

## **Vice-President Strategic Governance**

**Ms Sharon Fraser**



### **Personal and/or professional interest in diabetes.**

I was diagnosed with gestational Diabetes in 2000. Since then, I have been actively promoting diabetes information and representing diabetes organizations in one way or the other. I find equipping persons and society with appropriate information on diabetes put persons in a more informed position to make lifestyle changes. My goal is to inform and keep people informed about diabetes and its effects.

### **Activities that you initiated or contributed to promoting the cause of diabetes in your country.**

The diabetes Association of Belize has over ten years have promoting a “Ride out Diabetes”. This is a two days ride across the northern and western part of Belize to encourage change of one’s lifestyle by preparing for this ride. It is an initiative of mine in which I have actually ridden in this ride. It is 70 plus miles per day. It has now become an annual event that professional and nonprofessional riders look forward to.

### **Activity(ies) that you initiated or contributed to that promoted the cause of diabetes internationally and the organization(s) you worked with.**

As Regional chair for North American and Caribbean Region of IDF I initiated an awareness to address diabetes and disasters since this region is plague with hurricanes regularly. The awareness include ensuring the persons living with diabetes preparing an emergency kit with supplies needed should a disaster strike and the country is out of power or supplies.

### **Experience in governance and legal aspects of not-for-profit organisations management over the last 5 years.**

I am an Attorney-at-Law for the past 25 years and I had full management of a government department for 6 years. I have also been the legal advisor for the Diabetes Association of Belize for many years. I presently oversee all the Association governance matters. I also address Governance matters for National Trade Union Congress of Belize and I sit on the Central Prison of Belize’s board which is govern by private management addressing their governance matter.