2019
ANNUAL REPORT

young leaders
in diabetes
A programme of the
International Diabetes Federation
To improve the lives of young people affected by diabetes worldwide.

The Young Leaders in Diabetes Programme aims to enhance the lives of young 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.

The YLD programme aims to:

• 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 train YLD members to support the mission of YLD and IDF by strengthening IDF Members.
In January 2019, the YLD Programme adopted a new Framework which included a few notable changes:

- The length of YLD terms was extended from 2 to 3 years
- The cut-off age to join the Programme was moved from 30 to 25 years at the time of nomination

In the first quarter of 2019, IDF Members were invited to send their nominations to the YLD Programme.

In April, 63 young people integrated the Programme as YLD Trainees, joining 39 YLD Trainees from 2017 and 12 YLD Mentors who had joined in 2015 or before. As of that moment, the YLD network comprised **114 members from 68 countries**:
IDF has been involving its young leaders in global advocacy campaigns since the inception of the YLD Programme.

In 2019, IDF’s main global advocacy activity revolved around the UN High Level Meeting (HLM) on Universal Health Coverage (UHC) which took place on September 23 in New York. The HLM was a great opportunity for all UHC champions and advocates, including YLD members, to make their voice heard and help mobilize high-level political attention globally and in their countries.

As part of its UHC campaign, IDF developed a call to action to governments for the development of health-in-all-policies to achieve UHC by 2030. IDF also created a short toolkit with information about the HLM on UHC and how to support the IDF campaign. The call to action and toolkit were made available for download in five languages on the IDF website.

The call to action and toolkit were distributed to all YLD members, who were encouraged to use them in national advocacy initiatives in collaboration with the IDF Member(s) in their country.

YLD members were particularly engaged with the online component of the campaign, by posting #HLMUHC_selfies on social media, highlighting their monthly expenditure on essential diabetes care.
IDF encourages YLD members to support social media campaigns on the occasion of International Days relevant to the diabetes community. Through their pictures, testimonials and online engagement (posts, retweets, likes, shares, etc.), they contribute to serve particular causes and promote the YLD Programme.

In 2019, many YLD members participated in online campaigns. Those for International Women’s Day (March 8) and International Youth Day (August 12) were the most successful.

In February, Apoorva Gomber (YLD Representative for the SEA region), Uros Bogdanovic (YLD Representative-elect for the EUR region) and Lucas Xavier de Oliveira (YLD Representative-elect for the SACA region) co-moderated an IDF D-NET monthly discussion on “How to improve the doctor-patient relationship”.

The three YLD members shared their personal experiences, as well as some tips and ideas for healthcare professionals on what to do and what not to do when communicating diabetes-related information to (newly-diagnosed) people with diabetes.
IDF remains committed to featuring the voice of young people with diabetes at key IDF meetings.

On occasion of the 72nd World Health Assembly in Geneva, IDF and the World Heart Federation (WHF) hosted the side event "Joining forces to fight Cardiovascular Diseases (CVD) in people with diabetes: Pathways to Solutions". YLD Representative-elect for South and Central America (SACA) Lucas Xavier de Oliveira, from Brazil, participated in the discussion as a panelist. As a young person with diabetes and a history of CVD in his family, he provided a valuable perspective on the topic.

In December, four YLD members were invited to speak in the “Living with diabetes” stream at the IDF 2019 Congress in Busan, Korea.

Konstantina Boumaki and Johanah Co participated in the session “When and why diabetes is about so much more than numbers”, Apoorva Gomber presented “The holistic patient-centred individual approach”, and Benson Lu shared his personal experience in the session “Living with hypoglycaemia”.

Several YLD members also attended the IDF Congress as delegates from their diabetes associations.
YLD members represented young people with diabetes at international health and diabetes-related meetings.

In 2019, IDF secured registrations for six YLD members to the 55th Annual Meeting of the European Study of Diabetes, that took place in September in Barcelona (Spain). YLDs had the opportunity to attend interesting scientific sessions and network with experts from the global diabetes community.

