



*young leaders
in diabetes*

A programme of the
International Diabetes Federation

Young Leaders in Diabetes

NEWSLETTER

July **2019**



**International
Diabetes
Federation**





WHA side event on CVD and diabe-

On May 22, the [World Heart Federation](#) (WHF) and the [International Diabetes Federation](#) hosted a side event (video stream [available here](#)) at the [72nd World Health Assembly](#) in Geneva (Switzerland).

Experts and advocates discussed their experiences and perspectives on CVD and diabetes during a discussion panel entitled, ***Joining forces to fight CVD in people with diabetes: pathways to solutions.***

The in-depth discussion focused on Sustainable Development Goal (SDG) 3 “Ensure Healthy Lives and Promote Wellbeing for All at All Ages” and the target

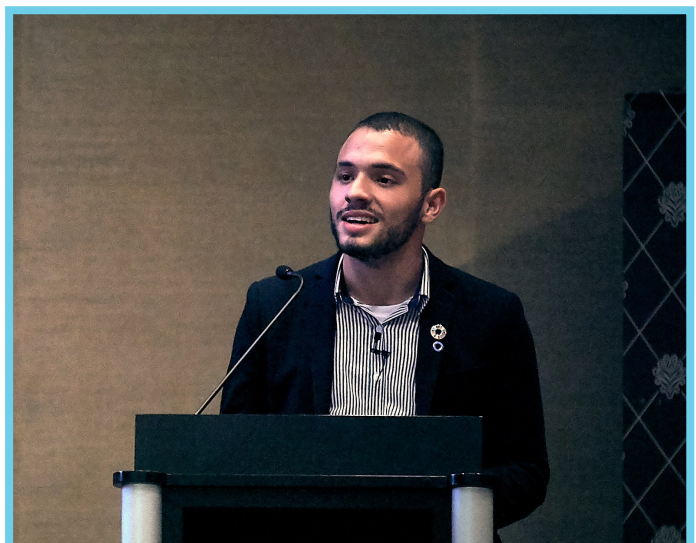
3.4 of 30% decrease of NCD-related premature mortality.

Two members of IDF’s patient networks participated as panellists. **Stela Prgomelja** (BCV member from Serbia) and **Lucas Xavier de Oliveira** (YLD member from Brazil) discussed the realities of living with type 1 diabetes (both were diagnosed during childhood) and their own understanding of CVD as a potential complication for people with diabetes.

If you are interested in learning more about this event, [click here](#) to read Elizabeth Snouffer’s article on



Stela Prgomelja (BCV member—Serbia)



Lucas Xavier de Oliveira (YLD member—Brazil)

World Diabetes Day 2019

In 2019, World Diabetes Day's theme remains the same as in 2018: **Diabetes and the family**.

IDF has already published new visuals, including posters in English, French and Spanish with this year's slogan: **"Diabetes: Protect your family"**. We invite you to discover them and to share them with your network. They are available for download [on the WDD website](#).

You can **help raising awareness about diabetes** by taking IDF's quiz to test your knowledge of diabetes here: <http://discoverdiabetes.idf.org/>. Once you have taken it, you can share your result and invite **your family and friends to participate**.

More info about WDD on worlddiabetesday.org



Reading recommendations — Diabetes Voice

[Diabetes Voice](#) is a key **resource** to learn about diabetes news, including other people's experience

with diabetes. It is **available in three languages**: English, Spanish, and French. For this month's newsletter, we have selected a few articles which we



[Losing Rachel, our only daughter, to type 1 diabetes.](#) Rachel James lost her life to type 1 diabetes three years ago. She had not even been diagnosed. Awareness about



[Diabetic amputation as a "shameful metric" of inadequate care.](#) How ethnicity can affect access to healthcare and its quality.



[Losing your grip: diabetes hand syndrome.](#) Diabetes hand syndrome is an umbrella term for a number of painful diabetes complications.

Want to read more about diabetes? Visit www.diabetesvoice.org

NEWS FROM THE YLD PROGRAMME

Looking back on the past few months' webinars



Webinar: Living with different types of diabetes

June 21, 2019

Five people from our IDF networks share their experiences of living with **different types of diabetes**.

Speakers: Johanah Co (T1D), Michael Donohoe (T2D), Osarenkhoe E. Chima-Nwogwugwu (history of GDM), Verónica Emilia Tapia (LADA) and Sigurjon Lydsson (carer).



Webinar: IDF's campaign in the run-up to the UN HLM on UHC

This webinar contains information on what the HLM and UHC are and how you can help IDF **advocate for UHC** in an effective way.

Speakers: IDF Executive Office.

