

# Regional NEWSLETTER

Issue 5 – September 2024

Feature our Members No.4

## Persatuan Diabetes Indonesia



### President

Dr. K. Heri Nugroho H S

### Members

1,500 members

[Link to their Website](#)

### Main Activities

- ✓ Raising awareness about diabetes
- ✓ Providing education and support for individuals with diabetes
- ✓ Advocating for diabetes policies
- ✓ Promoting healthy lifestyle choices to prevent and manage diabetes

PERSADIA, through the doctors who work in it, then through diabetes educators, there is usually an emphasis on treating pre-diabetes risk factors to prevent diabetes.



**PERSADIA layman seminar** aim to provide education and support for individuals with diabetes and promote healthy lifestyle choices to prevent and manage diabetes

Event

### Konferensi Kerja (Konker) PERSADIA

**Venue:** Hermes Palace Hotel, Banda Aceh, Indonesia

**Date:** September 26th 2024

### Diabetes in Indonesia

16.9% of the respondents have type 1 Diabetes \*



50.2% of the respondents have type 2 Diabetes\*



2.6% of the respondents have gestational diabetes \*



\*According to [Survei Kesehatan Indonesia 2023](#), Table 7.14 (N=14,935)  
Population of Indonesia: approx. 270 million (2020, Indonesian gov. statistics)

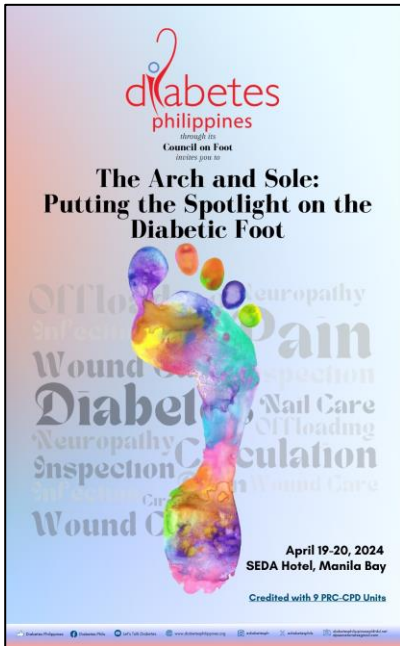
IDF – WPR  
Congress  
2023 in Kyoto



PERSADIA  
National  
Congress 2023

## Diabetes Philippines Holds a Foot Summit

The treatment of the diabetic foot is complex and requires a multi-disciplinary approach to its proper management. In line with its objective to #EducateAdvocate, Diabetes Philippines (DP) conducted a foot summit attended by 140 physician-delegates last April 19-20, 2024: *“The Arch and Sole. Putting the Spotlight on the Diabetic Foot.”*



Pathophysiology and assessment of the diabetic foot, offloading footwear, PAD, neuropathy and adjunctive treatment of the diabetic foot were discussed by experts from the fields of diabetology, endocrinology, surgery and vascular medicine. The lectures given by nurse specialists on foot care included proper nail care and the ABCs of wound dressing.

The goal of DP is for local chapters to cascade the event nationwide.

We are Diabetes Philippines.  
#EducateAdvocate



## Youth Diabetes Action group in Hong Kong

With over 2800 members Youth Diabetes Action ([www.yda.org.hk](http://www.yda.org.hk)) provides information, financial and peer-support and advocacy for youth living with diabetes, including working with the Hong Kong Government’s Hospital Authority, Jockey Club Charities Trust and local clinicians to provide Continuous Glucose Monitoring to many young people. They have regular newsletters, meetings and social activities.

During a recent work-trip to Hong Kong, the IDF WPR Chair Elect Dr Alicia Jenkins met and spoke with the group about diabetes care in Australia and advocacy efforts and what the situation is like in Hong Kong. There are many common challenges and potential solutions.



Youth Diabetes  
Action  
兒童糖尿協會







## Western Sydney Diabetes Celebrates 10 Years of Impactful Action and Plans for the Future

**Western Sydney Diabetes (WSD)**, a collaborative initiative led by the Western Sydney Local Health District and Western Sydney Primary Health Network, was established in 2014 to ease the burden of diabetes in Western Sydney, which experiences some of the highest rates of disease in the country.

On July 24, WSD marked a significant milestone with its 10-year anniversary celebration, held at The Blacktown Workers club. This event not only commemorated a decade of vital work in combating diabetes but also set the stage for future initiatives. The celebration was chaired by the renowned physician journalist Dr. Norman Swan of the ABC and local community leader Dr. Jim Taggart, who facilitated discussions on advancements in awareness, prevention, detection, and management of type 2 diabetes in the Western Sydney area.

Professor Glen Maberly, a leading figure in the initiative, reflected on the journey of WSD. "The WSD 10-year celebration has been a defining event in our journey, showcasing our achievements and setting a strong foundation for future success," said Prof. Maberly. He emphasized that the event was a crucial opportunity to reflect on past successes, recognize key contributors, and strategize for the future.

