

Blue Circle Voices

2018

Annual Report



**International
Diabetes
Federation**



BCV OBJECTIVES



Provide IDF with a better understanding of the needs, challenges and wishes of people living with diabetes



Inform IDF's strategy (improve the lives of people with diabetes, prevention of T2D), and strengthen IDF's mandate



Support IDF's global advocacy activities to effect real changes in areas of concern for people with diabetes

The BCV network

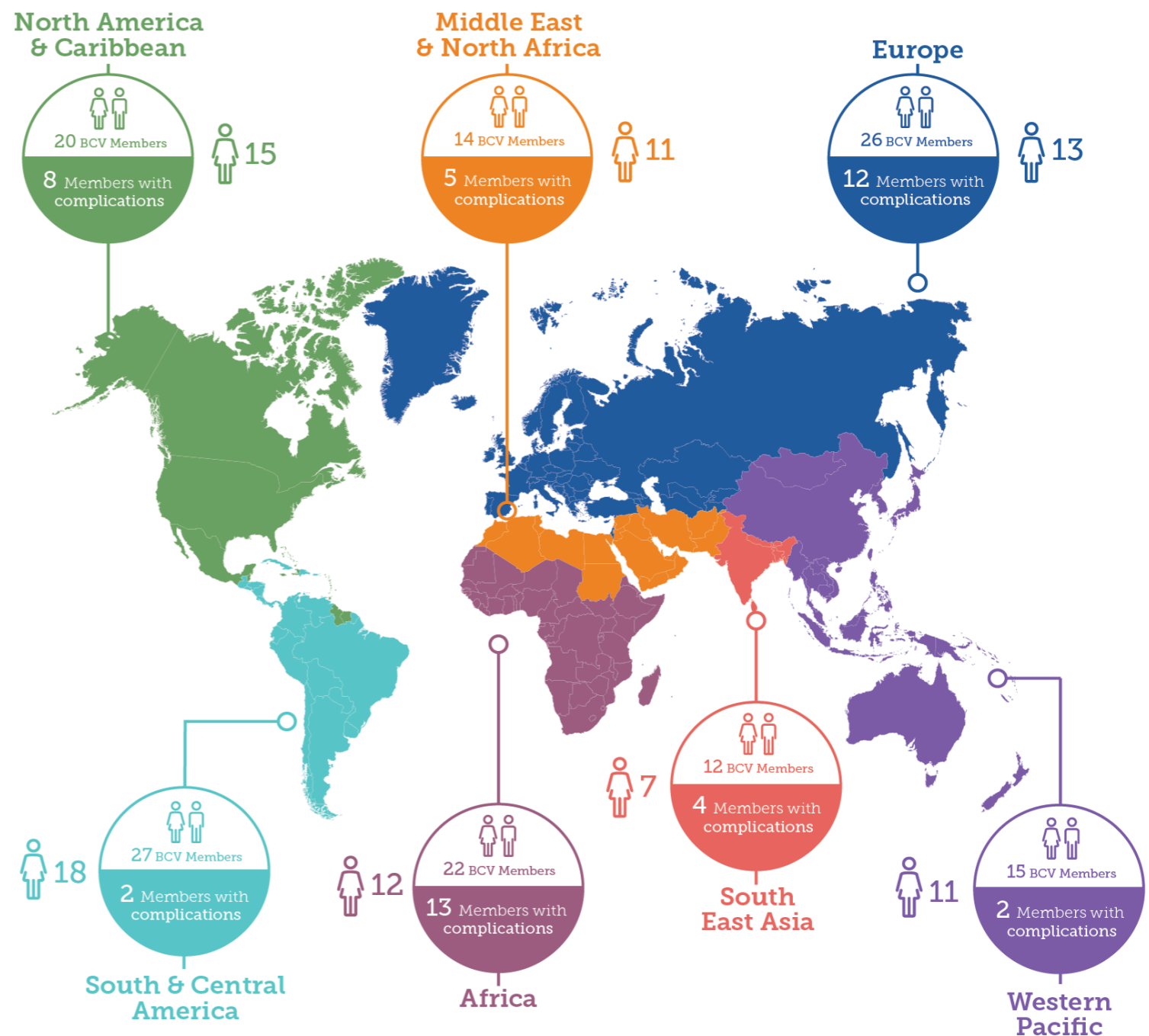
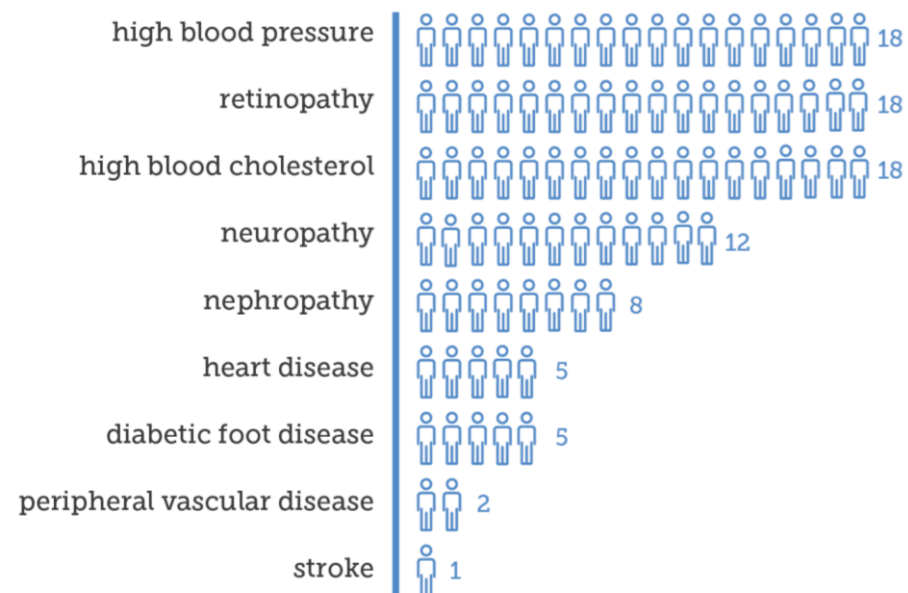
As of December 2018 the BCV network comprised **136 BCV members from 62 countries.**

