



Global Advocacy Diabetes

Number One 2025
The Newsletter of the Parliamentary Diabetes Global
Network

Inside this issue: Africa WHO Warning, Ukraine Diabetes Plan, Parliamentary News from Around the Globe, Commonwealth NCD Crisis, Conference Reports and lots of advocacy ideas.

Global Call to Tackle Childhood Obesity



Late last year the WHO, UNICEF, and the SUN Movement hosted a webinar on accelerating childhood obesity reduction. Experts highlighted the rising health risks, including type 2 diabetes, and the urgent need for nutrition-focused policies, healthier environments, and better healthcare integration.

Childhood obesity poses a critical health risk, associated with a range of immediate and future health complications, including an increased risk of diet-related noncommunicable diseases (NCDs) such as type 2 diabetes, high blood pressure, and respiratory problems. Psychosocial effects are also significant; children who are overweight may suffer from stigma, low self-esteem, and decreased social engagement, which can further impact mental health and educational outcomes.

Advocacy Action: Is childhood obesity recognised and being addressed in your country? Are existing strategies doing enough to reduce numbers and make significant savings from reduced complications. Are you able to advocate for improved nutrition programs, and healthy lifestyle education for children.

<https://www.who.int/news-room/events/detail/2024/11/21/default-calendar/accelerating-childhood-overweight-reduction-lessons-learned-and-the-path-towards-2030>

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WHO Calls for Stronger Diabetes Control in Africa

The World Health Organization (WHO) warns that over 24 million adults in Africa are living with diabetes, with half undiagnosed. Without urgent action, this number could more than double to 54 million by 2045, the highest projected increase worldwide.

Dr. Matshidiso Moeti, WHO Regional Director for Africa, highlights that only 1 percent of health budgets in Africa are allocated to diabetes care, worsening the crisis. She calls for a holistic approach, including better nutrition, access to essential medicines, and mental health support.

This year's World Diabetes Day theme, "Breaking Barriers, Bridging Gaps," stresses the need for affordable and equitable diabetes care across Africa.

Advocacy Action: How is diabetes managed in your community? Assess healthcare accessibility, advocate for better policies and investment in diabetes care, and push for early detection and prevention programs to curb this growing crisis.

<https://www.kenyanews.go.ke/strengthen-diabetes-control-in-the-african-region-by-addressing-key-gaps-who/>

Ukrainian Need for a National Diabetes Plan

In the face of ongoing conflict, Ukraine is grappling with the escalating challenges of diabetes management. Valentyna Ocheretenko, head of the Ukrainian Diabetic Federation (UDF), emphasizes the critical need for a national plan to combat diabetes. Such a strategy would optimize treatment and prevention efforts, ensuring efficient use of healthcare resources.



The conflict has severely disrupted healthcare services, making it difficult for civilians, especially those with chronic conditions like diabetes, to access essential care. Ocheretenko highlights the urgency of investing in prevention and early diagnosis to mitigate severe complications. Aligning with European integration goals, Ukraine is urged to adopt international recommendations to enhance diabetes prevention and treatment outcomes.

The World Bank's allocation of \$454 million under the "Transforming Healthcare through Reform and Investments in Efficiency" project offers a potential lifeline. There's hope that a portion of these funds will bolster diabetes care accessibility.

The National Health Service of Ukraine (NHSU) has disbursed UAH 2.4 billion for insulin reimbursement this year, accounting for nearly half of all payments under the medical guarantees program. Over 584,000 patients have utilized prescriptions for type 2 diabetes treatments, with nearly 204,000 receiving free insulin.

Advocacy Action: Are you informed about diabetes prevention and treatment initiatives in your community? Engage with local health authorities to promote the development of comprehensive diabetes management plans, ensuring that both civilians and military personnel have access to necessary care and resources.

Surge in Diabetes Cases

The Indian state of Goa is witnessing a diabetes crisis, with 26 percent of the population diagnosed, and one in five people classified as pre-diabetic. Local health experts stress the need for early screening, routine check-ups, and better patient follow-ups to curb the rising cases.