In October, Brazilian YLD members Ronaldo Wieselberg, Lucas Xavier de Oliveira and Pedro Ripoli participated in the event “Roadmap on the prevention of CVD among people living with diabetes”, organised by the World Heart Federation in São Paulo. During the roundtable, the YLD members shared their own perspective as people with diabetes to the rest of the attendees, notably representatives from the Ministry of Health, the public sector, and healthcare professionals.

In November, YLD member Dániel Végh was invited as a panellist to the European Commission Workshop “Better Health and Wellbeing: Increasing the impact of health research to improve health and health promotion”. He spoke about youth leadership in his role as YLD Representative for Europe.
IDF provides YLD members with ongoing training and capacity building during their time in the Programme.

To support YLD members’ continuous education, IDF conducts regular webinars focused on key diabetes-related topics. Some cover general education topics and are open to the entire IDF network, including Blue Circle Voices and IDF Members. Others are focused on YLD Programme and its activities, and are restricted to YLD members.

All webinar slides and recordings are made available on the YLD webpage, and the most recent ones are also published on the YLD GoToStage platform. Below is the list of webinars organised in 2019. Educational webinars are marked in pink and YLD-specific webinars in orange:

- YLD Programme Introduction (April 12)
- YLD Individual Projects (May 10)
- IDF School of Diabetes and D-NET (May 17)
- Basic facts about diabetes (June 21)
- The UN HLM on Universal Health Coverage (June 14)
- Living with different types of diabetes (June 21)
- World Diabetes Day (July 19)
- Oral health, DKA and Hypoglycaemia Unawareness (September 6)
- Travelling with diabetes (October 4)
- YLD Training Sumit (October 11)
- Diabetes: nice to know (October 25)

Every two years, on the occasion of the IDF Congress, IDF organises a YLD Training Summit to provide face-to-face education on a variety of topics from epidemiology and advocacy to effective project planning and implementation.

In 2019, the YLD Training Summit took place in Busan (Korea) during the IDF Congress 2019, held on December 2-6. A total of 60 YLD members from 47 countries participated in the training.
YLD
BUSAN TRAINING SUMMIT
The fifth YLD Leadership Training Summit took place on December 2-6 in Busan (Korea), in parallel to the IDF Congress 2019.

60 YLD members joined together for five days of activities, which allowed them to meet people from all over the globe, learn about other realities and share experiences.

During the Training, IDF organised sessions on topics such as diabetes advocacy, discrimination and stigma, storytelling and social media. Sessions on project planning, implementation and evaluation were also organised, to provide YLD members with sufficient tools to develop impactful projects to improve the lives of people affected by diabetes in their communities.

The Leadership Summit also featured presentations from YLD Mentors, to allow new YLD Trainees to learn from their experiences, mistakes and successes.
YLD trainees and YLD mentors who successfully completed their tasks as YLD members during the 2018-2019 term graduated at the end of the YLD Training Summit and received a Graduation Certificate from the YLD Chair.

YLD members who could not be present at the Training Summit and had also successfully completed their tasks as YLD members, officially graduated in January and received their Graduation Certificate by email.

Graduated YLD Mentors

- Chipimo Chisanga – Zambia
- Yemurai Machirori – Zimbabwe
- Dániel Végh – Hungary
- Alessio Liguori – Italy
- Konstantina Boumaki – Greece
- Lulwa Al Qaoud – Kuwait
- Estafania Malassisi – Argentina
- Ronaldo Wieselberg – Brazil
- Paula Chinchilla – Costa Rica
- Benson Lu – Singapore
- Irene Lee – Taiwan

