



## Isekeza ry'urunani mpuzamakungu rwo kurwanya indwara y'igisukari (IFD) mu gihe C'inama yo kugwego rwo hejuru y'ishirahamwe mpuzamakungu ONU y'umwaka wa 2019 yerekeye ivyankenerwa mu amagara y'abantu (Couverture-Santé Universelle, CSU)

Ivyankenerwa mu magara y'abantu ni iki ?

Inama yo kugwego rwo hejuru ku vyankenerwa mu magara y'abantu ni iki ?

Kuberiki inama yo kugwego rwo hejuru ya ONU yerekeye ivyankenerwa mu magara y'abantu ihambaye?

Kuberiki Ivyankenerwa mu magara y'abantu bihambaye ku bantu bafashwe n'indwara y'igisukari?

Ni igiki umuntu yofatirako iyo hariko havugwa ivyankenerwa bikorerwa abantu bafashwe n'indwara y'igisukari ?

Ishirahamwe mpuzamakungu ryitaho amagara y'abantu, OMS risigura ivyankenerwa mu magara y'abantu nk'igihe **abantu bo mu mice yose baronka ivyankenerwa kwa muganga** (harimwo guteza imbere amagara y'abantu, gukinga amagara y'abantu, imiti, igororwa hamwe n'imiti yo gufupfahaza) **maze bakaronka imiti bakeneye kubiciro bitavuna.**

Ivyankenerwa mu magara y'abantu (CSU) ni urupfunguruzo rwo gushikira iterambere muv'ubutunzi mu gihe kirekire.

Ni ikintu cankenerwa mu gushikira intumbero y'iterambere rirama 3(SDG 3) « Gufasha kuronka ubuzima bwiza hamwe no guteza imbere amagara meza kuri bese bo muryaka yose » mu bihugu vyose bigize iryo shirahamwe vyiyemeje gushikako imbere y'umwaka wa 2030.

Turetse ivyo gushikira bese, igice c'abantu baba kw'isi ntibaronka bese ivyankenerwa mu magara ku biciro bitavuna. Ishirahamwe mpuzamakungu ONU ryarateguye inama yo kugwego rwo hejuru kubijanye no kuronsa abantu bafashwe mu magara y'abantu (CSU) **kw'igenekerezo rya 23 nyakanga 2019, kugira rihimirize abatware bijukire kubwinshi kuronsa abantu bafashwe mu magara y'abantu, CSU.**

Iyo nama izoshika kukwemeza **amasezerano ya poritike arimwo intererano nkenerwa** zo gufasha ama reta agize iryo shirahamwe mu gushikira ku mugaragaro ivyankenerwa mu magara y'abantu hatarenze mu mwaka wa 2030.

Indwara y'igisukari ni **indwara ngendanwa isaba ko umuntu afata imiti ubuzima bwiwe bwose.** Abantu bafashwe n'indwara y'igisukari yo mu bwoko bwa mbere(DT1) bama bakeneye kwitwira umuti witwira insuline kugira babeho. Kugira babane n'iyi ndwara bongere birinde canke barindirize ubukare bw'indwara abantu bafashwe n'ubwoko ubwaribwo bwose bw'indwara y'igisukari bakeneye kwama bashikira muganga vyoroshe bakanaronsa imiti bakeneye.

Hatabonetse ivyankenerwa mu magara y'abantu, ni benshi bakorwako n'ingingo zigoye zerekeye ibiciro biri hejuru bijanye no kwivuza. Abantu bafashwe n'indwara y'igisukari bo mubihugu biri hasi canke hagati nahagati mu vy'ubutunzi nibwo bagwa mu mporero (bakaba bangana ibice 80% vy'abafashwe n'indwara y'igisukari).

Kuronsa ivya nkenerwa muv'amagara y'abantu bifise intumbero yo gushikiriza ubuvuzi bwa nkenerwa bese kubiciro bitavuna.

Kuyerekeye indwara y'igisukari, ubuvuzi burimwo ama insuline, metformine, gliclazide, glucagon, amaserenge/inshinge, amabandelette, ama réactives hamwe n'utumashine two gupima igisukari.

Ntibirimwo gusa kubonana n'abaganga basanzwe, abafaroma n'abize ivyo gufungura neza, ahubwo no kubonana n'abaganga babinonosoye mugihe indwara yakaze.

**Ibihugu bigize ishishirahamwe mpuzamakungu ONU bitegerezwa kugabanya ibiciro bishikirwa na bese ku bantu bafashwe n'indwara y'igisukari.** Urunani mpuzamakungu rwo kurwanya indwara y'igisukari(FID) rusaba ibihugu biri muri uwo muryango bisanzwe bifise ubushobozi mu vy'ubutunzi, kurengera ivyo kuronsa ivyankenerwa abantu bafashwe muv'yerekeye amagara y'abantu hanyuma bikashiraho ubuvuzi bwiza cane, ku biciro bitavuna ku bantu bafashwe n'indwara y'igisukari.

