Young Leaders in Diabetes

NEWSLETTER

March 2018
Hyderabad Congress

IDF has just launched a new series of live educational events to tackle the issues of diabetes complications. These events will take place every two years. The first of these, the IDF Diabetes Complications and Foot Congress 2018, will take place in Hyderabad (India) between the 24th and 27th October 2018. You can find more information about this event on our website: http://www.idf.org/hyderabad2018

CVD Survey

IDF, in cooperation with Novo Nordisk, has recently launched Taking Diabetes to Heart – a project on cardiovascular disease (CVD) awareness and knowledge in people living with type 2 diabetes. The main activity of this project is a survey, the results of which will support the development of tools, educational resources and policies designed to facilitate the implementation of the recommendations included in IDF’s global report on Diabetes and Cardiovascular Disease. This online survey is available in multiple languages and can be accessed here. We encourage YLD members to share this survey with their network and promote it on their social media.

Do you take #diabetes2heart?

Go to www.idf.org/t2h and help raise awareness of the link between diabetes and cardiovascular disease.
YLD newsletter

The YLD newsletter is a compilation of the latest activities from IDF, the YLD Programme and the YLD members, which is published every two months and uploaded to the IDF website. The IDF network (IDF Members, YLD members and BCV members) receive this newsletter by email upon the launch of every new edition. 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.

Regional Action Plans

The YLD members are currently working on Regional Action Plans for all seven IDF regions. These regional plans define projects that will be implemented by each regional group during 2018-2019 to bring change to the lives of people living with diabetes in their regions. The Regional Action Plans will be finalised in March, but below is a brief overview of the draft plans.

**NAC region**
The YLD members will partner with an online retailer of test strips to donate test strips to people in need in the region. This will help ensure that people living with diabetes check their blood sugar levels frequently and achieve better diabetes management.

**SACA region**
The YLD members will develop two surveys. The first one will aim to gain a better understanding of the situation and needs of people living with diabetes in the region. The objective of the second survey will be to gather epidemiological data which will help to better assess the burden of diabetes in SACA.

**MENA region**
The YLD members will strive to ensure better diabetes management for people living with diabetes. This will be achieved by providing educational courses on diabetes management, raising awareness of diabetes and sharing tips on good practices related to diabetes management, and offering free screenings.

**AFR region**
The YLD members will run awareness programmes and organise diabetes education events to increase knowledge of diabetes among the general population and improve the quality of life of people living with diabetes.

**EUR region**
The region’s project will focus on ensuring that people adopt healthier lifestyles, by organising sport activities all year long.

**WP region**
The YLD members will promote healthy nutrition by regularly posting on social media pictures and recipes of local food and adding diabetes-related information to each recipe.

**SEA region**
The YLD members will develop a survey designed to assess existing barriers to diabetes education, and identify the best strategies to overcome those barriers. The YLD members will also conduct social media awareness projects and set up diabetes camps.

**NAC region**
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YLD Prize Programme

During the period 2018-2019, all YLD candidates must develop individual diabetes-focused projects, in collaboration with their Member Association. To reward them for the time and effort put into these individual projects, IDF will invite the Candidates who will have developed the three best individual projects over 2018-2019 to the 2019 YLD Training Summit in Busan, and cover their flights and accommodation. The prize winners will also receive a certificate of achievement. More information about the YLD Prize Programme will soon be shared with the IDF Members and posted on the IDF website.
AWARENESS - Tazul Islam, Bangladesh

On January 15, on the 26th anniversary of the juvenile magazine "Toitomboor" (which often features articles on children's health), Tazul, accompanied by a group of other young people living with diabetes from his Member Association (the Diabetic Association of Bangladesh), arranged an outreach event at the Bangladesh Shishu Academy. During this event, Dr Bedowra Zebeen, a paediatrician and consultant for the Changing Diabetes in Children Program (CDIC), made a slideshow presentation to provide information on diabetes. Free diabetes screening was also organised. Of the 165 children that were screened on that day, five were diagnosed with diabetes – a condition of which they were not aware prior to this screening. The anniversary celebration also included other activities such as dances and music recitals, organised by other youngsters with diabetes. This aimed to demonstrate to recently-diagnosed children that their diagnosis does not mean they cannot enjoy a normal life, and also to help dispel some diabetes myths.