Dr. Ankush Desai, head of Endocrinology at Goa Medical College, has called for the establishment of a dedicated diabetes care centre and greater access to continuous glucose monitoring. Dr. Vandana Dhume, Director of Health Services, has warned that diabetes often develops silently and calls for public awareness on prevention, early detection, and lifestyle changes.

Will legislators listen and act?

Advocacy Action: In your own country are you aware of the scale of diabetes? Can you push for screening programs, improved public awareness, and better healthcare services to prevent and manage diabetes effectively? Your national diabetes association could help with information and support for your efforts.

Indigenous Mortality Rates Study

People from indigenous communities are four times more likely to die from diabetes compared to non-Indigenous populations. This alarming disparity underscores the urgent need for effective prevention and management strategies.

Regular physical activity is a managing type 2 diabetes. gap in understanding how exercise meet the unique cultural and social communities. Research indicates exercise programs can enhance among Indigenous individuals.

An Indigenous person is 4 times more likely to die from diabetes.

cornerstone in preventing and However, there is a significant interventions can be tailored to contexts of Indigenous that culturally appropriate participation and outcomes

Community-led initiatives have shown promise in promoting physical activity and improving health outcomes. For instance, the Strong Heart Study, a longitudinal study among American Indian communities, emphasizes the importance of culturally relevant health interventions in reducing cardiovascular risk factors, including diabetes.

Advocacy Action: Are you aware of the diabetes prevalence and mortality rates within Indigenous communities in your country? Can you press for research into existing exercise programs and assess their cultural relevance and accessibility. Could you advocate for the development and support of community-driven, culturally tailored physical activity initiatives to effectively address this pressing health disparity.

<https://theconversation.com/an-indigenous-person-is-4-times-more-likely-to-die-from-diabetes-we-need-to-better-understand-how-exercise-can-help-234154>

Europe's Health Care Systems Struggle to Tackle Diabetes



A recent analysis has revealed that European healthcare systems are struggling to manage the rising diabetes crisis, leaving millions without adequate access to early diagnosis and treatment.

According to the report, over 55 million people in Europe currently live with diabetes—a number projected to reach 64 million by 2030. This surge has led to higher mortality rates and placed immense financial strain on healthcare systems.

Experts highlight chronic underfunding and lack of comprehensive strategies as major contributors to the crisis. The absence of early screening programs, combined with limited patient education, has led to preventable complications such as foot ulcers and amputations.

The International Diabetes Federation Europe (IDF Europe) is calling for urgent action, advocating for increased funding for diabetes care, an implementation of early screening programs, and an improved patient education to prevent complications.

Advocacy Action: Are you aware of the state of diabetes care in your country? Can you ask your government to investigate the prevalence of diabetes, assess access to early diagnosis and treatment, and identify where there are gaps in care? This information can help to push for policy changes that improve diabetes management and prevent avoidable complications.

¥100 Billion to Strengthen Drug Supply



The Japanese government has announced a ¥100 billion investment to stabilize the country's drug supply and enhance the competitiveness of its pharmaceutical industry. This initiative comes in response to growing concerns over drug shortages, supply chain disruptions, and the increasing reliance on foreign manufacturers for essential medications.

The funding will support efforts to boost domestic production, improve distribution networks, and strengthen regulations to prevent future shortages. A particular focus will be placed on generic drugs, ensuring affordability and accessibility for patients who depend on them for chronic conditions, including diabetes and cardiovascular diseases.

Japan's move aligns with a broader global trend where governments are prioritizing pharmaceutical security in response to lessons learned from the COVID-19 pandemic, which exposed vulnerabilities in drug supply chains. By investing in a more resilient healthcare infrastructure, Japan aims to safeguard public health and reduce dependence on external markets for critical medicines.

Advocacy Action: Are you aware of how drug supply stability affects healthcare in your community? Can you engage with local health authorities and organizations to support initiatives that ensure consistent access to essential medications, promote domestic pharmaceutical production, and safeguard patients from potential shortages.