## Ni gute twoterera mw'isekeza ryerekeye ivyankenerwa mu magara y'abantu (CSU) ry'urunani mpuzamakungu rwo kurwanya indwara y'igisukari(FID)?

Kuvugana n'abafata ingingo ku gwego rw'igihugu

- **Guhindura** akamo ka FID mu murimi rw'igihugu cawe
- Gutunganya **amanama** z'abafata ingingo muri poritike bahambaye aho uherereye, mu karere no kugwego rw'igihugu muhana hana ivyiyumviro kukamo ka FID
- Mugihe gukoresha amanama bidakunda, rungika akamo ka FID ku bafata ingingo muri politike ukoresheje **ubusandugu bwa posita canke umuhora ngurukana bumenyi.**

Kwiragiza akamo ka FID mu binyamakuru vyo mugihugu

- Gira ubushakashatsi umenye ibinyamakuru bikomeye vyandika kubijanye n'amagara y'abantu hamwe n'abamenyeshamakuru bazi kwandika inkuru zerekeye amagara y'abantu mu gihugu canyu.
- Begere, witwaje akamo ka FID, **ahamwe n'ibiharuro rusangi ku ngwara y'igisukari mu gihugu canyu** (ubisanga muri [Atlas du Diabète de la FID](#)).

Rungika ifoto yawe mw'isekeza ry'ivyankenerwa mu magara y'abantu (CSU) rya FID

Turungikire ifoto yawe iriko amafaranga wosaba ajanye n'ubuvuzi bwa nkenerwa y'indwara y'igisukari. Mushobora gusanga ibisabwa kugira muje mur'iryo sekeza mur'iyi nzira: [bit.ly/2DEt9vf](http://bit.ly/2DEt9vf)



Fasha mwisekeza CSU rya FID kumbuga ngurukanabumenyi zihuza abantu

- Dukurikire kuri [Facebook](#), [Twitter](#), [Instagram](#) na [LinkedIn](#).
- Sangiza abagenzi bawe ivyandikwa muri CSU aho FID yama yandika kumbuga ngurukana bumenyi zihuza abantu. Tubasaba guhindura muzindi ndimi kugira ubutumwa bushikire abantu benshi.

# Isekeza ry'urunani mpuzamakungu rwo kugwanya indwara y'igisukari (FID) mu gihe C'inama yo kugwego rwo hejuru y'ishirahamwe mpuzamakungu ONU yo mu mwaka wa 2019 yerekeye ivyankenerwa mu amagara y'abantu (Couverture-Santé Universelle)

Kwizina ry'abantu bose bafashwe n'abakozweko n'indwara y'igisukari, urunani mpuzamakungu rwo kugwanya indwara y'igisukari FID rusaba ama reta kuba bashize mu ngiro ingingo zizofasha kwegereza ivyankenerwa mu magara y'abantu(CSU) imbere yuko umwaka wa 2030 ushika, akongera akibanda kubisata bine bikurikira:

Guteza imbere ukuvura indwara nyezina mu guteza imbere gupima no kwikingira ubukare bw'indwara



- Gushira mu gisata c'amagara y'abantu **uburyo bufasha abafashwe** n'indwara y'igisukari kwijukira kwivuzza no gufata imiti.
- Kwagura **uburere bwo kuvura i ngwara nyezina** mu kworohereza abantu baba mu bice vyo mu misozi kure y'amavuriro, baba abamaze gufatwa n'indwara y'igisukari canke bimaze kubonekako bafise ibimenyetso ko bashobora kugwara iyo ngwara. Ivyo bikaba birimwo gutabara hakoreshejwe ubuhinga bwa none bwo kwa muganga bwosahiriza ku buryo igisata co kwa muganga gisanzwe cubatswe.
- Kwizeza **abatishoboye bafashwe n'indwara** y'igisukari harimwo impunzi, abimukira ko bazoronswa uburyo bwo kwivuzza indwara nyezina atanumwe asigaye inyuma.
- Gutanga akazi **ku bakozi benshi bo kwa muganga** bofasha mu kworohereza abivuzza indwara y'igisukari baguma bagwirana.
- **Kwigisha abantu benshi kandi bihagije** uburyo bwo kumenya, kuvura no kwikingira indwara igisukari yo mubwoko bwa kabiri (diabète de type 2).
- Kwinjiza mu kazi ka misi yose **gupima igihe cose indwara y'igisukari** kubantu babangamirwa no gufatwa n'iyi indwara.
- Kwinjiza mu kazi ka misi yose **gupima indwara y'igisukari ifata abakenyezi bibungenze**;
- Kwinjiza bukebuke uburyo bwo **gupima indwara z'ivyuririzi ziva ku miti ifatwa n'abagwaye indwara y'igisukari**.
- Gushiraho **imigambi ikwiye kandi ihuye n'ibihe abantu barimwo** bituma bafungura nabi mubuzima butoroshe, na cane cane abantu babangamirwa niyo ngwara.

