#### #NurseMakeTheDifference

For this year's World Diabetes Day, the World Health Organization, the International Diabetes Federation and the International Council of Nurses have come together to call for more investment in nursing to help people with diabetes – which is the focus of this year's Day.

Diabetes affects millions of people. It can debilitate or cut lives short. The Eastern Mediterranean Region has the highest rates of diabetes in the world. And now, with the COVID-19 pandemic, people with diabetes are at higher risk of developing severe COVID-19 symptoms and need continuous care to manage their condition.

Nurses can make the difference for people living with diabetes or those at risk of developing it.



Nurses are at the core of the health system.



Nurses are the first point of contact, and close to their communities.



Nurses can help prevent diabetic complications like blindness, kidney failure, amputations, heart attacks, strokes and premature death.



Nurses play a crucial role in health promotion, health literacy, and the management of diabetes and other chronic conditions, including screening and providing primary health care services and specialized treatment services.



Nurses can offer lifestyle treatment, counselling, information and education.



Nurses are ideally placed to help detect and manage diabetes.

Yet we are facing shortages of nurses. We are calling on health care providers and governments to train and employ more nurses so that they are better prepared to support people affected by diabetes, and help maintain essential health services and rising health care demands during the COVID-19 pandemic and beyond. With the right expertise, nurses can make the difference in the fight against diabetes.

International Diabetes Federation

International Council of Nurses

**Global Diabetes Compact** 

On World Diabetes Day, WHO announced the Global Diabetes Compact, a comprehensive and inclusive approach to support countries in implementing effective programmes for the prevention and management of diabetes. The Compact brings together in one package all WHO materials available for the prevention and management of diabetes, both existing and new. On the prevention side, particular focus is given to reducing obesity, especially among young people. On the treatment side, emphasis is on improving access to diabetes medicines and technologies, in particular in low- and middle-income countries. Key to the success of the Compact will be alignment and united action across all sectors  $\square$  public, private and philanthropic.

New WHO Global Compact to speed up action to tackle diabetes

Statement from the Director-General

**Global Diabetes Compact** 

#### Online event

# The Lancet Commission on diabetes: using data to transform diabetes care and patient lives

Over 460 million people worldwide have diabetes, with around 80% of them living in low-income and middle-income countries. Despite high-level commitments to accelerate global action against noncommunicable diseases (NCDs), the world is not on-track to reach Sustainable Development Goal 3.4 to reduce premature mortality from major NCDs by 30% between 2015 and 2030. Ahead of World Diabetes Day, this Lancet Commission on diabetes provides a blueprint for closing gaps in diabetes prevention, care, professional knowledge, and data that could save millions of lives. Modelling done by the Commission shows that use of a data-driven, multicomponent, integrated strategy could avert up to 800 000 premature deaths in the top 10 low- and middle-income countries with the highest populations of people with diabetes. Implementing this Commission's recommendations will require a whole-of-society approach to transform ecosystems and care environments.

#### Full text

## Living with diabetes

You can live a long, healthy and productive life despite having diabetes, provided it is diagnosed early and managed effectively.



Adopt a healthy lifestyle
Eat healthy
Eat more fruit and vegetables
Reduce sugar and fat intake
Be active
Engage in 30 minutes of regular, moderate-intensity activity on most days
Do not use tobacco
Follow medical advice

Control blood glucose
Control blood pressure
Get regular check-ups
Adhere to medication
Beat diabetes  Statements from WHO, IDF and ICN
Statement from WHO EMRO, International Diabetes Federation MENA, International Council of Nurses
English   Arabic   French
Statement by Dr Ahmed Al-Mandhari, Regional Director, WHO Regional Office for the Eastern Mediterranean
English   Arabic   French

Statement by Prof. Jamal Belkhadir, Regional Chair, International Diabetes Federation MENA
English   Arabic   French
Statement by Annette Kennedy, President, International Council of Nurses
English   Arabic   French
Voices of nurses in practice□
Amal Hammad, Jordan
Get check ups if pregnant and have diabetes (Arabic)
Nidal Al Zuyud, Jordan
Five tips on preventing and managing diabetes (Arabic)
Nour Younes, Jordan

Tips on healthy behaviours during COVID-19 (Arabic)

Voices of health professionals in practice []

