

Young Leaders in Diabetes: Women as leaders of change

A webinar by the International Diabetes Federation

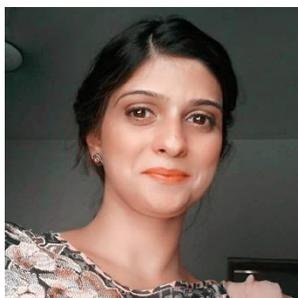
March 8, 14:00 – 15:15 CET

Introduction	
10 min	Dr Sana Ajmal, YLD alumni (Pakistan) <ul style="list-style-type: none">• Introduction to the webinar• Brief story of the YLD programme• Launch of the IDF Guide to Data-Driven Advocacy
Roundtable – Women of change	
45 min	Ms Cajsa Lindberg, YLD alumni (Sweden) – Moderator Ms Nuriane Arias, YLD trainee (Aruba) Ms Paula Chinchilla, YLD mentor (Costa Rica) Ms Yemurai Machirori, YLD mentor (Zimbabwe) Ms Jyotsana Rangeen, YLD trainee (India) Dr Sana Ajmal, YLD alumni (Pakistan) Discussion about the: <ul style="list-style-type: none">• Challenges of being a woman with diabetes• Role of women as leaders of change in the diabetes community• Contribution of the YLD Programme to the lives of female advocates
Live Q&A with the audience	
15 min	Ms Cajsa Lindberg, YLD alumni (Sweden)
Closing remarks	
5 min	Dr Sana Ajmal, YLD alumni <ul style="list-style-type: none">• Closing remarks• Thanks to participants

MODERATORS' BIOGRAPHIES

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.

MS CAJSA LINDBERG

IDF Young Leader in Diabetes (Sweden)



Ms Cajsa Lindberg is a health advocate, advisor, moderator, and public speaker with a special focus on diabetes and cancer. Working in global health for 10 years with organizations like WHO, OECD, European Diabetes Forum, and NCD Alliance. Have worked with youth leadership initiatives in various ways, including as a YLD member and past YLD president. Currently working as the Product Manager for Medtronic Diabetes in Sweden and Iceland. Been living with type 1 diabetes for almost 20 years.

PANELLISTS' BIOGRAPHIES

MS JYOTSANA RANGEEN

IDF Young Leader in Diabetes (India)



Ms Jyotsana Rangeen is an active diabetes and mental health advocate in India, working with global organisations to advocate for type 1 diabetes and promote a stigma-free society. As a certified diabetes educator, she is involved in counselling young patients and working to create awareness with her community in India - Diabetes in style – which aims to help people learn the art of living well with diabetes. With this ongoing quest to give and make a difference, she has been able to promote significant, positive change in communities and individuals through diabetes advocacy, empowered by compassion. She is currently the YLD South-East Asia representative-elect and a global patient advocate. She has collaborated in various initiatives to educate and empower people living with type 1 diabetes by global organisations like IDF, League of DiAthletes, WHO SEARO and NCD Alliance. She is currently working on a grassroot project in India called “IgniteD”, that involves educating the anganwadi workers in India to spread awareness and promote early diagnosis in children living with type 1 diabetes.

MS NURIANNE ARIAS

IDF Young Leader in Diabetes (Aruba)



Ms Nurianne Arias is graduated from the University of Aruba with a Bachelor of Arts in Organization, Governance and Management in 2016 and obtained my Master of Science in Public Administration with a specialization in Health Care from the University of Twente in the Netherlands in 2018. Works as a full time lecturer at the University of Aruba and is currently a researcher for the local foundation of diabetes in Aruba concerning diabetes management on the island. She is passionate about helping others as she started volunteering at the age of 12 and has been active in many social projects since then. Since diabetes diagnosis has dedicated herself to researching diabetes. Motivates and coaches people living with diabetes individually and on a personal level. Participated in 2018 as the representative of Aruba in Miss World pageant and her advocacy was health for especially children and youngsters. This was also the year in which Nurianne established her social entrepreneurship business called Q-rason Community (Cu-rason), a health advocacy and promotion business with a social purpose. Nurianne joined the YLD program by the International Diabetes Federation to gain more knowledge in the field of diabetes so she can develop the appropriate skills to carry on helping others and doing research. She believes that the essence of helping others does not lie in the ability to help, but in the willingness and love that is put in everything that we do.

MS PAULA CHINCHILLA

IDF Young Leader in Diabetes (Costa Rica)



Ms Paula Chinchilla is 26 years old and joined the YLD programme in 2015 during the training in Canada. She is from Costa Rica but moved to the U.K. to work with children and adolescents with diabetes as a Paediatric Diabetes Dietitian. Amongst the diabetes advocacy initiatives that Paula has been involved are organising the first diabetes camp in Costa Rica, speaking in the IDF side event of the World Health Assembly about Nutrition and Diabetes, developing diabetes education projects for schools in Costa Rica, being a speaker in different international diabetes conferences and being an active trustee of a diabetes charity in the UK. The message that Paula likes to share to other people living with diabetes is to see diabetes as an opportunity to motivate others and not as a disease.