



*young leaders
in diabetes*

A programme of the
International Diabetes Federation

Young Leaders in Diabetes

NEWSLETTER

MAY 2019



**International
Diabetes
Federation**





IDF campaign in the run-up to the High Level Meeting on Universal Health Coverage

Universal Health Coverage (UHC) is defined as a situation where all individuals and communities receive the health services they need without financial hardship. It is a central piece of the Sustainable Development Goals (SDGs). In 2015, all UN Member States committed to achieve UHC by 2030. Currently, **half of the global population does not have access to UHC**. To mobilise the highest political support for UHC, the UN is hosting a High Level Meeting (HLM) on September 23, 2019. Its political declaration will set the milestones for achievement of UHC by 2030.

In the run-up to the UN HLM on UHC, IDF has launched a **call to action** urging global leaders to leave no one behind and ensure that all people with diabetes have access to the essential care and medicines they need at an affordable price. The YLD network can support the call to action by participating in IDF’s selfie campaign.

Find out how you can participate on the [IDF website](#).



WHA side event: “Joining forces to fight CVD in people with diabetes: pathways to solutions”

Diabetes and **cardiovascular disease (CVD)** are global epidemics. They are among the leading causes of morbidity and mortality worldwide, particularly affecting people in low - and middle-income countries. People with diabetes are **two to three times more likely** to have CVD and CVD is a leading cause of death and disability in people with diabetes.

On May 22, the [World Heart Federation](#) and IDF are hosting an event in Geneva on occasion of the World Health

Assembly, the decision-making body of the World Health Organisation, to explore solutions to improve prevention of CVD among people with diabetes.

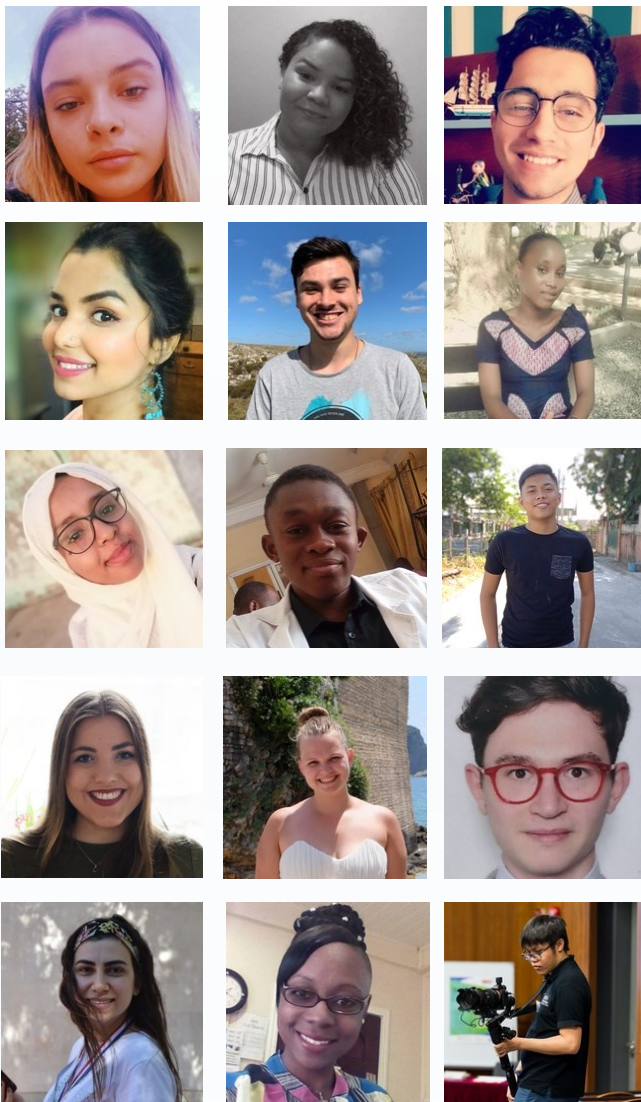
IDF will be represented by Mr Lucas Xavier de Oliveira, [YLD](#) Trainee and nursing student from Brazil, and Ms Stela Prgomelja, [BCV](#) member and Vice-President of the Serbian Diabetes Association, who will participate as speakers.





