



IDF KiDS programme: Creating a supportive school environment for a healthier future generation

A webinar by the International Diabetes Federation

November 24 at 13:00 CET

Introduction	
2'	Mr João Nabais, IDF Vice-President (Portugal) Ms Sana Ajmal, IDF YLD alumni (Pakistan) Welcome to the webinar
2'	Prof Andrew Boulton, IDF President (UK) The importance of bringing diabetes to schools and the KiDS programme
Discussion panel: The importance of healthy lifestyles and a safe environment in schools	
1'	Mr João Nabais, IDF Vice-President (Portugal) Introduction of the panellists
8'	Mr Leo Nederveen, PAHO Advisor (Netherlands) <ul style="list-style-type: none">• The importance of adopting healthy lifestyles from an early age to prevent type 2 diabetes• The WHO Global Diabetes Compact
8'	Dr Joanna Lai, UNICEF Health Specialist (USA) <ul style="list-style-type: none">• The importance of a safe school environment• Initiatives by UNICEF to foster a safe school environment• The role of decision-makers
8'	Ms Fatima A. AlZarooni, United Arab Emirates Ministry of Health and Prevention (UAE) <ul style="list-style-type: none">• Initiative(s) to foster prevention and a safe environment in schools• Impact of the initiative(s) and challenges faced
8'	Prof Carine de Beaufort, ISPAD president (Netherlands) <ul style="list-style-type: none">• The importance of a supportive school environment to improve management among children with type 1 diabetes and to prevent type 2 diabetes• The role of decision-makers in bringing diabetes education to schools
10'	Q&A
The IDF KiDS programme	
5'	Mr João Nabais, IDF Vice-President The KiDS programme: main objectives, resources and impact so far
3'	Testimonial of a child living with type 1 diabetes on the importance of KiDS https://www.youtube.com/watch?v=w1_J9UI2i5I

Roundtable: Bringing diabetes to schools

1'	<p>Ms Sana Ajmal, IDF YLD alumni (Pakistan) Introduction of the roundtable participants</p>
20'	<p>Ms Sarah Biyinzika, IDF Young Leader in Diabetes living with type 1 diabetes (Uganda) Ms Anna Śliwińska, Polish Diabetes Association President (Poland) Ms Aisling White, Primary school teacher (Ireland)</p> <ul style="list-style-type: none"> • Safe environment for children with diabetes in schools • Promotion of healthy lifestyles in schools • Improving the current situation • The role of the government • The potential of the IDF KiDS programme
10'	<p>Q&A</p>
2'	<p>Mr João Nabais, IDF Vice-President (Portugal) Ms Sana Ajmal, IDF YLD alumni (Pakistan) Closing remarks and thanks</p>

The IDF KiDS programme is supported by an education grant from Sanofi



Partners of the Kids programme:





MODERATORS' BIOGRAPHIES

MR JOÃO NABAIS

IDF Vice-President (Portugal)



João Manuel Valente Nabais holds a PhD in Chemistry from the University of Evora, where he works as Assistant Professor. Diagnosed with type 1 diabetes in 1981, João has been actively involved in the field of diabetes through his work for the [APDP](#) and [International Diabetes Federation](#).

In 2008, João joined the [Board of IDF Europe](#), to work on EU political affairs, and served as President (2012-2015). Currently, he is VicePresident of the International Diabetes Federation.

DR SANA AJMAL

IDF Young Leader in Diabetes (Pakistan)



Dr. Sana Ajmal is a seasoned diabetes advocate , with years of work experience with various programs with International Diabetes Federation, including the Young Leaders in Diabetes, Diabetes Education Consultative Section, the World Diabetes Congress Program Committee and with WHO and many other international bodies.

Living with diabetes since the age of 15, she is the Founder and Executive Director of Meethi Zindagi, a community-centric, non-profit organization in Pakistan. Areas of her interest include providing psycho-social support, peer education and medicines to the diabetes community and empowering them to lead thriving lives.

Sana strongly believes that sustainable change can only be brought about when people with diabetes are recognized as the key stakeholders and advocates, and the recognition must be pivoted on powerful, non-discriminatory communication from all quarters.

Sana holds a PhD in Computer Engineering. Her professional training for systems-thinking and the constant longing for learning and pilot implementation testing has pushed her and to thinking redesigned process models with a forward looking approach representative of the needs of the diabetes community.

PANELLISTS' BIOGRAPHIES

PROF ANDREW BOULTON

IDF President (UK)



President of the International Diabetes Federation (IDF) for 2020-21. He also currently serves as President of the Worldwide Initiative for Diabetes Education and Chair of EURADIA (European Alliance for Diabetes Research).

Prof Boulton is a graduate of Newcastle-upon-Tyne University. He subsequently trained in Sheffield and Miami prior to accepting an appointment at Manchester University, where he is currently Professor of Medicine with a special interest in diabetes and its complications. He is also Consultant Physician at Manchester Royal Infirmary.