- Kagiso Molosiwa – Botswana
- Parfait Maniratunga – Burundi
- Deric Formbuh – Cameroon
- Oprah Kosuowei – Nigeria
- Maartje Roskams – Belgium
- Klara Pickova – Czech Republic
- Stephanie Haack – Germany
- Dimitris Kaperdanakis – Greece
- Rachel Portelli – Malta
- Weronika Burkot – Poland
- Pedro Pires – Portugal
- Uros Bogdanovic – Serbia
- Rebecca Barlow-Noone – UK
- Ahmed Sasi – Libya
- Aziza Bokhari – Saudi Arabia

Graduated YLD Trainees

- Salome dos Santos – Guyana
- Diana Novelo – Mexico
- Lucas San Pedro – Argentina
- Lucas Xavier de Oliveira – Brazil
- Natalia Rodriguez – Chile
- Rocío Rodriguez – Cuba
- Martín José Calero – Ecuador
- Bruno Carratini – Uruguay
- Tazul Munshi – Bangladesh
- Kush Patel – India
- Apoorva Gomber – India
- Shuk Yi Yu – Hong Kong
- Young Ji Kim – Korea
- Johanah Co – Philippines
- Chanut Mongkoltunmakul – Thailand
Training Summit attendees provided their feedback in late December through an online satisfaction survey. Attendees rated the Busan Training Summit with 8.5/10 on average. They unanimously reported feeling more empowered after the Summit.

“I think that the best part of the Training Summit itself was the connections that I made. It was so eye-opening to speak with people from all around the world!”

“I believe that the Mentors’ experience gave us all a guideline of what should and should not be done, which will help us to do things better in the future.”

“I used to feel ashamed telling my story but, as part of the YLD community, we were empowered to do so without shame.”

“The whole training allowed me to learn more about IDF and its various activities; it was very informative and easily explained.”

“Without the Summit, I would never have had the opportunity to meet so many people from all over the world. I learned about their countries, living conditions, experiences and beliefs. We built a connection and a very strong bond.”

“I feel I was quite unaware of how diabetes care can be for other people around the world, as I had not met anyone with diabetes from overseas before. It was interesting to hear everyone’s personal story and to learn from them.”

“Through the experience of other YLDs, we learned on how to go about projects planning and implementation.”

“I got a lot of motivation and inspiration to continue working in my local projects, but now I think I can do much more at the national and global level.”
On the last day of the Training, YLD members were asked to write down what they had learned during the week. Here are some of their answers:

- "That everywhere faces there own unique struggles but as advocates we can fight to make a difference."
- "I got a boost of old inspiration and strength to keep me going to bring my project to reality."
- "I found a driving force to go further with YLD work again."
- "IDF to YLD Thank you for everything 😊.
- "Language matters. Friends can change the world.
- "Getting to know such a wonderful people."
- "I have learn that it is okay to make mistakes with your yearly plan. Also collaboration with your member association is good. Belize!!"
- "I learned the way to become an advocate Lebanon 😘.
- "I love the program! 😊. I am fined with Energy now. Thank u guys."
- "I'm happy, inspired, and motivated due to the beautiful coaches I get to know all my friends formers, which one there was inspired in a huge way."
- "I'm empowered! Thankful to learn to projects of other YLD. Thank u! Jerome Co, PA."
- "I have bigger family. Love ya casem."

MESSAGE FROM THE YLD SUMMIT’S ATTENDEES
The YLD Committee consists of a YLD Chair, seven **YLD Regional Representatives** and seven **YLD Regional Representatives-elect**. The role of these enthusiastic and deeply committed YLD members is to maintain regional cohesion among YLD members, support specific activities and advise when required.

The Representatives-elect for 2020-2021 were elected by YLD members on the last day of the YLD Training Summit in Busan. YLD members who were not present in Busan had the opportunity to submit their vote electronically.

A new **YLD Chair** will be appointed by the IDF Board in early 2020. You can find more information about the YLD Committee on the [YLD webpage](#).
YLD Trainees 2018-2019 developed 39 national projects to respond to the needs of people with diabetes in their communities.

The projects were supported by IDF Members that nominated them, and covered a range of topics from education to peer support activities, advocacy, sport and awareness-raising.