Advocacy for Enhanced Support for T1D Patients in South Korea

During a recent National Assembly debate titled "Debate on Securing Access to Insulin Pumps for People with Type 1 Diabetes," families and patients emphasized the need for improved access to advanced diabetes management devices. They advocated for health insurance coverage to include continuous glucose monitors (CGMs) and wireless insulin pumps, moving beyond the current system of medical expense subsidies.



Lee Mi-seon, representing the Insulin Diabetes Family Association, highlighted the continuous nature of blood sugar monitoring required for type 1 diabetes management. She pointed out that despite some reductions in out-of-pocket costs for youth under 19 since March, access to wireless insulin pumps remains limited. Patients often face monthly expenses of 600,000-700,000 won (\$418-\$488) when purchasing these devices directly from foreign suppliers.

Professor Kim Dae-jung of Ajou University Hospital called for government action to expand the range of medical devices accessible to type 1 diabetes patients through health insurance benefits, rather than relying solely on medical expense subsidies. He emphasized that such support is essential for effective treatment and improving the quality of life for these individuals.

Advocacy Action: Are you aware of the challenges faced by type 1 diabetes patients in accessing essential medical devices? Engage with local health authorities and policymakers to promote the inclusion of advanced diabetes management tools in health insurance coverage, aiming to enhance the quality of life for those affected.

<https://www.koreabiomed.com/news/articleView.html?idxno=26015>

Guyana Urged to Strengthen Mental Health Support for Diabetics

The Presidential Commission on the Prevention and Control of Non-Communicable Diseases (NCDs) has called for better mental health support for people living with diabetes in Guyana. Marking World Diabetes Day 2024, under the theme "Breaking Barriers, Bridging Gaps," the Commission stressed the need for a holistic approach to diabetes care.

They highlighted that many health centres lack resources, and medication shortages are impacting patient care. Addressing these gaps is crucial for improving both physical and mental well-being in diabetes management.

Advocacy Action: Are there mental health services available for diabetics in your community? Can you explore existing support systems, assess accessibility issues, and advocate for better integration of mental health care into diabetes treatment programs. Are you thinking about World Diabetes Day 2025 and how you could raise the profile of diabetes and policy actions?

<https://www.stabroeknews.com/2024/11/16/news/guyana/state-must-do-more-on-mental-health-for-diabetics/>

Is It Just a Matter of Political Will?

The European Diabetes Forum (EUDF) is urging political leaders to include diabetes care in their election manifestos, emphasizing the need for comprehensive strategies to address what they identify as a growing health crisis.

With European countries within and outside the EU facing significant challenges meeting the demands of diabetes and its comorbidities, including the costs to economic growth, there needs to be greater political commitment to reduce the socio-economic burden of diabetes across the continent.

The European Parliament has thrown down the gauntlet by adopting the EUDF policy statement leaving it now to individual nation states - where competence on health policies lie - to put them into practice.

Advocacy Action: For those living in EU countries, are you aware of the European Parliament's (EP) adoption of the EUDF policy statement and how it could help treatment and support services to meet the diabetes challenge in your country? Is the EP statement being put into practice by your national government? Are you able to identify gaps in provision and advocate for policy changes to ensure universal access to diabetes care for all individuals.

<https://www.euractiv.com/section/health-consumers/news/universal-access-to-diabetes-care-urgently-needed-in-europe-but-political-will-is-lacking/>

Parliamentary News From Around the Globe

Belgium Emphasis on Prevention

In the first eight months of 2024, more than 115,000 Belgians with type 2 diabetes enrolled in a new startup programme offering free consultations with dieticians and diabetes educators.

Despite this significant enrolment, experts emphasize that prevention remains a critical challenge. Investments in diabetes prevention are seen as cost-effective, with studies suggesting that one euro invested can save eight euros in future healthcare costs.

Launched in January 2024 by Federal Minister for Social Affairs and Public Health Frank Vandenbroucke (pictured), this initiative marks a step forward in diabetes care. Experts warn that a stronger focus on prevention is necessary to curb the disease's growing prevalence.



Advocacy Action: Are you aware of diabetes prevention initiatives in your community? Engage with local health organizations to promote awareness, support educational programs, and advocate for policies that encourage healthy lifestyles to combat the growing diabetes epidemic.