NEWS FROM THE YLD PROGRAMME

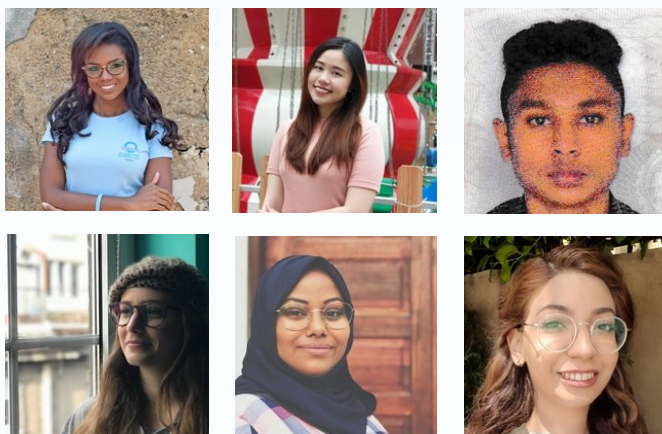
Welcome to the 2019 Trainees!



In April, **63 new Trainees from the seven IDF regions** joined the YLD Programme. Visit the [IDF website](#) to view the profiles of those who have submitted them.

From now until December 2021, the Trainees will receive continuous education on key diabetes-related topics. As of January 2020, they will also start working on their [individual projects](#) and collaborating on the [Regional Action Plans](#). The aim of these projects is to help improve the lives of people affected by diabetes in their respective countries, with the support of the relevant IDF Member Associations.

We would like to extend our **warmest welcome** to these promising young leaders in diabetes and look forward to working together to help shape the future of diabetes.



IDF Global Presence and YLD 2018 activity reports

In early 2019, IDF published an overview of its **Global Presence** and **YLD activities in 2018**.

Learn more about what was developed and achieved last year by downloading the reports at the following links:

- [YLD 2018 activity report](#)
- [IDF Global Presence 2018 activity report](#)





AWARENESS-RAISING

Rocío Rodríguez (Cuba)

Rocío was invited on a live national television programme called “De Tarde en Casa” (“Afternoon at home”) to talk about her YLD diabetes project [“Sweeten my life, not my body”](#). In her interview, she explained her participation in the YLD Programme and her **personal experience of living with diabetes**.

Her objective was to raise awareness of diabetes among all Cuban citizens. Rocío found the experience very enjoyable and believes it had a positive outcome.



Md Tazul Islam (Bangladesh)

On March 15-16, Tazul supported the [Changing Diabetes in Children Programme](#) by organising a diabetes awareness event and **screening activity** in the rural area of Bianibazar.

The aim was to **raise awareness of the difference between type 1 and type 2 diabetes at the grass-roots level**, and to show participants that a young person with diabetes can