The following pages provide a regional overview of the YLD projects. Two projects are highlighted per region. To learn more about all the YLD individual projects, please visit the YLD activities webpage.
Diabetes and Me

**Parfait Maniratunga**  
(Burundi)

**Aim:** accompany people recently diagnosed with diabetes and train them, as well as their loved ones, on how to live with the condition.

**Target audience:** young people living in rural areas.

**Main activities:** awareness activities, screenings and educational talks.

Click [here](#) for more information about Parfait’s project.

Do you know your body?

**Formbuh Deric Nkimbeng**  
(Cameroon)

**Aim:** improve diabetes education among the population, so that young people diagnosed with diabetes are not seen as outcasts and develop a sense of belonging.

**Main activities:** educational talks, participation in radio shows, and diabetes and hypertension screenings.

Click [here](#) for more information about Deric’s project.

5 YLD Trainee projects:

2 on awareness
3 on education

Other projects developed in the AFR Region:

- **Kagiso Molosiwa** – Botswana
- **Mercy Nnabude** – Nigeria
- **Oprah Kosuowei** – Nigeria

Other projects developed in the AFR Region:
GOOD Movement

Dimitris Kaperdanakis
(Greece)

**Aim**: strengthen the Greek diabetes community and share some important messages about what the condition really is, through a series of web and activities on the ground.

**Main activities**: nutritional workshops, diabetes management Q&As and mental health status surveys.

Click [here](#) for more information about Dimitris’ project.

**9 YLD Trainee projects:**

- 3 on awareness
- 4 peer activities
- 1 diabetes camp
- 1 sport activity

A year in life with diabetes

Weronika Burkot
(Poland)

**Aim**: raise awareness about how it is to live with diabetes, and support the Polish online diabetes community.

**Main activities**: development of videos about her life with diabetes (including some parody videos), interviews with other people with diabetes, and diabetes education materials.

Click [here](#) for more information about Weronika’s project.

**Other projects developed in the EUR Region:**

- Klara Pickova – Czech Republic
- Maartje Roskams – Belgium
- Pedro Pires – Portugal
- Rebecca Barlow-Noone – UK
- Stephanie Haack – Germany
- Uros Bogdanovic – Serbia
- Rachel Portelli – Malta

9 YLD Trainee projects:

- 3 on awareness
- 4 peer activities
- 1 diabetes camp
- 1 sport activity
Diabetes Youth Club

Aziza Bokhari
(Saudi Arabia)

**Aim:** nurture diabetes advocates in Saudi society to help spread awareness about diabetes through campaigns, workshops, support groups, etc.

**Main activities:** carb counting courses, diabetes and mental health courses, and activities for World Diabetes Day.

Click [here](#) for more information about Aziza’s Youth Club.

Self-management education

Ahmed Sassi
(Libya)

**Aim:** provide people (and notably children) with diabetes with the training to appropriately use insulin and other medications.

**Main activities:** educational programme for diabetologists, a celebration for World Diabetes Day and presentations about insulin safety.

Click [here](#) for more information about Ahmed’s project.

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**3 YLD Trainee projects:**

1 on advocacy  
2 on education

Other projects developed in the MENA Region:

[Ahmed El Sabawy](#) – Egypt
Registry of people living with T1D in Yucatan State
Diana Novelo Alzina (Mexico)

Aim: influence policies through the establishment of a census of all people living with type 1 diabetes in Yucatan, in collaboration with Mexican diabetes associations, health institutions and healthcare professionals.

Main activities: creation of the census, dissemination of the results and launch of a petition to the government.

Click here for more information about Diana’s project.

DiaSweeties
Salome Santos (Guyana)

Aim: raise diabetes awareness and educate people on the reality of diabetes, beyond myths.

Main activity: publication of videos on social media to discuss topics such as blood glucose testing, diabetes retinopathy, diabetes neuropathy, ketones, etc.

Click here for more information about Salome’s project.

