

# Key facts about World Diabetes Day

Presenters: ass. of professor Shanina Irina,  
ass. of professor Golubkina Evgeniya  
Supervisor: Yabluchanskyi N.I.

# History

**Halt the  
diabetes** epidemic



- ▶ World Diabetes Day (WDD) is celebrated annually on November 14; was created in 1991 by International Diabetes Federation (IDF) and the World Health Organization (WHO) in response to growing number of patients with DM
- ▶ WDD is the world's largest diabetes campaign with around 500 events in more than 100 countries
- ▶ WDD marks the birthday of Frederick Banting who, along with Charles Best and John James Rickard Macleod, first conceived the idea which led to the discovery of insulin in 1922

# Symbol

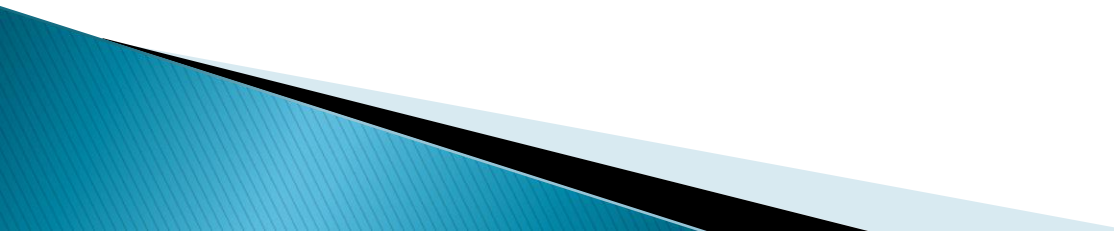


world diabetes day

14 November

- ▶ 14 November 2006 Blue Circle as the international symbol against diabetes was invented
- ▶ It is means that the only solution to reduce the diabetes epidemic this is creation of environment that prevents diabetes by promoting healthy food choices and exercise
- ▶ Across cultures, the circle symbolizes life and health. The colour blue reflects the sky that unites all nations and is the colour of the United Nations flag

# WHO response to diabetic burden

- ▶ providing scientific guidelines for diabetes prevention
  - ▶ developing norms and standards for diabetes diagnosis and care
  - ▶ mankind realization of the global diabetes epidemic significance
  - ▶ celebration of World Diabetes Day (14 November)
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# Across the world: Africa



- ▶ The IDF Africa Region includes 49 countries
- ▶ 14.2 millions adults aged 20–79 have diabetes in the Africa Region
- ▶ The Africa Region has the highest proportion of undiagnosed diabetes (66.7%)
- ▶ Some of Africa's most populous countries have the highest numbers of people with diabetes, including South Africa (2.3 million), Democratic Republic of Congo (1.8 million), Nigeria (1.6 million) and Ethiopia (1.3 million)
- ▶ Nearly half of all adults with diabetes in this region live in these four countries

# Europe



- ▶ The number of people with diabetes is estimated to be 59.8 million (9.1% of the population aged 20–79), including 23.5 million undiagnosed cases
- ▶ 31.7 million people, 4.8% of adults aged 20–79, are estimated to be living with impaired glucose tolerance and are at increased risk of developing diabetes



# South-East Asia



- ▶ 8.5% of the adult population has diabetes. This is equivalent to 78.3 millions people living with diabetes. Over half (52.1%) of these are undiagnosed
- ▶ 42.2 million people have impaired glucose tolerance and are at increased risk of developing type 2 diabetes in the future



Almost 600 million of us may be living  
with type 2 diabetes by 2035.

Healthy lifestyles could prevent up to 70% of type 2 diabetes,  
healthy eating can help reduce your risk.

Let's make healthy eating a right, not a privilege.

Act today to change tomorrow.



- Alcohol and smoking cessation
- Exercise
- Healthy eating





# Effects of Alcohol on Diabetes



- ▶ causes hypoglycemia
- ▶ stimulates appetite, affect blood sugar control
- ▶ causes interaction with the positive effects of oral diabetes medicines or insulin
- ▶ increases triglyceride level and blood pressure
- ▶ Beer and sweet wine contain carbohydrates and may raise blood sugar

# Quitting smoking



- ▶ Over 25 percent of people newly diagnosed with diabetes are smokers. Quitting smoking is one of the most important things a patient can do to improve their health

Smokers with diabetes have an increased risk of the following:

- ▶ Cardio-vascular death
- ▶ High low-density lipoprotein (LDL) cholesterol levels
- ▶ Worsened blood sugar controlled, compared to non-smokers
- ▶ Nerve damage
- ▶ Kidney disease leading to dialysis
- ▶ Foot ulcer and amputation of toes, feet or legs caused by peripheral vascular disease

# Exercises



- ▶ Make exercise program for you patient
- ▶ Talk with a patient about any barriers that stand in the way of exercise
- ▶ **Types of exercises:** walking, cycling, running, swimming
- ▶ **Duration** — A reasonable exercise session consists of 10 minutes of stretching and warm-up, followed by 20 minutes of gentle aerobic exercise. The patient should increase the duration of exercise gradually
- ▶ **Timing** — People who take insulin should try to exercise at the same time of the day. This practice can help to maintain predictable blood sugar levels
- ▶ **Frequency** — Most of the benefits of exercise for people with diabetes require a regular, long-term exercise program. Patients should do exercises 30 minutes a day most days of the week

# Healthy eating to manage DM



- ▶ A healthy lifestyle could prevent up to 70% of type 2 diabetes, healthy eating can help reduce risks\*
- ▶ Reduce consumption of sugar that leads to obesity and the rising tide of diabetes
- ▶ A healthy diet containing vegetables, fresh fruit, whole grains, lean meat, unsweetened yogurt and nuts can help reduce a person's risk of type 2 diabetes and reduce complications in people with diabetes
- ▶ While type 1 diabetes cannot be prevented, a healthy lifestyle is an important part of effective management of the disease
- ▶ Healthy eating habits in young children is key to halting the rise of the diabetes epidemic

\*IDF Diabetes Atlas 6th edition 2014



# Let's share the event!



► <http://www.idf.org/wdd-events>



▶ Thank you for Diabetes Day!