Young Leaders in Diabetes

NEWSLETTER

October 2018
UN High-Level Meeting on NCDs

The UN High Level Meeting (HLM) on NCDs, the most important diabetes and NCD-related meeting since 2014, took place in New York on September 27. IDF ran an intensive advocacy campaign on social media ahead of the meeting, which many of our BCV and YLD members supported.

Attended by Heads of State and Ministers of Health from around the world, the 2018 HLM evaluated the global and national progress that governments have made since the previous 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 resulted in a Political Declaration outlining the way forward in combating NCDs. Although IDF welcomed several aspects of the Political Declaration, we also regretted some notable omissions.

You can read IDF’s response to the Political Declaration here.

In the years to come, IDF and its networks will continue working to hold governments accountable to the commitments they have made so no one is left behind.

Diabetes prevention, care and management in humanitarian settings

To raise awareness of the challenges of preventing and managing diabetes in humanitarian settings, IDF launched a few months ago a multi-stakeholder initiative to encourage action, improve health services and ensure access to essential medicines for displaced people with diabetes. This multi-stakeholder campaign involves representatives of the International Committee of the Red Cross (ICRC), the United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA), the World Health Organization (WHO) and Santé Diabète. It is supported by a grant from the World Diabetes Foundation (WDF).

IDF is now calling on all national governments to step up their action on diabetes management, prevention and care in humanitarian settings (by improving access to care and medicines, strengthening health systems and generating data) to achieve the 2030 Agenda for Sustainable Development.

For more information, please visit our website.
IDF Diabetes Complications Congress 2018

The 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.

This event will be taking place from 25 to 27 October at the Hyderabad International Convention Centre in Hyderabad, India. Discover the different topics which will be addressed and register now to this inspirational educational event, in which IDF will feature over 100 invited speakers from around the world.

D-NET discussion

In October, IDF launched a discussion on the D-NET platform “Let’s talk about sex – Diabetes and Sexual Health”. The heart of the debate lies in the following questions: What is the impact of diabetes on the sexual life? How can we act towards an improved self-esteem in order to prevent loneliness and isolation?

Please, do not hesitate to join the discussion on D-NET and provide your perspective.

IDF School of Diabetes

Are you interested in studying specialised topics regarding diabetes and its complications? Do you want to have treatment options and guidelines recommendations for type 2 diabetes? Do you want to analyse the management strategies of diabetic retinopathy? Do you want to review the different types of cardiovascular complications? Access our free evidence-based courses now and improve your knowledge of diabetes!
NEWS FROM THE
YLD PROGRAMME

YLD Individual projects

As part of the YLD Programme, all YLD Candidates are required to develop an individual 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.

We invite you to visit our website to discover each of these original initiatives across the globe carried out by enthusiastic and enterprising young people.

YLD Committee

In August, Zanique Edwards from St Lucia, NAC Representative 2018-2019, decided to resign her position. The NAC Representative position could unfortunately not be covered by any of the YLD NAC members. For this reason, Mallissa Khandai, a member of the Youth Programme of the Guyana Diabetes Association, was appointed YLD NAC Representative for the remaining of the 2018-2019 term.

Mrs Glynis Beaton, President of the Guyana Diabetes Association and IDF NAC Chair 2018-2019, has recently been appointed by the IDF Board as the YLD Deputy Chair. Glynis will be supporting the YLD Chair, Dr Dario Rahelic.
ADVOCACY

Ahmed El Sabawy (Egypt)

Ahmed participated in an initiative of the Egyptian government, as a coordinator of Kafr El Sheikh Governorate, in Cairo. The Egyptian Ministry of Health, Hala Zaid, in collaboration with the World Health Organization, launched its national plan for non-communicable diseases and diabetes at the end of 2017. The plan started with the launch of a survey, designed to determine the prevalence of these diseases in the land of Pharaohs. The results were published on July 22, and will inform further action.

In the last few months, Ahmed has also been involved in the organisation of a national conference for HCPs in Cairo discussing diabetes over the life course, from prevalence to management. In parallel to this, and as part of his YLD project, Ahmed took part in a diabetes workshop during which he made a presentation about diabetes management to 50 nurses. Some 1,200 people attended these events, organised by the National Institute of Diabetes and Endocrinology.

Estefania Malassisi and Lucas San Pedro (Argentina)

In late August, Estefania, Lucas and CUI.D.AR. met both a National Deputy, Nicolás Massot, and the National Health Minister, Adolfo Rubinstein. Two main topics were discussed during these advocacy meetings: one focused on the lack of information about type 1 diabetes in Argentina. All health-focused campaigns only reference type 2 diabetes.

The second topic discussed was the urgent need to update diabetes legislation. In Argentina, article 26.914 states that the healthcare sector, be it private or public, must cover all diabetes-related treatment costs. However, in practice, this is not the case, nor are new diabetes technologies (new insulins or new glucose meters) included in reimbursement policies. This means that some children are not able to gain access to the most appropriate treatment.