New UK All Party Diabetes Group Formed

Congratulations to Tom Gordon MP (pictured below), the Member of Parliament for Harrogate in Yorkshire who has helped to relaunch the All-Party Parliamentary Group for Diabetes in the United Kingdom Parliament this week.

The group that used to be one of the most influential and effective in the UK Parliament has been dormant since 2023. At the election last year several new MPs with connections to diabetes were elected and Tom, who has family experience of diabetes, will chair the cross-party group.

Tom has spoken about his personal experience from childhood and witnessing the struggles his sister faced with type 1 diabetes. This included when she collapsed on holiday, being rushed back to the UK, sent home with an orange and a syringe to practice injections.



Tom says: "I'm pleased to take up the role of Chair of the cross-party group, supported by Breakthrough T1D & Diabetes UK. There's lots to do from improving access to med tech, pushing for T1DE services, and work on prevention and screening."

PDGN wishes Tom the best of luck and offers its support to help the group grow.

Advocacy Action: Can PDGN help you form a cross-party group, or help your existing group grow stronger? Get in touch via info@pdgn.org.uk

Trinidad and Tobago MP Advocates for Comprehensive Approach to Combat Diabetes

Fyzabad Member of Parliament, Dr. Lackram Bodoie MP (pictured), is urging all sectors of society to actively participate in addressing the escalating diabetes crisis in Trinidad and Tobago.

He emphasizes that a "whole of society approach" is essential to effectively tackle this pressing health issue.

Advocacy Action: Are you aware of the diabetes prevention and management initiatives in your community? Engage with local organizations, support educational programs, and advocate for policies that promote healthy lifestyles to collectively combat diabetes.



<https://tt.loopnews.com/content/whole-society-approach-needed-tackle-diabetes-says-mp>

MP Launches Diabetes Awareness Film



Back on World Diabetes Day and Children's Day last year, Pune Member of Parliament Medha Kulkarni MP inaugurated the short film 'Abhilaasha' at the National Film Archive of India (NFAI). The film aims to raise awareness about the increasing prevalence diabetes, a growing concern in India.

The film also highlights some of the societal changes and habits that may lead to a diagnosis of diabetes.

Medha Kulkarni MP (pictured left). emphasized the importance of using audio-visual mediums like 'Abhilaasha' to disseminate awareness about juvenile diabetes. She highlighted the need for parents to recognize and address the seriousness of this health issue, especially considering the alarming statistics projecting an increase in diabetes cases in India.

Advocacy Action: Are you aware of the rising cases of juvenile diabetes in your community? Engage with local health organizations to promote awareness and preventive measures. Support initiatives that educate families about healthy lifestyle choices to combat this growing health concern.

<https://www.punekarnews.in/pune-mp-medha-kulkarni-inaugurates-short-film-on-juvenile-diabetes-awareness/>

MEP Urges European Commission to End Discrimination Against Pilots with T1D

MEP Peter Agius has called on the European Commission to take immediate action to end the discrimination faced by commercial pilots with type 1 diabetes across the EU.

Despite advancements in diabetes management technology that enable safe flying, many diabetic pilots in the EU lose their licenses—and careers—following their diagnosis, unlike their counterparts in the US, Canada, and Australia.



Advocacy Action: Are you aware of policies in your region that may discriminate against individuals with chronic conditions like type 1 diabetes? Could you engage with local and national representatives to promote equitable treatment and the integration of modern medical advancements into regulatory frameworks, ensuring that professionals are evaluated based on current health capabilities rather than outdated perceptions. Fighting the stigma of diabetes through changes to outdated practices is a top priority for people with diabetes.

MPs Decade of Advocacy Honoured

Two Australian Members of Parliament who have been at the forefront of diabetes awareness and policy and in driving meaningful change are retiring from Parliament and their roles as co-chairs of Australia's Parliamentary Friends of Diabetes group.

Ahead of the 17th May election, both will retire, leaving a lasting legacy for Australians with diabetes and inspiring legislators worldwide to advocate effectively.

Diabetes Australia has extended its heartfelt gratitude to the retiring Federal MPs Rowan Ramsey (Liberal), and PDGN President Graham Perrett (Labour).