Among his other distinguished roles, Prof. Boulton has been President of the European Association for the Study of Diabetes, founding Chair of the Diabetic Foot Study Group and Chair of Postgraduate Education and Hon. Secretary/ programme chair for EASD.

Prof Boulton has received many awards, most notably the ADA Harold Rifkin award for distinguished international service in diabetes, the EASD Camillo Gogli prize, the ADA Roger Pecoraro Lectureship, the Georgetown distinguished achievement award in diabetic limb salvage, and the American Association of Clinical Endocrinologists' International Diabetes Endocrinologist of the Year Award. In 2017, he gave the Banting Memorial Lecture at the Annual Meeting of Diabetes UK.

Prof Boulton has authored more than 500 peer-reviewed manuscripts and book chapters, mainly on diabetic lower limb and renal complications. He is a past editor of *Diabetic Medicine* and currently an associate editor of *Diabetes Care*.

MR LEO NEDERVEEN

PAHO ADVISOR (NETHERLANDS)



Leo Nederveen graduated in Human Nutrition at the Wageningen University (MSc) and has a broad experience in development cooperation in Latin America, Africa and Asia. His work experience includes the design, implementation and monitoring of nutrition and social development interventions at the national level and at the community level, particularly those that concern food and nutrition, prevention of noncommunicable diseases, school health and nutrition, and behaviour change communication.

His experiences include working for PAHO/WHO (Cape Verde, Dominican Republic, Ecuador, Kenya, Indonesia and Peru), World Bank (Nicaragua) and European Union (Peru). Currently he works as Regional Advisor Food, Nutrition and Physical Activity in Schools for the Pan American Health Organization.

DR JOANNA LAI
UNICEF HEALTH SPECIALIST (USA)



Dr. Joanna Lai, DrPH, MPH, MS.ED is a health specialist with UNICEF HQ and the technical focal point for adolescent, school, and mental health.

MS FATIMA A. ALZAROONI
MINISTRY OF HEALTH AND PREVENTION (UAE)



Fatima A. AlZarooni holds a Master in Science in Healthcare Management, for the Royal College of Surgeons in Ireland- Dubai; and a Bachelor of Science in Health Education, for the Higher Colleges Technology. She has 14 years experience in health care management, health promotion, policy, public health and food safety education. Before joining Ministry of Health and Prevention UAE, she began her career as Food Health Officer at Dubai Municipality in 2007, later worked on supervising community awareness programs and was also a member of Food Poisoning Investigation team as well as in charge of events and registration committee at DIFSC 2010-2015.

Joined MOHAP in 2016, served as Head of Health Education section and worked on different plans and programs including strategic planning, mass media campaigns, school health program and education guideline, community field events and member of national agenda's program for sports Olympic medals, also COVID19 national awareness team.

PROF CARINE DE BEAUFORT
ISPAD President (Netherlands)



Carine de Beaufort is a pediatric diabetologist in Luxembourg, part of the multidisciplinary pediatric diabetes team (DECCP). DECCP is recognised as SWEET - and ERN center and strives to improve diabetes care and outcome. Her research focus is advanced technology in diabetes and the role of the microbiome.

She is the current president of International Society for Pediatric and Adolescent Diabetes (ISPAD), a unique global Society, focused on all forms of diabetes in children, adolescents and young adults. Through her work for ISPAD, she has been able to meet with, and be motivated by, many colleagues and persons with diabetes (PwD) around the globe, striving for improved diabetes outcome.

MS ANNA ŚLIWIŃSKA

Polish Diabetes Association President (Poland)



Anna has been working for the Polish Diabetes Association since 2007. In 2015 she was elected president. Re-elected in 2019.

Her everyday activities include direct work with diabetics in the entire country (Polish Diabetes Association has almost 350 regional circles), as well as raising diabetes awareness in the society and officially representing diabetics, particularly in the efforts to improve diabetes care and access to proper treatment in the country.

MS SARAH BIYINZIKA

IDF Young Leader in Diabetes (Uganda)



Sarah Biyinzika is a Young Leader in Diabetes Trainee from Uganda. She has been living with type 1 diabetes for the last 14 years.

She is affiliated to the Africa Diabetes Alliance and Uganda Diabetes Association. Sarah writes for the Uganda Diabetes Association's blog, sharing her struggles, triumphs and the various diabetes activities that she is a part of.

MS AISLING WHITE

Primary School Teacher (Ireland)



Aisling White has been living with type 1 diabetes for the past 26 years. She qualified with a Bachelors of Education in 2017 and works as a primary school teacher. She is a committee member of the Limerick Diabetes Support Group and co-founded the Irish Adults with Type 1 Exercise Support Group.

She also co-founded the MidWest Advocacy Group in Ireland and continues to advocate for the rights of people with diabetes in this region. She is also a member of the Diabetes Ireland Advocacy Group, the Global Heart Hub Advocacy Group and the IDF Europe Youth Leadership Lab.