind the scene of the project can be accessed here.

Danielle has been running diabetes camps in Canada for the past couple of years. These camps have given children living with diabetes the opportunity to connect with each other and create a sense of community, while learning more about their condition and increasing their self-esteem. Through educational and recreational activities, diabetes camps promote and encourage children to independently self-manage their diabetes.
EDPD (Diabetes Education by People with Diabetes)
By Paula Chinchilla, Costa Rica

Through this project, Paula seeks to educate the public about diabetes to avoid discrimination and prevent the onset of type 2 diabetes. This is done through talks given in schools, companies and workplaces. Information material is provided alongside the talks, given by young leaders of the diabetes association of Costa Rica. Following the talks, Paula and the other young leaders from her association do follow-ups to see whether education about diabetes has had an impact on the level of bullying and discrimination in schools, and if the quality of life of people living with diabetes has improved once people around them knew more about this chronic disease. Education turned out to have a positive impact on the life of people living with diabetes, making this project a success.

Medical Brigades to assist people with diabetes because of the earthquake in Ecuador
By Andrea Cabrera Basurto, Ecuador

The purpose of this project was to respond to an urgent need in 2016 following the earthquake in Ecuador. By traveling to various areas affected by the earthquake with a team of nurses, doctors, educators and nutritionists, Andrea and the team of volunteers she set up were able to provide assistance and supplies to people living with diabetes who had been affected by the natural disaster. Thanks to this project, people living with diabetes were able to obtain vital treatment during this uncertain time.
Run for a cause
By Apoorva Gomber, India

Apoorva organised a “Run for a cause” event on November 26, to mark “World Diabetes Awareness Month”. The purpose of this event was to raise awareness of diabetes and to destroy the myth that people living with diabetes cannot run a marathon and/or engage in the same activities as others. It was an effective event as close to 100 children and young adults participated in the run. Messages were written on boards along the run contrasting the myths and facts surrounding diabetes. It showed that diabetes should not be taboo and that by raising awareness of diabetes, people can fight against discrimination and destroy the myths that are often spread about this chronic disease.
Western Pacific

Reducing misconceptions and stigma
By Emily Wilson, New Zealand

During Diabetes Action Month in November 2017, Emily went on a self-powered journey around New Zealand where she biked, rafted and did kayak paddle board with an interactive type 1 teddy bear called Jerry. She stopped in various sites to host teddy bear picnics in major centres for children living with diabetes. The aim of this journey was to highlight the New Zealand diabetes theme, "Know the difference", and to raise awareness of what diabetes really is, showing how well you can live with it. This allowed her to educate people and in return, to reduce the misconceptions that often surround diabetes.

Young Leaders of Fiji
By Shivanjani Iyer, Fiji

Shivanjani's project aimed to educate the wider population about diabetes and empowering people living with diabetes. By reaching out to religious leaders and organising a walk in their company, it gave her the opportunity to empower those leaders to teach about diabetes from their religious platforms and raise awareness of prevention. Shivanjani also organised a 5km walk and gave Zumba lessons to increase awareness of healthy living. Finally, by hosting diabetes camps she gave children the opportunity to learn more about diabetes management and to be empowered to take care of themselves.
A look into the 2017 YLD Leadership Training Summit in **ABU DHABI**

- **7** returning YLD Mentors
- **8** members of the YLD Interim Committee
- **44** new YLD Candidates
- **54** countries
- **22** sessions
- **5** days
IDF organised the fourth YLD Leadership Training Summit in parallel to the 2017 IDF World Diabetes Congress in Abu Dhabi (United Arab Emirates).

Fifty-nine YLD Candidates and Mentors joined this Summit to share four days of joint activities, which allowed them to meet people from all around the world, learn from other realities and share experiences.

During the Leadership Summit, IDF organised sessions on topics such as diabetes advocacy, education, oral health, neuropathy and physical activity. Sessions on project planning, implementation and evaluation were also organised, with the objective of providing the YLD members with the tools to develop successful and impactful projects with the potential of enhancing the lives of (young) people with diabetes.