**Over 200 attendees** including doctors, nurses, community leaders, academics, and politicians came together to support the next phase of the **"beat diabetes together" campaign**. Prof. Maberly assured that the focus going forward would be on enhancing diabetes care, advocating for patient health needs, and fostering a collaborative community dedicated to combating the disease. "Building on the momentum from the celebration, we will continue to engage with stakeholders, leveraging their support for ongoing and new initiatives," he stated.

**A highlight of the event** was the active participation of WSD's Alliance partners, who hosted booths and shared their contributions to the fight against diabetes. Among the partners, Morgan Stewart, CEO of Workers Lifestyle Group, expressed pride in hosting the event. "The success of Western Sydney Diabetes has been in its work in primary prevention by harnessing public and private voices and resources," Mr. Stewart noted. He also highlighted **the 2kg Challenge**, a successful campaign rolled out to 27 local GP practices during diabetes week, aimed at reducing the risk of type 2 diabetes by encouraging participants to lose weight and maintain it.

As WSD continues to innovate and contribute to diabetes research, the commitment to improving patient outcomes and enhancing quality of life remains stronger than ever. The community and its leaders are ready to tackle the challenges ahead, armed with experience, achievements, and a robust network of support.



**Photo A** From left, **Jasmin Ellis**, General Manager, Integrated and Community Health, Co-Chair Executive Management Team, Western Sydney Diabetes, WSLHD. **Andrew Newton**, CEO WentWest (WSPHN). **Conjoint Prof Diana O'Halloran**, Chair, WentWest (WSPHN). **Prof Glen Maberly**, Director, Western Sydney Diabetes, ICH, WSLHD. **Rowan Clifford**, Group Executive Health Service Operations, Diabetes Australia. **Cem Ozenc**, Corporate Vice President and General Manager, Novo Nordisk Oceania. **Morgan Stewart**, CEO, Workers Lifestyle Group. **Dr Norman Swan**, MC

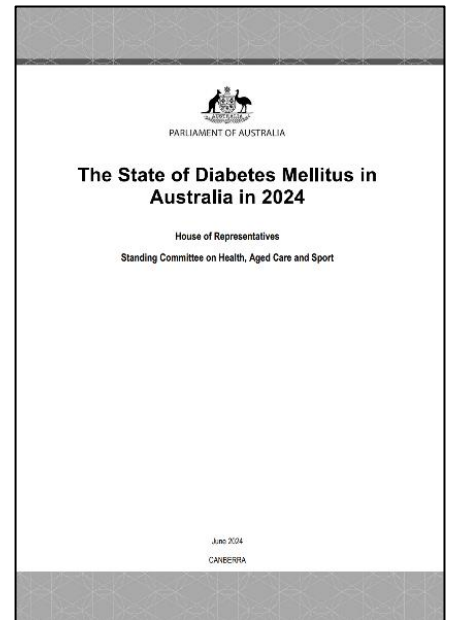
**Photo B** From left, Prospect MP **Dr Hugh McDermott**, **Dr Norman Swan**, WSD Director **Prof Glen Maberly**, Federal Macarthur MP **Dr Mike Freeland** and Blacktown MP **Stephen Ball**.

Photo courtesy of Western Sydney Diabetes, Western Sydney Local Health District

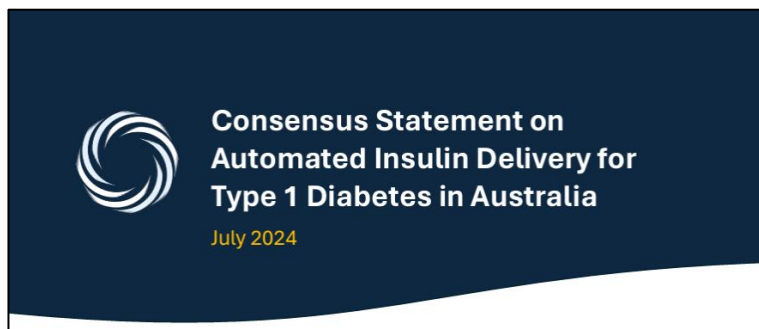
## Parliamentary Diabetes Enquiry and Advocacy for Diabetes Care in Australia

Recently there has been much activity regarding diabetes assessment and advocacy in Australia. In July 2024 the **Australian Parliamentary Inquiry** into the State of Diabetes in the country was released, which received **hundreds of submissions** from lay and professional individuals and groups, including Diabetes Australia and the Australian Diabetes Society and industry. This 270 page document is available for free [download](#).

The summary of 23 major recommendations included expanded access to continuous glucose monitoring, insulin pumps GLP-1 RA drugs and bariatric surgery, better food labelling, with less marketing of unhealthy food to children and consideration of a sugar tax. Expanded mental health support for youth with diabetes and types of appointments for people with diabetes living in rural and remote regions, and improved diabetes related data collection and usage were also recommended.