Rowan and Graham with Diabetes Australia CEO Justine Cain.

Throughout their tenure, Rowan and Graham demonstrated a steadfast commitment to improving the lives of the more than 1.5 million Australians living with diabetes. Their bipartisan leadership not only facilitated crucial policy discussions but also helped secure access to life-changing technologies, including Continuous Glucose Monitors (CGMs) for people with T1D.

Diabetes Australia Group CEO Justine Cain praised their advocacy, describing them as “fearless and passionate champions for the diabetes community. Their tireless work has helped shape a future where Australians with diabetes have better access to essential support and resources. Their collaboration across party lines serves as a powerful example of what can be achieved when a shared vision for better health drives policy,” Justine said.

Diabetes Australia has called on all sides of politics to commit to funding equitable access to diabetes technologies during the upcoming Australian Federal Election.

Advocacy Action: Can PDGN help your group to become even more effective. Can PDGN help you to form a successful group on the Australian model? Get in touch info@pdgn.org.uk

Italian Government Takes Bold Step in Addressing Rising Health Concern

The Italian government has unveiled plans to create a multi-million-euro public fund aimed at tackling obesity, a growing public health crisis in the country. The initiative will focus on prevention, early intervention, and treatment, ensuring that individuals struggling with obesity have access to necessary healthcare resources.

This decision comes as obesity rates continue to rise across Italy, mirroring a global trend. Health experts have emphasized the need for comprehensive strategies, including improved nutrition education, increased access to physical activity programs, and enhanced medical support for those affected.

The fund is expected to support public health campaigns, medical research, and healthcare services, particularly for vulnerable populations who may struggle with obesity-related complications such as diabetes, heart disease, and hypertension.

Advocacy Action: Are you aware of initiatives in your community aimed at preventing and managing obesity? Could you engage with local health authorities and organizations to support and promote programs that encourage healthy lifestyles, balanced nutrition, and accessible healthcare for those affected by obesity.

<https://tinyurl.com/yc8e9s47>

End the UK's Diabetes "Postcode Lottery"

A newly elected MP in the UK has highlighted what is called a 'postcode' lottery in diabetes treatment in the UK NHS. According to where someone lives – their post code area – can determine what level of care they can receive within a national health care service.

This issue has been raised by Sarah Bool MP, who claims that: "Access to advanced diabetes management technologies, such as hybrid closed-loop (HCL) systems, remains inconsistent across the UK, leading to a concerning "postcode lottery" in diabetes care.



These systems automated insulin delivery, significantly reducing the daily burden on individuals with T1D and minimizing the risk of complications. "Many patients face challenges in accessing HCL technologies due to regional disparities in healthcare provision," she said.

Sarah calls for a standardized approach to ensure all people with diabetes have equitable access to crucial technologies, regardless of their location.

Advocacy Action: Are you aware of the disparities in diabetes treatment within your community? Engage with local healthcare providers and policymakers to advocate for equitable access to advanced diabetes management technologies, ensuring that all individuals receive the care they need, irrespective of their postcode.

NEWS In Brief

Limb Lost Every Hour



Recent data from Sri Lanka's Ministry of Health reveals a concerning rise in diabetes, particularly in urban areas. Currently, 23 percent of the urban population is affected by diabetes, with an additional 30 percent exhibiting pre-diabetic symptoms. Within the country the prevalence has escalated to 14 percent, leading to severe health consequences. Alarming, due to diabetes-related complications, one person in Sri Lanka loses a limb every hour.

Public health specialist Dr. Shanthi Gunawardena emphasizes the urgency of addressing this escalating health crisis. The high rates of diabetes and its complications underscore the need for comprehensive public health interventions.

Advocacy Action: Are you aware of the diabetes prevalence and its severe complications in your community? Could you, or work with others who could, investigate the availability of screening programs, public awareness campaigns, and access to medical care for diabetes management. Can you identify areas lacking resources and advocate for enhanced healthcare services, preventive measures, and educational initiatives to combat this growing health concern.