The Leadership Summit also fostered regional discussions, during which the YLD members shared their main concerns with people from their own region and started drafting Regional Action Plans, which will be developed and implemented during 2018-2019 with the objective of targeting specific regional issues for people with diabetes.
YLD GRADUATION

During the fourth Leadership Training Summit, all the YLD Candidates from 2015 and YLD Mentors from 2013 that successfully completed their tasks as YLD members graduated from the YLD Programme. Congratulations to all of them!

YLD Candidates who graduated

- Tsegamlak Tsigie, Ethiopia
- Chipimo Chisanga, Zambia
- Maja Vuković, Croatia
- Sophie Victoria Hindkjaer, Denmark
- George Lionakis, Greece
- Konstantina Boumaki, Greece
- Daniel Végh, Hungary
- Alessio Liguori, Italy
- Jurgita Gintauskane, Lithuania
- Martyna Alicja Neumann, Poland
- Lulwa Al Qaoud, Kuwait
- Danielle McVicar, Canada
- Katie Doyle, US
- Estefania Malassisi, Argentina
- Nadia Regina Aylagas, Argentina
- Nathalia Noschese Fernandes Almeida, Brazil
- Paula Chinchilla, Costa Rica
- Ana Daniela Molina Sanchez, Ecuador
- Andrea Cabrera Basurto, Ecuador
- Shivanjani, Fiji
- Emily Wilson, New Zealand
- Benson Lu Yi Hao, Singapore
- Fan-Syuan Gianni Hong, Taiwan

YLD Mentors who graduated

- Lamin Dibba, The Gambia
- Yemurai Sammantha Machirori, Zimbabwe
- Ioannis Zampetakis, Greece
- Luca Cappellini, Italy
- Manuel Maria Laginha Gonçalves, Portugal
- Alexandra Costa, Portugal
- Ronaldo Wieselberg, Brazil
- Franco Settimo Giraudo Abarca, Chile
- Tai-Lin Lee, Taiwan

Lamin Dibba receiving his graduation certificate as a YLD Mentor from the YLD Chair, Dario Rahelić

Franco Giraudo, completing his last term as YLD Mentor and receiving his graduation certificate
# FEEDBACK FROM THE YLD LEADERSHIP TRAINING SUMMIT 2017

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<tr>
<th>Feedback</th>
<th>Description</th>
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<tr>
<td>“An amazing chance to network with people living with type 1 diabetes around the world.”</td>
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<td>“There is just so much positive energy and inspiration among the youths.”</td>
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<td>“The training programme is a life-changing experience for young people living with diabetes, it allows you to get an insight into how other people from different cultures are affected by diabetes.”</td>
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<td>“It was extremely valuable for us to be given the opportunity to connect and exchange our experiences, inspire each other and collaborate.”</td>
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<td>“Every session was good and full of information, but I’d just add more time to the whole programme.”</td>
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<td>“I think that the training was very useful to gather information and lay the foundations for the arduous work that must be done in a team so that the results can be seen over the long term.”</td>
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<td>“I built connections with other young leaders with diabetes who shared similar problems despite the distance, and friendship ties were established.”</td>
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<td>“I believe that the integration of young leaders from all over the world and their respective regions have become the strongest points of training.”</td>
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The future of the YLD Programme

The Leadership Training Summit is key for the YLD Programme as it provides those YLD Members attending in person with the opportunity of meeting one another and generating a sense of community. It is also an amazing educational resource for other Young Leader Candidates part of the programme, who did not attend the training event in Abu Dhabi but will avail themselves of this resource online.

While of huge importance, the Training Summit is only one component of the YLD Programme, which has been designed to offer the YLD members ongoing support in their road to becoming leaders in the diabetes field. The YLD Candidates and Mentors for the period 2018-2019 will also have the chance to join regular webinars on a variety of topics, which will be run by the IDF Executive Office, renowned diabetes specialists, members of the Blue Circle Voices network and even YLD members themselves. IDF will also promote the involvement of the YLD members in all its advocacy campaigns, as we trust in the energy and the capacity of young people.

Finally, IDF has also launched an online discussion Forum for YLD members to be able to exchange information and ideas, and to discuss important diabetes topics.

Over the next two years, IDF will work tirelessly to support this new generation of worldwide diabetes advocates and leaders!
IDF would like to thank its sponsors for their invaluable support to the YLD Programme and young people with diabetes around the world.