Estefania, Lucas and her companions have also planned other meetings with healthcare professionals.
**EDUCATION**

**Diana Novelo Alzina (Mexico)**

For three days, from August 9 to 13, a diabetes camp for adolescents from 11 to 20 years old was held at the Grand Oasis Palm Hotel in Riviera Maya. The event was set up by the Mexican Association in the Sureste A.C. and Rally Maya Mexico. The camp aimed at providing young people living with type 1 diabetes a friendly environment along the Yucatan Peninsula alongside education allowing them to take care of their diabetes. Parents were asked not to enter the camp to ensure teenagers took charge of their own diabetes care and management. Each day started at 6:30 AM with blood glucose check-ups, insulin administration, and breakfast. This was followed by diabetes management-related workshops (carbohydrates counting, diabetes technology, and glucose self-monitoring during social events or away from home) and physical activities until 10 PM.

Diana took care of the nutrition workshops, spoke about diabetes technology and was in charge of two young girls (12 and 14 years old respectively). Attendees acquired valuable skills to properly manage their condition, such as how calculate their ratio insulin/carbohydrates’ grams, and learned about the diabetes devices available in Mexico.

The Oasis Foundation, Rally Maya Mexico, ADO buses and the Mexican Association in the Sureste A.C., sponsored this diabetes camp, celebrated every summer since 2014. For the first time, participants had to pay a symbolic amount of 300 pesos (14$) to be registered. The money was then used to buy materials for the workshops, as well as small boxes of juice in case of hypoglycemia.

**AWARENESS-RAISING**

**Formbuh Deric Nkimbeng (Cameroon)**

Between May 1 and 5, Formbuh set up an activity in Yaoundé designed to explain the needs of people with diabetes with regard to access to care. The attendees were mostly healthcare professionals, people living with diabetes, as well as teachers specialised in diabetes and workers of the Global NCD Alliance in Central Africa. The event was organised by the World Diabetes Foundation together with HOPiT Cameroon. The activity included different lectures and a panel discussion.

Formbuh talked about the challenges of accessing proper diabetes care in Africa, and especially in Cameroon. He highlighted the various challenges that people with diabetes are confronted to, including the lack of education, lack of follow-ups and medical prescriptions by physicians, stigmatisation from peers and others, not to mention denial.

Through this event, Formbuh learned that insulin should not be carried from one place to another in its vial but rather, should be transported in syringes with the quantity needed for the period away from home.
Kush Patel (India)

On August 11, the Juvenile Diabetes Foundation organised a diabetes event in Rakjot focused on raising awareness of retinal screening and the prevention of blindness. Kush offered his skills as a retinal screening doctor to more than 350 children with type 1 diabetes and their families.

Weronika Kowalska (Poland)

On June 15 and 16, the Polish Federation of Education in Diabetology (PFED) organised the XIII National Conference "New Dimension of Self-Control in Diabetes" in Warsaw. Many interesting topics were presented, from emotional stress in diabetes to how telemedicine will affect diabetes care. The conference was mainly directed to diabetes nurses, but any person interested in a diabetes topic could participate.

Weronika was invited by Mrs Alicja Szewczyk, the president of PFED, to hold a lecture on the second day of the conference: "A Year of Life with Diabetes, or how diabetes has become a passion". She saw the opportunity to present one of her videos ("Two Sides of Diabetes") about "Diabetes and Relationship". She shared her diabetes story: how she started to advocate for diabetes, the challenges she has faced during the 23 years she has lived with type 1 diabetes and her involvement in the international diabetes environment.

Weronika was thrilled to connect with diabetes nurses and to share with them her perspective as a person with diabetes, who has her fears and hopes, plans and dreams.

Weronika learned to build a network as a diabetes advocate. Each person you connect with, notably specialised-professionals, brings unique perspective, knowledge and skills, which all added together, will definitely make a better change in diabetes environment.
Tania Campos (Paraguay)

On April 28, in Asunción, 30 participants took part in a diabetes awareness event organised by Tania and the Paraguayan Diabetes Foundation in collaboration with the Lic. In Nutrition, Rosalba Morel and the president of FUDAPI, Dr Victor Arias.

During the event, Tania discussed carbohydrate counting and answered questions from the audience. Tania plans to have events that are similar to this one in the future in order to keep supporting people with diabetes, their families and the health professionals taking care of them.

Tazul Islam (Bangladesh)

In May 2018, CDiC (Changing Diabetes in Children) centre arranged an educational meeting to create awareness of diabetes among people with diabetes and their parents, to help them improve and update the management of their condition. Nearly 100 participants joined the meeting with their parents.

The programme was conducted by Dr. Bedowra Zabeen, pediatrician and consultant of CDiC centre. An invited educator from India held an education session at the beginning of the programme on the critical conditions of diabetes (hypoglycemia, hyperglycemia, and diabetic ketoacidosis) and proper insulin and diet management as well as sugar control. A Q&A session was also conducted, during which speakers talked about the importance of regular follow-ups, diabetes management and insulin pumps.

Disclaimer

The views and opinions expressed by the YLD members within this newsletter do not necessarily represent the views or opinions of IDF.