

## #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 – 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&nbsp;](#) | French

Manage your diabetes and prevent its complications

[English](#) | [Arabic&nbsp;](#) | [French](#)

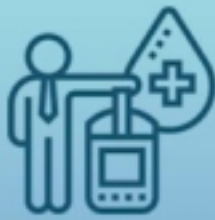
**Animated GIFs (WHO)**





What are the  
risk factors  
for diabetes?

[Risk factors for diabetes](#)



# What are the symptoms for diabetes?



Extreme thirst



Constant hunger



Excessive urination



Weight loss



Blurred vision



Fatigue

**If in doubt, check for diabetes**



**World Health Organization**

REGIONAL OFFICE FOR THE Eastern Mediterranean

#beatdiabetes

[Symptoms of diabetes - French](#)



[Complications of diabetes](#)



[Prevent diabetes and its complications](#)  
**Animated GIFs (WHO, IDF and ICN)**



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

#NursesMakeTheDifference



[Nurses do Outstanding work](#)

They can help prevent diabetic complications like:



blindness



kidney failure



amputations



heart attacks



strokes



premature deaths



[Nurses can help prevent diabetic complications](#)



**INVEST IN NURSES**



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

**#NursesMakeTheDifference**



[Nurses inform and educate on diabetes](#)



**INVEST IN NURSES**

**Train and employ more nurses so they are better prepared to support people with diabetes or those at risk of developing it**

**#NursesMakeTheDifference**

**World Health Organization**  
REGIONAL OFFICE FOR THE Eastern Mediterranean

**International Diabetes Federation**  
Middle East and North Africa

The infographic features a yellow background. At the top center, the text 'INVEST IN NURSES' is written in white on a dark blue rectangular banner. Below this, the main message is written in bold red text. On the left, there is an illustration of a female nurse in blue scrubs with her arms crossed and wearing a white face mask. On the right, there is an illustration of a male nurse in teal scrubs with one hand on his hip, wearing a white face mask and holding a blue shield with a white cross. At the bottom, there are three logos: the WHO logo on the left, a circular logo with a crescent moon and a staff with a bowl in the center, and the International Diabetes Federation logo on the right.

[Train and employ more nurses](#)



**INVEST IN NURSES**

**The Eastern Mediterranean Region  
has the highest rates of diabetes  
in the world**

**#NursesMakeTheDifference**

 **World Health Organization**  
REGIONAL OFFICE FOR THE Eastern Mediterranean



 **International Diabetes Federation**  
Middle East and North Africa

[The Region has the highest rates of diabetes](#)  
[English](#) [Arabic](#) [Finnish](#)

**INVEST IN NURSES**

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

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 **World Health Organization**  
REGIONAL OFFICE FOR THE Eastern Mediterranean



 **International Diabetes Federation**  
Middle East and North Africa

[English](#) | [Arabic](#) | [French](#)

## INVEST IN NURSES

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

**#NursesMakeTheDifference**



[English](#) | [Arabic](#) | [French](#) | [Urdu](#) | [Hindi](#) | [Korean](#) | [Chinese](#) | [Russian](#) | [Japanese](#) | [Portuguese](#) | [Spanish](#) | [German](#) | [Italian](#) | [Polish](#) | [Czech](#) | [Slovak](#) | [Hungarian](#) | [Croatian](#) | [Slovenian](#) | [Serbian](#) | [Bosnian](#) | [Macedonian](#) | [Bulgarian](#) | [Romanian](#) | [Greek](#) | [Albanian](#) | [Montenegrin](#) | [Catalan](#) | [Basque](#) | [Galician](#) | [Asturian](#) | [Valencian](#) | [Basque](#) | [Catalan](#) | [Galician](#) | [Asturian](#) | [Valencian](#)

**INVEST IN NURSES**



**They look after us  
We must look after them**

**#NursesMakeTheDifference**



[We must look after nurses](#)  
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