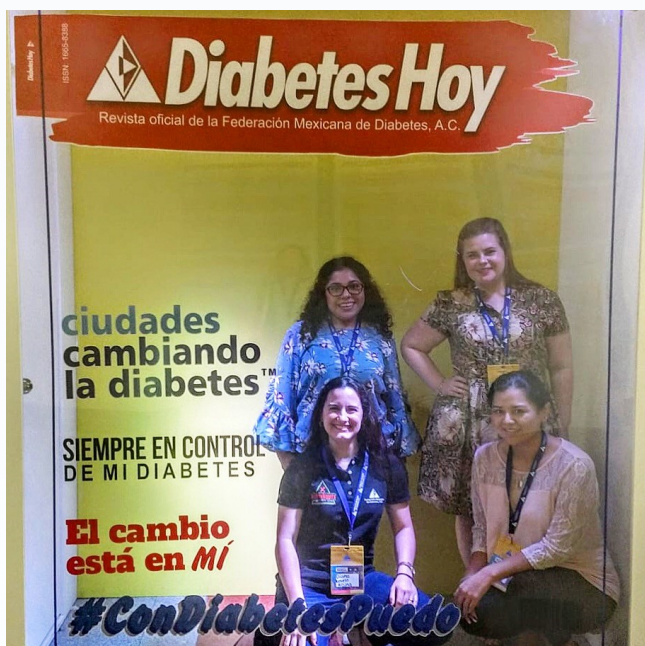
easily manage the condition if appropriate education and medication are provided. Some 600 people attended the event – notably pupils and teachers from local schools – and most were eager to learn more about diabetes and have their blood glucose level tested. Tazul was positively surprised by the level of interest of the participants.



Diana Novelo Alzina (Mexico)

On March 7, Diana was invited to speak at a conference in Tekax, hosted by the Universidad Privada de la Península (UPP), part of an annual event called "Grow UPP". Diana spoke to healthcare students about the **common myths surrounding diabetes**.

On March 14-16, Diana also had the opportunity to represent her local diabetes association at the Mexican Federation of Diabetes Congress in Acapulco, which attracted 1500 delegates. The Congress featured a **scientific stream** for healthcare professionals on the latest diabetes research, as well as an **education stream** for people living with diabetes and their families. This brought together several Mexican diabetes associations to discuss topics such as diabetes camps, the [IDF Life for a Child](#) programme and the movement "A united voice for diabetes type 1".



Rocío Rodríguez (Cuba)

On December 10-14, 2018, Rocío participated in a [diabetes conference](#) organised by the Cuban Society for Diabetes and other health organisations in Varadero. The event focused on prevention, diabetes complications and other associated conditions.

Rocío presented her project about educational methodology and social determinants for **young people with diabetes**, which she has been working on for nine years. Over 300 people attended the conference, showing the interest of young people with diabetes and their families in diabetes education.

Apoorva Gomber (India)

On December 31, 2018, Diabetes India Youth in Action ([DIYA](#)) organised a "[Diabetes Winter camp](#)" in Delhi, to provide 75 children and teens living with type 1 diabetes with knowledge and enthusiasm to help them face the challenges of the new year. The activity was organised by Apoorva as part of her individual YLD project.

The camp included several team-building activities, such as Zumba and fitness workshops, as well as education classes on how to effectively manage diabetes, including carbohydrate counting and meal planning. Participants were also encouraged to share their own experiences with diabetes, to break some myths surrounding the condition. Apoorva surveyed participants' knowledge of diabetes before and after the camp, to assess the impact of the activity and better understand the myths and misconceptions around diabetes that still existed.



OTHER ACTIVITIES

Diana Novelo Alzina (Mexico)

On March 22-24, Diana participated in the **annual meeting of the IDF North American and Caribbean (NAC) Region** in Georgetown (Guyana). In her role as YLD NAC Representative-elect, Diana presented the [NAC YLD Regional Action Plan](#) and encouraged attendees to discuss how to improve the participation

of NAC members in the project. The meeting resulted in a consensus from all NAC countries to **promote the YLD Programme** and share their activities, information and videos on social media as part of the GLU.CAUSE campaign.



Weronika Burkot (Poland)

On March 28-30, Weronika participated in a **diabetes workshop** organised by AstraZeneca during the [Hack Belgium event](#). The first day consisted of **introductory lectures about type 2 diabetes**, followed by team-based discussions on potential projects to address different target audiences.

Weronika's team worked on the [DIAgotchi project](#), focused on motivating elderly people with type 2 diabetes to better manage their condition through the involvement of their grandchildren. Weronika pitched her team's project to the audience and jury, which was a great opportunity for her to practice her [presentation skills](#) and learn about new technologies.



Disclaimer

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