Apoorva Gomber, India

On February 11, Apoorva participated as a panellist on the television programme “Diabetes Nation – Call for Action”, which was broadcast on CNN News 18. The panel discussion was composed of two eminent endocrinologists from India, a representative from the Ministry of Health and Family Welfare, the Head of Medtronic India and two patient advocates, including Apoorva. She was able to share her diabetes story and explain how the development of new devices for diabetes has affected her life by making her management of diabetes easier. The aim of this programme was to create awareness through mass media about T1D and to discuss solutions to ensure better availability of medical devices, such as insulin pumps. The importance of achieving Universal Health Coverage including diabetes care was also discussed.

Chipimo Chisanga, Zambia

On February 17, Chipimo had a 45-minute talk about diabetes and oral health on his radio show. The radio programme aims at providing the general public with basic diabetes education from the perspective of a person living with diabetes. This initiative was successful; nearly 15 people called in during the show to ask for more information and learn about diabetes and oral health. This highlighted the importance of this show as a source of diabetes education and as a vehicle for the views and perspectives of people living with diabetes themselves.
Diana Novelo Alzina, Mexico

At the end of 2017, Diana wrote two articles for the Mexican Diabetes Federation magazine, which was aimed at sharing her experience of living with diabetes and offering tips on diabetes management. The first article, which was published in November, looked at her life with diabetes, from her diagnosis until now. The second piece, which will be published in March, focuses on ten recommendations to better manage blood sugar.

Diana has also been actively involved in the new Council of the Diabetes Association of her hometown, Mérida, and has now become the new Council's secretary. As such, she now helps coordinate internal communication and the responsibilities of each Council member. She remains a volunteer for AMDS (the Diabetes Association of Southeastern Mexico), participating in activities focused on diabetes education and fundraising, and also supporting the organisation of summer camps. This new position will help her put into practice the various skills she has learned during the YLD Training Summit in Abu Dhabi and further enhance the visibility of her Association within her country.

Finally, in January Diana was invited to collaborate with the social media and web department of the Mexican Diabetes Federation. This department is in charge of recording short videos related to health, diabetes awareness and care, and facts about diabetes to improve knowledge and understanding and reduce discrimination against people living with diabetes. Diana recorded a video promoting the National Diabetes Congress that will take place between the 23rd and 25th of March in Mexico City. Through videos posted on Youtube, Diana and her association are able to engage

Johanah Co, Philippines

Following her participation in the YLD Training Summit in Abu Dhabi, Johanah wrote a short article for her Member Association’s newsletter, “Aspirations of a travelling diabetic agent”. She described her experience at the YLD training event, explained the focus of the YLD Programme and outlined her plan of action for the months to come. The article aimed at giving more visibility to Johanah’s work within the YLD programme and showcasing the work of young people in the Philippines.
EDUCATION - Lucas Xavier de Oliveira, Brazil

From the end of 2017 and until January 2018, Dr Mark Barone and the ADJ Diabetes Brazil Association set up training sessions with young diabetes leaders in Brazil with the aim of building their knowledge of diabetes and leadership skills. The participants were aged between 15 and 25 years old. Not all of them live with diabetes but they all share a will to advocate for people living with diabetes. Lucas participated in this event as a tutor, administrating the workshops that took place in mid-December. He also gave a lecture, “What more can we do?”, showing how young people can get involved through a presentation of the YLD programme and the BCV network, as well as the IDF campaign on occasion of the UN High Level Meeting on NCDs. Throughout the training event and workshops, the participants were able to develop some of the necessary skills needed to become leaders and diabetes advocates.

Daniel Végh, Hungary

In February 2017, Daniel attended the joint meeting of IDF and the European Federation of Periodontology (EFP) on oral health and diabetes that took place in Madrid. This meeting aimed at creating a consensus report with guidelines for dentists, diabetes professionals and patients about proper oral healthcare. As Daniel’s PhD topic was in the area of oral diseases in, and dental care for, people living with diabetes, he was able both to contribute to the document from a scientific point of view and to give his views as a person living with diabetes. The article with the guidelines was published in December 2017 in IDF’s Diabetes Research and Clinical Practice and EFP’s Journal of Clinical Periodontology – you can access it here. Daniel also recorded a video on occasion of this conference, which can be watched here.