Released in July 2024 was a **report from an Automated Insulin Delivery (AID) access summit meeting** including many Australians living with Type 1 diabetes, diabetes health care professionals and representatives of many diabetes related organisations. Even though Continuous Glucose Monitors (CGMs) and insulin pump reservoirs and insulin delivery lines are Government subsidised, **less than 20% of Australians with Type 1 diabetes can afford to use an AID system**. An AID system includes an insulin pump with a continuous glucose monitor (CGM) linked with a computer program built into the pump or its controller which can automatically adjust insulin delivery minute by minute to suit the person's glucose levels. AID systems improve glucose levels and quality of life and reduce mental burden and complications and are cost-effective. **Three key requests** by the group were for ACCESS, irrespective of age, geography of financial means; CHOICE of which systems best fits the individual, and a STAGED IMPLEMENTATION strategy for AID access to minimise issues related to product supply and healthcare professional workforce training and resources. The report is available free from [here](#).



May these resources help bring about positive change and be an example to other countries.

Find below the  
[The State of Diabetes Mellitus in Australia in 2024](#)  
and  
[Consensus Statement on Automated Insulin Delivery for Type 1 Diabetes in Australia](#)

## IDF World Diabetes Congress 2025

Our community will meet at the IDF World Diabetes Congress April 2025, taking place in our WPR Family of **Bangkok, Thailand**, from April 7-10, 2025.

[→GO IDF2025 WEBSITE](#)

**Registration is now open!**

**Early registration** is available until **October 31st**. Discounts are offered for Thailand residency and lower-middle & lower income countries, and for students. Register now for the best deal for you!



April



Mar

## AASD Congress 2024 in Taiwan

The 17th AASD Annual Meeting will be held in conjunction with the 46th Annual Meeting of the Diabetes Association and the Endocrine Society of the R.O.C.(TAIWAN) on **March 28-30, 2025** at Taipei International Convention Center (TICC), Taipei, Taiwan!

**Online Registration will be available around mid-October! Save the date!**

Deadline for Early Registration

✓ Nov. 15, 2024

**Deadline for Abstract Submission was extended to Sep. 30, 2024 !**

For further information, please check the official website!

[→GO AASD 2025 Website](#)

## Diabetes Related Events in Western Pacific, 2024-2025

OCT *Seoul, Korea*

9-11 **ICDM 2024**

NOV *Singapore*

18-20 **ATTD Asia 2024 conference**

MAR *Taipei, Taiwan*

28-30 **17th Scientific Meeting of Asian Association for the Study of Diabetes (AASD 2025) in conjunction with the 46th Annual Meeting of the Diabetes Association and the Endocrine Society of the R.O.C.(TAIWAN)**

MAY *Okayama, Japan*

29-31 **The 68th Annual Meeting of the Japan Diabetes Society**

[website](#)

[website](#)

[website](#)

[website](#)



OCT

**If you have event information that you wish to add to the list, please contact the Editorial Team! ([idf.wpr@idf.org](mailto:idf.wpr@idf.org))**

Please provide event name, date, time, location, poster, and website link.



## EMCR Publication Prize



### Two winners of the year will be honored in the next issue

The outstanding winner will be selected for each scientific and clinical articles. The award winner 2024 will receive a **prize of €500**.

The selection will be assessed by the Newsletter editorial team: Prof. Takashi Kadowaki, Prof. Alicia Jenkins, and Dr. Angelo Sabag.

Please keep an eye on the next issue of the newsletter!

## Prize Winners of 2024 Q3

We hereby announce the IDF-WPR EMCR publication prizes for the 3<sup>rd</sup> quarter of 2024!



### SCIENCE

**Dr. Belinda Yau & Dr. Søren MADsen**  
(University of Sydney)

Genetics and diet shape the relationship between islet function and whole body metabolism

[PMID: 38568150](#)



### CLINICAL

**Dr. Hannah Christie**  
Mayo Clinic (University of Wollongong)

Diagnosis to Delivery: A Randomized Clinical Trial of Postmeal Walking in Women with Gestational Diabetes

[PMID: 38233988](#)

#### **What is the key point of this paper?**

Explore the use of post meal walking (vs standard care) as a method of management for hyperglycemia in gestational diabetes from their diagnosis through to delivery.

## Call for Nomination for 2024 Fourth Quarter

### Terms of Application

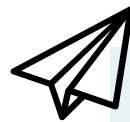
- Your publication must be published online or in print between July 1 - September 30, 2024.
- Papers with Prof. Alicia Jenkins or Dr. Angelo Sabag as co-authors are not eligible for application.

### Submission Deadline

2024 fourth quarter : November 30, 2024

### How to Apply?

Please complete and submit **the nomination form**



Nominate NOW!!

Access to

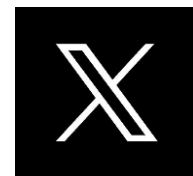
[the nomination form](#)

## CALL FOR CONTENT!



Do you have news you want featured in the IDF WPR Newsletter?  
Would you like to promote your conference?

Send us your story by Nov 15 to: [idf.wpr@idf.org](mailto:idf.wpr@idf.org)



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