

Every move counts: the importance of physical activity to manage and prevent diabetes

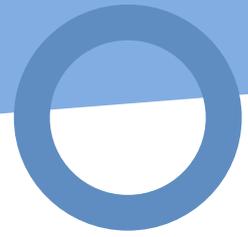
An online event by the International Diabetes Federation

(September 1, 14:00-15:30 CEST)

Webinar agenda

Opening	
2'	Moderator: Bruno Helman, IDF Project Coordinator and Young Leader in Diabetes (Brazil) Welcome to the webinar & housekeeping rules
Setting the scene: the importance of physical activity for diabetes	
7'	Dr Fiona Bull, Head of Unit, Physical Activity, Dept of Health Promotion, WHO (UK) <ul style="list-style-type: none"> Trends in sedentary behaviour over recent years The Global Action Plan on Physical Activity 2018-2030 WHO Guidelines on Physical Activity and Sedentary Behaviour
WHO Guidelines on Physical Activity and Sedentary Behaviour	
7'	Dr Denise Franco, Brazilian Diabetes Society secretary and director of the Institute Running for Diabetes (Brazil) <ul style="list-style-type: none"> Importance of physical activity to manage all types of diabetes Importance of physical activity to prevent type 2 diabetes Recommendations for safe practice of physical activity for people living with diabetes
Discussion panel and questions from the audience	
60'	Ms Marie Barsacq , Impact and Legacy Director, Organising Committee of the Olympic Games Paris 2024 (France) Dr Fiona Bull , Head of Unit, Physical Activity, Dept of Health Promotion, WHO (UK) Dr Denise Franco , Brazilian Diabetes Society secretary and director of the Institute Running for Diabetes (Brazil) Ms Nupur Lalvani , IDF Blue Circle Voice and president of the Blue Circle Diabetes Foundation (India) Mr Felipe del Mestre , professional athlete living with diabetes (Argentina)
The IDF Kids and Diabetes in Schools (KiDS) programme	
6'	Bruno Helman The KiDS programme: main objectives, resources and impact so far
Closing remarks and thanks	
3'	Bruno Helman Key messages & thanks to participants

KiDS is an educational programme supported by Sanofi



MODERATOR BIOGRAPHIES

Bruno Helman

IDF Project Coordinator and Young Leader in Diabetes



Bruno Helman is a Public Health and Youth advocate, with special focus on NCDs. He holds a postgraduate diploma in Health Economics from the University of Sao Paulo (USP) and a Bachelor's degree in International Relations from Pontifical Catholic University of Sao Paulo (PUC-SP). Bruno has a lot of experience with Civil Society Organizations, currently representing the Brazilian Diabetes Society (SBD) as its Young Leader on International Diabetes Federation (IDF) and part of the Advisory Global Committee for Our Views, Our Voices from NCD Alliance. As well from the Government perspective, he served as PAHO Advocacy Consultant for the Brazilian Ministry of Health. He currently works as KiDS (Kids and Diabetes in Schools) Coordinator for the International Diabetes Federation.

On top of that, he is the founder and president of Running for Diabetes, a non-profit organization that promotes inclusion and health of people living with diabetes and their family members through the regular practice of physical activity. Bruno is driven by social impact and believe in the power of physical activity to change lives.

PANELLISTS BIOGRAPHIES

Marie Barsacq

Impact and Legacy Director, Organising Committee of the Olympic Games Paris 2024



A lawyer by training, Marie Barsacq worked for ten years for the French National Olympic Committee (CNOSF), devoting her energies to employment, training, and qualification in the sporting movement. She then joined the French Football Federation (FFF), where she set up the Institute of Football Coaching (FF) before becoming the FFF's assistant general manager for amateur football. Marie Barsacq is also a member since 2018 of the Executive Committee of the French Football Federation. Marie Barsacq then took up position as the Director of Impact and Legacy for the Paris 2024 Bid Committee, and then Executive Director within the Organizing Committee.

Fiona Bull

Head of Unit, Physical Activity, Dept of Health Promotion, WHO



I trained as a PE teacher and did a Masters in Sports Science at Loughborough just as we were beginning to understand the seriousness of conditions like heart disease and diabetes, and to appreciate the role activity played in their prevention. I couldn't understand why people weren't more active. I began to explore the reasons and did a PhD in this area. After my Masters, I moved to Australia to work in workplace health promotion and became very interested in the evidence base: if we knew why people do and don't exercise, could we work out solutions and put those into practice? That led me closer to the world of policy and my career for the past 20 years has focused on research, practice and policy. I've worked in universities; as director of the National Centre for Physical

Activity in the UK from 2004 to 2012; at the CDC in the US Department of Health; and then at WHO on policy.

Denise Franco

Brazilian Diabetes Society secretary and director of the Institute Running for Diabetes (Brazil)



Graduated in Medicine from the Federal University of São Paulo (1985)
Master degree in Medicine (Clinical Endocrinology) at Federal University of São Paulo (1994)
Specialized in Sport Medicine.
Principal investigator at CPCLin (clinical research site in São Paulo) with expertise in clinical trials in diabetes, obesity, dyslipidemia, diabetes technology and hypertension .
Secretary of the Brazilian Diabetes Society (2022-23)
Director of ADJ Diabetes Brazil
Diabetes Educator - IDF SACA
Director of Running for Diabetes Institute
Founder of G7 Diabetes

Nupur Lalvani

Founder Director Blue Circle Diabetes Foundation in India



Nupur Lalvani has been living with type 1 diabetes since the past 27 years. She is a diabetes advocate, an IDF Blue Circle Voices member and Founder of the Blue Circle Diabetes Foundation, a registered NGO in India. She runs marathons and ultra marathons & successfully led India's first T1D team of 4 people at the 100km Oxfam Trailwalker in 2019 in Maharashtra, India.

Felipe Del Mestre

Olympic medalist and athlete



Felipe Del Mestre is an Argentine rugby union player and won a medal at the 2019 Pan American Games.

Since i was a little kid i've always been a sport lover. Everything i would do, somehow turned into a sport or a competition. And i don't mean competing in a bad way, always in a way of fun, of making friends, or creating new challenges. As years went by, i practiced every kind of sport you could think of. From water sports, to snow ones, track and fields, football or tennis.

At age 13, I was diagnosed with diabetes type 1. Something which i didn't even hear about before. From that day on, my life slightly changed, but the one thing that never did was in keep on playing. I didn't know anything about diabetes, but what i did ask first of all, was if i could keep on doing sports. They told me: YES (and i'm really thankful for my doctor) that they even encouraged me to do so. I understood very early that it would help me in getting balance to my health, to my blood levels, it was even better than insulin, it was really natural.

Later in my life, i would become a professional athlete, i could reach my dream of becoming an olympic athlete and even win a bronze medal. But the message from me is always the same: have fun. If you have fun and dedicate yourself in doing what you love, you'll probably be good at it.