The regional breakdown of BCV members is as follows:

Distribution of types of diabetes among BCV members

- 69** Type 1 diabetes
- 34** Type 2 diabetes
- 20** Relatives / carers
- 7** History of GDM
- 4** Other
- 2** High profile

Distribution of complications among BCV members





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2018

activities



Advocating globally for people with diabetes

Supporting IDF advocacy campaigns

IDF has been involving its BCV members in advocacy activities since the inception of the BCV Programme.

During 2018, the main IDF advocacy campaign revolved around the [UN High Level Meeting \(HLM\) on NCDs](#) that took place on September 27, 2018, in New York. The HLM 2018 was the most important political meeting on diabetes and other NCDs since 2014.



As part of our [HLM year-long campaign](#), IDF developed many advocacy resources to inform the development of national advocacy campaigns in support of the IDF global call to action – including an advocacy [toolkit](#), a [template letter for policymakers](#), and a [call to action leaflet](#).

These documents were distributed to the BCV members, who were encouraged to use them in national advocacy initiatives in collaboration with other BCV members and the IDF Members.

BCV members were particularly active on the **#HLM selfie campaign** that IDF launched to promote the priorities of people living with diabetes on social media.

Creating an online community

BCV Facebook group

In 2018, IDF created a **BCV members only Facebook group**, to allow a more direct communication among the network members. In this group BCV members share their activities, learn about each other's experiences, and discuss topics of their interest.

The group operates in English, French and Spanish. Thanks to simultaneous translations introduced by Facebook, BCV members can exchange ideas even if they do not speak the same language.

As of December 2018, the group had reached 87 members – and we hope that many more will join us in 2019!



#DiabetesComplicationsTalk

In 2018, IDF created an open Facebook group named [#DiabetesComplicationsTalk](#), to **encourage people with diabetes to speak openly about their complications** to raise awareness on the topic and address the associated stigma. At the end of the year, the group had more than 800 members – with more members joining every week.

BCV members Renza Scibilia (Australia) and Chris Aldred (UK) have been instrumental in the success of this group, thanks to their interventions on the language around diabetes (and how it can sometimes lead to stigmatisation) and sharing their personal experiences with complications.