Gushira akanovera mu nyigisho mu ntumbero yo guhangana n'ingwara y'igisukari no gukingira iyo mu bwoko bwa kabiri (diabète de type 2)



- Guteza imbere **ubuhinga n'amasekeza bikoreshwa muguhimiriza mu igisata co kwa muganga** hongere hamenyekane icanzo indwara y'igisukari yo mubwoko bwa kabiri icamwo mubanyagihugu;
- Guteza imbere **amasekeza yo kumenyekanisha** ibimenyetso vy'indwara y'igisukari kugira igitigiri caboyibona hakiri kare kigwire;
- Gutanga inyigisho zihoraho uburyo abantu bafashwe n'indwara y'igisukari boshobora kwigenza ndetse n'incuti zabo zibegereye guhera bakibimenya n'ibihe bikurikira ;
- Kworohereza abanyamitahwe kugira abantu bose bafashwe n'indwara y'igisukari bo kw'isi yose bashobore kuvugwa kugiciro kitavuna.

Kworohereza abanyamitahwe mu ntumbero yo gutuma abantu bafashwe n'indwara y'igisukari kw'isi yose baronka ivyo bakeneye kwa muganga ku biciro bitavuna



- Kwongereza uburyo bwagenewe gukingira no kuvura indwara y'igisukari n'izindi ndwara zitan dukira **hakoreshejwe uburyo bwo kwegeranya amafaranga**, nko gutoza amakori ikoresha bibi no gushira amafaranga mubifasha amagara y'abantu.
- Guteza imbere **uburyo bwokwegeranya infashanyo**, nko gutoza intererano(amakori atozwa n'amareta mugufasha imigambi kanaka) canke kugabanya inyungu(ku nguranye z'ibihugu bikenye zigenewe gufasha mu migambi kanaka ijanye n'ivy'amagara y'abantu ari hamwe iteye imbera yoshobora gufata amadeni).
- Mu guteza imbere no kurondera **uburyo bushasha bwo gukingira amagara y'abantu**, cane cane gushiraho igicapo co kuriha imbere mu ntumbero yo kugabanya intambanyi z'uburyo bwo kwivuzza n'imiti.
- Guhinyanyura ugukorera **murunani rw'ibisata bitandukanye** kugira ibiciro vyukuri kandi bikwiranye kandi n'uruhererekane rw'imiti n'ibikoreshe vyizerwe.
- Mugushiraho **ibikorwa vyo kugura no gukorana neza** hagati y'amashirahamwe kugira hatewe imbere ubwigora bukenewe n'ubushobozi.

Gushira inguvu zidasanzwe muri poritike yo gushikiriza ubuvuzi kuri bose gushika mu mwaka wa 2030



- Mugukoresha neza **ibiharuro vyo mu gihugu** hakoreshejwe ibifatigwako SDG 3.8.1(Ahagerwa n'igisata c'amagara y'abantu nyezina) na SDG 3.8.2 (Uko abantu bagabanganijwe bifatiye kuburyo bukoreshwa mu magara y'abantu) mu gufata ingingo zibereye mw'iterambere rishikana kukuronsa abantu ivyankenerwa bijanye n'amagara y'abantu.
- Mugusaba **ishirahamwe mpuzamakungu ryityaho amagara y'abantu OMS ngo rigirishe inama abayobozi n'abakurikiranira imigambi yitaho indwara zitan dukira bitarenze** mumwaka wa 2020 kugira bahanahane amakuru y'iyi baherereye mu ntumbero yo kushikiriza abantu bose ivyankenerwa mu magara y'abantu (ari mugihe inama yo kugwe rwo hejuru yidi idashoboka imbere yo mu mwaka wa 2025)
- Mu gutera akamo ishirahamwe mpuzamakungu ONU kugira ritegure **inama yo kugwego rwo hejuru** yerekeye gushikiriza abantu bose ivyerekeye amagara y'abantu yoba imbere y'umwaka wa 2026 kugira harabirwe hamwe intambwe n'ivyagenze neza kuva 2019 kandi bibaye ngombwa hashirwe ku gihe ibisabwa kurira abantu bose bazoshikirizwe ibisabwa mu magara y'abantu hatarenze mu mwaka wa 2030.