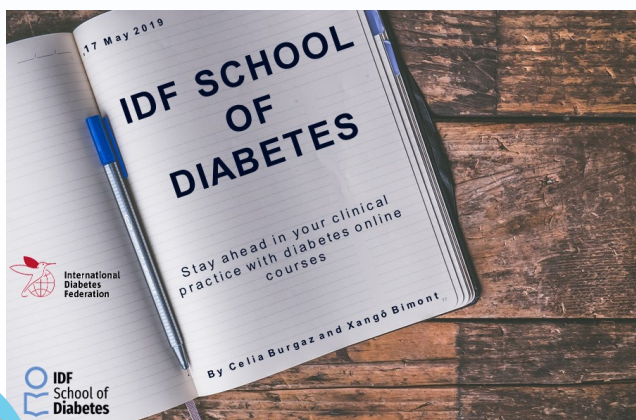
[Slides / Recording](#)



This webinar covers topics such as **carbohydrate counting**, the **different types of diabetes**, and diabetes **self-management**.

Speakers: YLDs Dr. Apoorva Gomber and Yemurai Sammantha Machirori.

[Slides / Recording](#)



This webinar is an introduction to IDF's School of Diabetes. It explains its history and the **resources they offer**, such as free short courses, certified online courses and the diabetes network for health professionals (D-NET).

Speakers: IDF Executive Office



Improved Weekly Updates

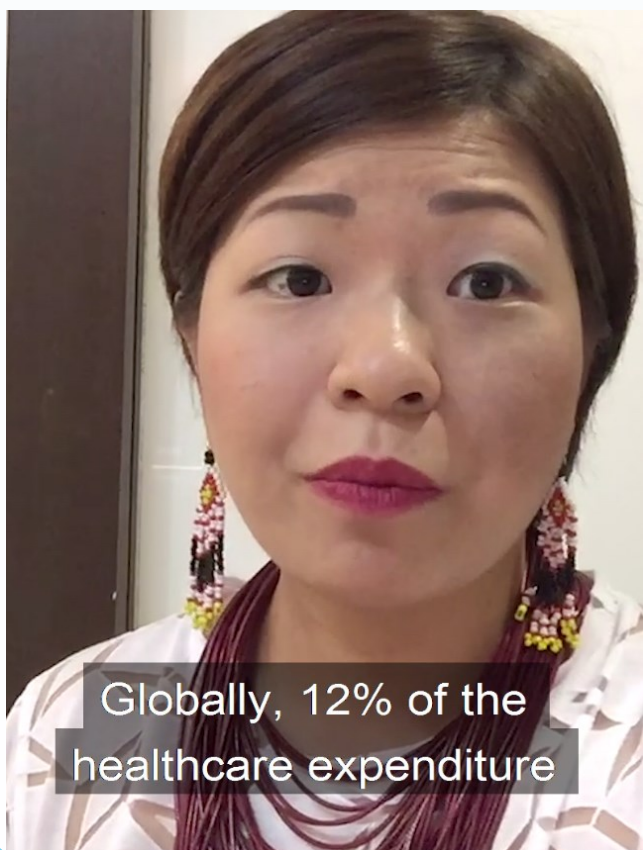
You have probably noticed it by now: it has been a few weeks since we revamped our weekly updates. The following aspects have been improved:

- **Design:** entirely updated to a more modern version which adapts to all your devices (mobile, tablet, computer)
- **Length and relevance:** the updates stay brief and relevant
- **Engagement:** all actions you can take part in are just one click away (green button = chance to engage)



*Have you not been receiving the weekly updates every Monday? **Contact us at***

YLD members' involvement in global advocacy efforts



In the run up to the **G20 finance meeting** (8-9 June) and the **G20 Osaka Summit** (28-29 June), IDF created a series of advocacy clips using video testimonies submitted by YLD and BCV members. These clips focused on **raising awareness** on the need of **Universal Health Coverage**.

You can check out the videos on our social media channels ([Twitter](#) and [Facebook](#)) or by clicking on the images here. Try and spot your fellow YLD members!





NEWS FROM THE YLD MEMBERS

ADVOCACY

Jazz Sethi (India)

From February 28-March 3, [Diabetes India](#) organised the [9th World Congress for Diabetes](#) in Jaipur, to discuss the **latest research and technological advancements in diabetes**.

On February 28, Jazz participated in a session to launch the Diabetes India Young Leaders programme for people living with type 1 diabetes. She shared her experience living with diabetes, and stressed the importance training young individuals to **advocate, educate and communicate** about type 1 diabetes.



John Nathaniel Henares (Philippines)

On May 24-25 Nathaniel attended a meeting in Makati (Philippines) as part of an initiative from his diabetes association, [Act1ve Diabetes PH](#).

This meeting gathered 10 people living with type 1 diabetes, the [Rainbow Camp Foundation Philippines](#) and Novo Nordisk Pharmaceutical Philippines. The

focus of the meeting was on **effective grassroots advocacy initiatives**.

Attendees discussed the importance of engaging with different stakeholders, and of involving people living with diabetes in advocacy activities. They also worked on the key goals to be achieved for people with type 1





EDUCATION

Rocío Rodríguez Sánchez (Cuba)

On May 22-24, the [Cuban Endocrinology Society](#), the Institute of Endocrinology and the Latin American Diabetes Association organised a series of diabetes-related lectures in La Habana. The event gathered specialists in the **field of diabetes prevention, management and complications** with the purpose of sharing research updates and exchange experiences.