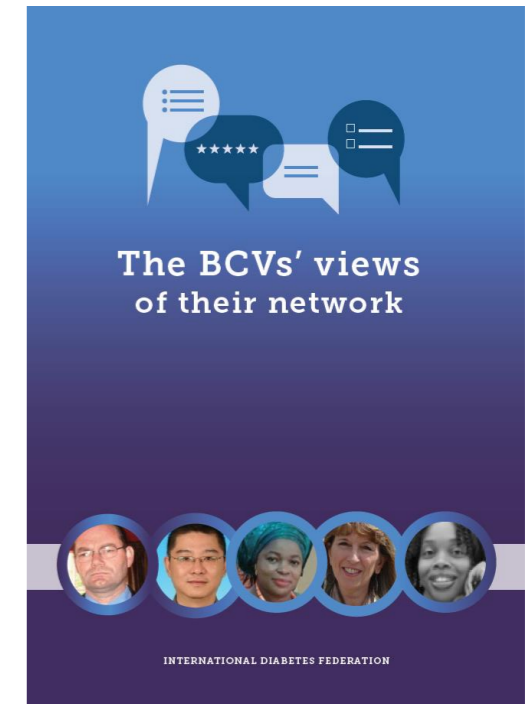
Elevating the voice of people living with diabetes

Consultations with the BCV network

In 2018, IDF organised several consultations with the BCV network. In January, we inquired about their preferred **topic for World Diabetes Day (WDD)**. The feedback of BCV members and the rest of the IDF network informed the choice of “Family and Diabetes” as the theme for the WDD 2018-2019 campaign.

In February 2018, IDF launched a consultation to learn the [views of the BCV members about the network](#). 75% of participants expressed that the BCV network met their expectations, and nearly all respondents felt very well informed about the network and its activities. Some of the suggestions for improving the network were implemented during 2018 (such as the BCV Facebook group).

In September, IDF launched a short survey to learn the BCV members views about the [IDF statement](#) on the **HLM on NCDs Political Declaration**. Thanks to [this consultation](#), IDF found that 91% of respondents fully supported IDF statement.



BCV presence at key international meetings

On the occasion of the [71st World Health Assembly](#) in Geneva, IDF organised a multi-stakeholder panel discussion on “[Nutrition Education and IDF Action to Tackle Obesity and Prevent Diabetes](#)”. BCV member, Paula Chinchilla (Costa Rica), participated in this event as a panellist. She provided her perspective as a person living with diabetes and as a nutritionist.

Earlier in 2018, on March 14, BCV member Deric Formbuh (Cameroon) was invited to provide his perspective as a patient at the [East African Diabetes Study Group Congress](#) in Kigali (Rwanda).

Promoting BCV national activities

BCV newsletter

The BCV newsletter, which is published **every two months** in English, French and Spanish, compiles information on the initiatives that the BCV members develop in their respective countries, as well as news from IDF and joint activities between the BCV members and IDF.

The first BCV newsletter was published in August 2017. In 2018, IDF published five issues in February, April, June, October and December.

The BCV newsletter is available for download from the [BCV webpage](#).



Facilitating online diabetes education

IDF webinars

Throughout 2018, IDF developed a **series of webinars** for BCV and YLD members to improve their knowledge on key diabetes-related areas and become more effective advocates. BCV members have also participated as speakers in some of the webinars, providing their unique perspective on important topics such as national advocacy, diabetes education and how to develop a diabetes project.

The slides and recording of the webinars are available on the [IDF advocacy webpage](#). IDF will develop webinars throughout 2019 – below is a list of the topics already covered in 2018:

- Diabetes Leadership camps (March 9)
- IDF on social media (March 16)
- Becoming a diabetes advocate in the run-up to the UN High Level Meeting on NCDs (April 30)
- Diabetes and Ramadan (May 8)
- Advocacy: tactics and messaging (May 11)
- IDF School of Diabetes (June 27)
- How to approach policymakers (July 30)
- How to develop a successful diabetes project (August 13)
- The figure of diabetes educator around the world (October 12)
- CVD and diabetes (December 13)

IDF education platforms

The BCV members receive regular information about the [IDF School of Diabetes](#) and are **invited to take the short courses**.

BCV members are also **encouraged to participate in the discussions organised in D-NET**, the IDF Diabetes Network for Healthcare Professionals, to increase their knowledge on key diabetes-related topics and clarify any doubts they may have. In July 2018, BCV member Betsy Rodríguez, from the US, moderated a D-NET discussion on “What You Say Matters: For people with diabetes, language has an impact on motivation, behaviors, and outcomes”. This was the discussion with the best participation of 2018, thanks to the excellent work of Betsy as discussion leader.





IDF would like to thank its
sponsors for their invaluable
support to the
BCV Programme and people
living with diabetes around
the world



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