Nigeria Alarm Over Rising Diabetes Costs

The Diabetes Association of Nigeria (DAN) has raised alarms over the escalating costs of diabetes management, posing an existential threat to the six million Nigerians living with the condition.



The increasing financial burden has led to reduced access to essential medications and monitoring tools, resulting in poorer health outcomes and heightened risks of complications.

DAN President, Dr. Ejiofor Ugwuhe said: "The Federal Government should as a matter of urgency, subsidize diabetes medications and consumables to make them more affordable to the teeming population of people living with diabetes in Nigeria".

Advocacy Action: Are you aware of the challenges faced by people with diabetes and the rising costs in your country/region/community? Can you raise these issues and advocate for affordable diabetes care.

Australians to Receive Enhanced Access to Medicines through PBS



Australians with conditions such as type 2 diabetes, osteoporosis, skin lymphoma, and spinal muscular atrophy will now have improved access to essential medications, thanks to recent additions and expansions under the Pharmaceutical Benefits Scheme (PBS).

Advocacy Action: Are you aware of the recent PBS updates that could benefit you or your family? Could you engage with healthcare professionals to understand these changes and advocate for continued enhancements to ensure all Australians have access to necessary medications.

<https://www.health.gov.au/ministers/the-hon-mark-butler-mp/media/australians-benefit-from-new-and-expanded-medicines-on-the-pbs?language=en>

Rising Diabetes Cases Among Young South Koreans



Recent data from the Korean Diabetes Association reveals a concerning trend: diabetes is increasing among young South Koreans aged 19 to 39, yet only about one-third are receiving necessary treatment.

Approximately 2.2 percent of young adults in this age group have diabetes, with nearly one in five exhibiting prediabetic conditions. However, awareness remains low, as only 43.3 percent of those with diabetes are even aware of their condition. Among those diagnosed, just 34.6 percent are undergoing treatment, and only 29.6% have achieved adequate blood sugar control.

These findings highlight significant gaps in early diagnosis and management, increasing the risk of severe complications such as heart disease, kidney failure, and neuropathy. The lack of awareness and low treatment rates emphasize the urgent need for better education, more accessible healthcare, and targeted prevention efforts for young adults.

Advocacy Action: Are you informed about the prevalence of diabetes among young adults in your community? Engage with local health organizations to promote regular screenings, education, and accessible treatment options to address this growing health concern.

Jamaica Strengthens Efforts on Diabetes

The Ministry of Health and Wellness in Jamaica has launched several initiatives to address the growing burden of diabetes and other non-communicable diseases (NCDs). Through the Jamaica Moves Health Promotion Programme, the government is encouraging physical activity, healthy eating, and regular health checks to help prevent diabetes and related conditions.



As part of the National NCD Prevention and Control Strategy, efforts are being made to reduce diabetes, cardiovascular diseases, cancer, and respiratory conditions through improved healthcare access and public awareness. Additionally, the 'Jamaica Moves in Communities' initiative has been revitalized to promote healthy lifestyles at the community level, emphasizing better nutrition, increased physical activity, and preventive health management.

Advocacy Action: Are diabetes prevention programs available in your community? Get involved in local health initiatives, support public awareness campaigns, and advocate for policies that improve access to preventive care and diabetes education.

<https://jis.gov.jm/health-ministry-undertakes-several-initiatives-to-prevent-and-control-diabetes/>

Commonwealth Confronts NCD Challenge



A recent report highlights the alarming impact of non-communicable diseases (NCDs) across Commonwealth nations, revealing that 150 million people have died from conditions such as diabetes, heart disease, and cancer.

The report stresses the urgent need for strong political commitment to implement effective health policies aimed at prevention and management. Collaborative efforts between governments, healthcare providers, and international organizations are crucial in addressing this growing epidemic. Additionally, community engagement in awareness campaigns and early intervention strategies is essential to reducing NCD prevalence.

Advocacy Action: Are you aware of the impact of non-communicable diseases in your community? Engage with local health authorities and organizations to advocate for stronger policies and programs that enhance prevention, treatment, and management of NCDs, ultimately improving public health outcomes.