Durra Al Sumaiti, Senior Dietician, Kuwait

Know the risk factors to prevent diabetes (Arabic)
Dr Ebaa Al-Ozairi, Chief Medical Officer, Kuwait
Adopt a healthy lifestyle to prevent diabetes
Lucy Titley, Team Leader, Kuwait
Get active to reduce your risk of diabetes
Durra Al Sumaiti, Senior Dietician, Kuwait
Know the risk factors to prevent diabetes
Kay Khan, Podiatrist, Kuwait
Get your feet checked if you have diabetes
Ibrahim Chaaya, Diabetes Educator, Lebanon
A diabetes educator's perspective  Videos

Nurses maintain essential health services for diabetes

English | Arabic | French

Manage your diabetes and prevent its complications

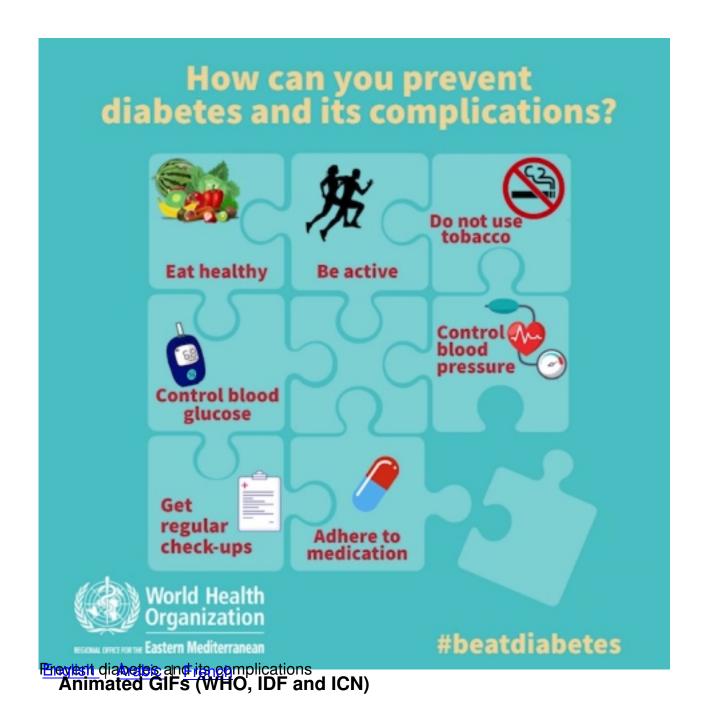
English | Arabic | French

**Animated GIFs (WHO)** 









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They do outstanding work for diabetes yet there is a shortage of nurses

#NursesMakeTheDifference







Nursieshop Autstandingework



Nurses can Anglipopreyeat diabetic complications



They can offer lifestyle treatment, management services, counselling, and information on self-care for people with diabetes

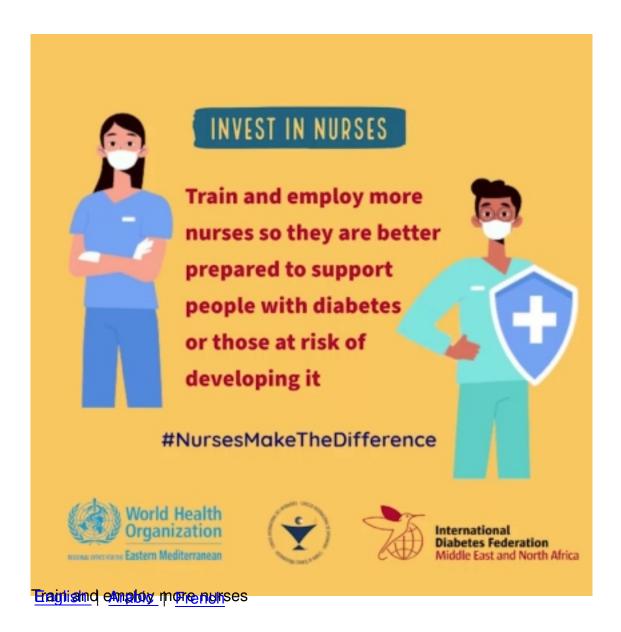
#NursesMakeTheDifference







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# INVEST IN NURSES



People with diabetes are at higher risk of severe COVID-19 symptoms and need continuous care to manage their condition



### #NursesMakeTheDifference









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## INVEST IN NURSES

A strong nursing workforce can make the difference in preventing and managing diabetes













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## **INVEST IN NURSES**



They look after us
We must look after them

#NursesMakeTheDifference







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