2 YLD Trainee projects:
1 on awareness
1 on advocacy
10 YLD Trainee projects:

1 on advocacy
2 on awareness
7 on education

To school with my friend with diabetes
Lucas San Pedro
(Argentina)

**Aim:** raise awareness about diabetes in schools among students and teachers.

**Main activity:** organise awareness talks in schools (to date, more than 500 children throughout Argentina have benefitted from this project).

Click [here](#) for more information about Lucas’ project.

Sweeten my life, not my body
Rocío Rodríguez
(Cuba)

**Aim:** provide diabetes education to people with diabetes and their loved ones.

**Main activities:** workshops on diabetes and pregnancy, Rocío’s participation in radio and television programmes, and presentation of the project’s achievements at international diabetes congresses.

Click [here](#) for more information about Rocío’s project.

Other projects developed in the SACA Region:

Bruno Carattini – Uruguay
Diana Caro – Colombia
Fernando Mogster – Chile
Lucas Xavier de Oliveira – Brazil
Martin José Calero – Ecuador
Matías Juarez – Argentina
Natalia Rodríguez – Chile
Tania Campos – Paraguay

1 on advocacy
2 on awareness
7 on education
Eye Care in Diabetes

Kush Patel (India)

**Aim:** prevent and treat diabetic retinopathy and its consequences on the sight of many people living with diabetes.

**Main activities:** educational talks in rural regions, treatment of diabetic retinopathy and follow-up.

Click [here](#) for more information about Kush's project.

4 YLD Trainee projects:

- 3 on awareness
- 1 diabetes camp

DIYA Leadership Camp

Apoorva Gomber (India)

**Aim:** develop the first leadership camp in India for people living with type 1 diabetes.

**Outcomes:** the Diabetes India Youth in Action (DIYA) leadership camp provided an opportunity to connect with friends, build self-confidence, develop lifelong skills and learn how to manage diabetes independently.

Click [here](#) for more information about Apoorva’s project.

Other projects developed in the SEA Region:

- Tazul Munshi – Bangladesh
- Mariyam Nafha – Maldives
YLD PROJECTS IN WESTERN PACIFIC

Project SEA

Johanah Co (Philippines)

**Aim:** create support groups to encourage people with diabetes to help one another.

**Main activities:** launch of the Project SEA platform, development of educational talks and online awareness activities.

Click [here](#) for more information about Johanah’s project.

Blue Diamond

Chanut Mongkolthunmakul (Thailand)

**Aim:** raise diabetes awareness, strengthen support groups and provide support for the development of self-management and self-confidence skills.

**Main activities:** development of a short awareness film, educational talks and online awareness through social media.

Click [here](#) for more information about Chanut’s activities.

Other projects developed in the WP Region:

- Jacob Lachmandas – Singapore
- Shuk Yi Yu – Hong King
- Jeena Kim – Korea

5 YLD Trainee projects:

3 on awareness
2 diabetes camps
The **YLD Prize Programme** is an initiative launched in 2018 to encourage the development of interesting and ambitious YLD projects.

The YLD Prize Programme rewarded the three best projects developed by YLD Trainees during the YLD 2018-2019 term, with a **travel grant** to attend the YLD Training Summit in Busan, a **certificate**, and **up to 100€** to cover the winners’ visas and travel/health insurances.

The selection of the winners was based on **anonymised reports** and conducted by a **Committee** of eight members with no links to the YLD Programme: four professionals in the field of diabetes from the IDF Blue Circle Voices network, and four staff members from the IDF Executive Office.

The three projects awarded with the YLD Prize in 2019 were:

- **DIYA Diabetes camps**, by Apoorva Gomber (India)
- **A year in life with diabetes**, by Weronika Burkot (Poland)
- **Do you know your body?**, by Formbu Deric Nkimbeng (Cameroon)

As Apoorva was an invited speaker to the IDF Congress, and her travel already covered, her travel grant was awarded to the fourth best project:

- **To school with my friend with diabetes**, by Lucas San Pedro (Argentina)