<https://fijisun.com.fj/2024/10/26/150-million-die-from-ncds-in-commonwealth-countries/>

Alarming Rise in Diabetes and Hypertension Among Zimbabwean Children

A growing number of Zimbabwean children, particularly those between the ages of 10 and 14, are being diagnosed with diabetes and hypertension—diseases traditionally associated with older adults.

Health experts warn that shifting dietary habits, including increased consumption of processed foods such as instant porridge, noodles, and fast food, combined with reduced physical activity, are major contributing factors. The rising prevalence of these non-communicable diseases (NCDs) in young populations signals an urgent need for dietary reforms and lifestyle changes to protect children's long-term health.

Advocacy Action: Are you aware of the increasing rates of diabetes and hypertension among children in your community? Can you engage with local health authorities and organizations to promote healthier eating habits and encourage physical activity, helping to prevent the early onset of these chronic conditions.

<https://www.sundaymail.co.zw/alarming-diabetes-bp-cases-among-kids-diets-come-under-scrutiny>

Urgent Call to Address Rising Diabetes Rates in New Zealand

Recent data from the Virtual Diabetes Register reveals a concerning increase in diabetes cases across New Zealand, with nearly 96,000 new diagnoses in the past three years, bringing the total to 324,000.

Projections indicate that, if current trends persist, the number of individuals living with diabetes could exceed half a million by 2040. Diabetes New Zealand's chief executive, Heather Verry (pictured right), emphasizes the urgency of this situation, noting that previous estimates anticipated a 70% to 90% increase in cases, and current data aligns with the worst-case scenario.



Advocacy Action: Are you aware of the diabetes prevalence in your country? Can you engage with local health authorities and organizations to promote early screening, education on lifestyle changes, and support systems for those affected by diabetes, aiming to mitigate this growing public health challenge?

<https://www.odt.co.nz/star-news/star-national/call-more-action-diabetes-numbers-exceed-300000>

Conference Reports

For PDGN Conference reports and more... visit PDGN's LinkedIn pages.

<https://www.linkedin.com/company/parliamentarians-for-diabetes-global-network/>

Nutrition News

Healthy Nutrition: A Cornerstone in Diabetes Prevention and Management

Kenya's Diabetes Awareness Trust (DAT), in collaboration with the Makadara Sub-County health department, has launched a campaign emphasising the importance of organic foods and maintaining food safety to prevent and manage diabetes and other non-communicable diseases (NCDs).

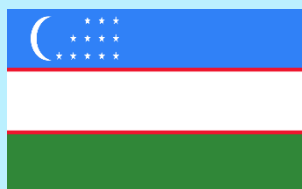


Key Highlights:

- **Community Engagement:** DAT has expanded its outreach in the Viwandani area by partnering with the Lunga Lunga Health Centre to provide education and care management for individuals with diabetes. This collaboration has led to increased community resilience and self-sufficiency in food production, as evidenced by a notable shift towards home gardening initiatives.
- **Educational Initiatives:** The program includes training for community health workers, family counseling, cooking demonstrations, and the establishment of consumer networks. These efforts have revived interest in traditional dietary practices, leading to increased consumption of nutrient-rich indigenous foods and improved nutritional outcomes within the community.
- **Policy Advocacy:** As a key stakeholder in reviewing the Nairobi County Nutrition Plan, DAT has lobbied for policies supporting safe food production and better access for residents, addressing challenges such as the growing demand for organic produce.

Advocacy Action: Could you plan something similar for World Diabetes Say 2025? Are you aware of the impact of nutrition on diabetes prevention and management in your community? Can you engage with local health authorities and organizations to promote the consumption of organic and safely produced foods, participate in educational programs, and support policies that enhance access to healthy nutrition, thereby reducing the prevalence of diabetes and other NCDs.

Uzbekistan Prioritizes Healthy Diets to Combat Noncommunicable Diseases



Uzbekistan is making healthy nutrition a key pillar of its national policy to prevent noncommunicable diseases (NCDs), with support from the World Health Organization (WHO). In November 2020, a Presidential Decree emphasized the promotion of healthy diets, physical activity, and preventive healthcare measures.