The event also showcased the achievements related to diabetes, in Cuba and internationally. Rocío was invited to the congress to speak as a young person who lives with diabetes and as a health promoter. Alongside other young people with diabetes, she presented two topics: **myths and realities in diabetes and obstacle in diabetes**.

More than 300 healthcare professionals attended the event. Rocío qualified the event as a success as young people got to give their opinion on diabetes



Sarah Biyinzika (Uganda)



On May 10, the [Uganda Diabetes Association](#) hosted their **annual scientific conference** on diabetes complications in Kampala, aiming to communicate the latest developments in diabetes care and research, and enhance the capacity of healthcare professionals to **screen, detect and manage diabetes-related complications**.

Sarah and two other people with type 1 diabetes, who attended as part of the [Africa Diabetes Alliance](#), talked about their campaign on **diabetes medical alert bracelets**. They also talked about the importance of diabetes education and shared their personal experiences with diabetes complications and hypoglycemia.

Sarah and her colleagues had the chance to share their opinions and insights on living with diabetes with the over 100 healthcare professionals attended the conference, which will hopefully have a positive impact



Bilguissa Baldé (Guinea)

From February 13-17, Bilguissa participated in an IDF Africa Region training camp for young leaders in diabetes in Voyager (Guinea).

The camp provided attendees with training on how to become an efficient diabetes advocate, and how to behave towards their teammates.

The camp offered education to attendees on how to set up a project to support other people with diabetes like



Aziza Bokhari (Saudi Arabia)

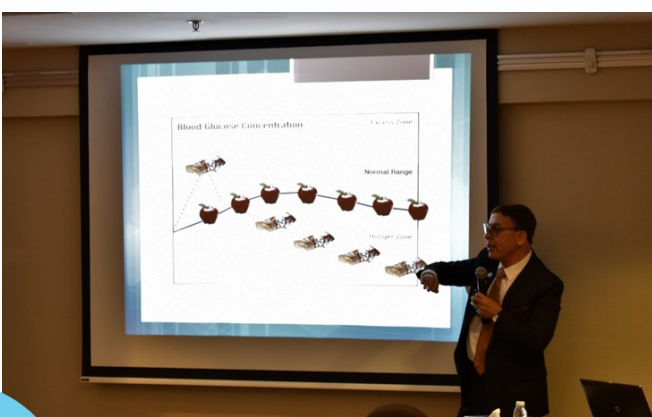
On May 14, the Saudi Diabetes Youth Club, the [Saudi Diabetes and Endocrine Association](#) (SDEA) and Abbott Laboratories held a **carbohydrate counting workshop** in Khobar, during the month of Ramadan.

The aim of the workshop (presented by Dr Basem Futa, Head of the SDEA Scientific committee and BCV member) was to provide updated education to people living with diabetes on carbohydrate counting, so they can **fast without inducing any hypoglycaemia or hyperglycaemia**. One of the workshop objectives was

to correct the misconception that people with diabetes cannot fast.

The workshop was attended by some 50 people with type 1 diabetes and their families. One of the challenges encountered was that some of the attendees were beginners in carbohydrate counting, which was overcome by providing them with additional training.

Aziza participated as an attendee. She improved her knowledge on carbohydrate counting, and also gained





Estefania Malassisi (Argentina)

On April 29 Estefania supported her IDF Member [CUI.D.AR](#) in the organisation of a **training session for preschool teachers** in Buenos Aires. The objective was to better equip teachers to adequately assist students living with type 1 diabetes.

This initiative aims to **make schools a safer place for children living with diabetes**. Having grown up with diabetes and going to school with it, Estefania shared her personal experience with attendees, to help them better understand the student's point of view. This insight could help resolve uncomfortable situations in



AWARENESS-RAISING

Jazz Sethi (India)

On April 22, Jazz organised and moderated a [Diabesties](#) event called "One Drive" in Ahmedabad. The event took place in the Prabhat Education Foundation, a centre for children with special needs and disabilities., to ensure that no one is left behind

(notably children with disabilities living below the poverty line).

The event kicked off with a small awareness presentation about the basic symptoms of type 1 diabetes and was followed by an interactive session with the parents.

A **health camp** followed, where Jazz screened attendees for "sweetness". The outcome was one child **diagnosed with type 1 diabetes and several parents diagnosed with type 2 diabetes**. The diagnosed attendees were referred to a healthcare professional to follow an appropriate course of treatment.

Diabesties is planning similar events in the future and is partnering with several NGOs across the State to ensure the maximum number of parents and children receive information about diabetes and are screened.





OTHER ACTIVITIES

Dorsa Deihim (Iran)



On May 2, Dorsa organised an event in Tehran on occasion of the anniversary of the Iranian Diabetes Society.

As the age range of the public was quite wide (1 to 90 year olds), Dorsa set up activities enjoyable to the majority, such as **storytelling sessions** (personal experiences), quizzes, face painting, and a speech by the founder of the Society, Dr Rajab.

The objective was to **introduce diabetes prevention and types of management** to the attendees, celebrate living with diabetes, and **unite the attendees' voices to request that diabetes is made a priority**, by receiving sufficient attention and funding from the authorities.

Disclaimer