The country has also adopted policies to improve food safety and nutrition quality, aiming to reduce health risks associated with poor diets. As part of broader health system reforms, Uzbekistan is working towards universal health coverage, modernizing service delivery and health financing.

These efforts reflect a commitment to tackling NCDs through proactive policy changes. Communities worldwide can take inspiration from Uzbekistan's approach by advocating for local initiatives that promote nutritious eating habits and better public health outcomes.

Advocacy Action: Are you aware of the policies promoting healthy diets in your community? Engage with local health authorities to support initiatives that encourage nutritious eating habits, contributing to the prevention of NCDs.

<https://www.who.int/europe/news-room/11-01-2021-uzbekistan-is-making-healthy-diets-a-cornerstone-of-national-policy-with-the-help-of-who>

Research News

Effectiveness of Behavior Change Techniques in Lifestyle Interventions for Noncommunicable Diseases: An Umbrella Review

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-024-20612-8>

Global Research Reveals Ethnic Variations in Diabetes Mortality Risks

<https://www.news-medical.net/news/20250122/Global-research-uncovers-varying-diabetes-mortality-risks-by-ethnicity.aspx>

Burden of type 2 diabetes and its relationship with human development index in Asian countries.

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-025-21608-8>

Associations News



The critical health challenge of diabetes has prompted Diabetes Fiji to introduce innovative strategies aimed at improving patient care and raising awareness.

Acting Chief Executive Kini Marawa has revealed plans to adopt technology-driven solutions in 2025 including the development of a mobile app designed to track blood sugar levels and provide telemedicine consultations.

The initiative seeks to empower patients by enhancing accessibility and Marawa stresses that integrating technology in diabetes care is an essential step toward bridging accessibility gaps, particularly as barriers such as insulin

Advocacy Action: Why not check in with your national diabetic association to see what initiatives they are involved with, or issues they are trying to highlight, that you could be a great help to them and they to you.

**PDGN – Turning Research into Policy
– Policy into Legislation**

A Message from Bulgaria

Dear Members and Friends PDGN,

Please allow me to express my admiration for what PDGN does on a global scale for people diagnosed with diabetes - It is priceless! We thank you for your trust in us, it's a privilege to be part of your community.

There are several Non-Governmental Organisations (NGO's) in our beautiful country, which have taken on caring for people with diabetes as their mission. The current trend around the world shows about 10 percent of population suffering from diabetes 1 and 2, regardless of their social status, education level, religious beliefs, etc.

Due to an unstable political environment in our country for the last 4 years, the role of diabetes influencers has been taken over by these NGOs.

The Center for Social Rehabilitation and Integration of Elderly People at Balmed Ltd whose motto is "Diabetes does not stop us", and "Culture without borders" with the motto "We are here for you and together with you!", are two such organisations.

Our programs and projects run all year around, not only on World Diabetes Day!

Both NGOs are non-profit, all personnel are volunteers and are not paid for their work. Financing for all our projects comes from Bulgarian and foreign donors and grants.

Thank you for your attention to our message.

Respectfully,

Ms. Tania Angelova, Ph.D. The Center for Social Rehabilitation and Integration of Elderly People at Balmed Ltd. Civil activist and influencer and Mrs. Rocica Pandova, M.Sc. "Culture without Borders" Member of the 49th National Assembly of the Republic of Bulgaria, Civil activist, influencer and Mother of a child with diabetes



PDGN News

Cyrine Joins the Team



Cyrine Farhat has joined the PDGN team to help with the writing and production of publications

Cyrine is a global diabetes advocate based in the Lebanon, and she has type one diabetes. She is a certified life coach, and researcher in Business Diplomacy and International Relations specializing in ethical governance in the pharmaceutical industry. She has a strong background in advocacy, coaching, and international affairs.

PDGN is delighted to welcome her to the team. Cyrine can be contacted at cyrine@pdgn.org.uk

Deputy Secretary General Appointed

Sana Ajmal has been appointed PDGN's Deputy Secretary General.

Sana has been living with type 1 diabetes since the age of 16 and was trained in diabetes advocacy by IDF's Young Leaders in Diabetes Program in 2011. She serves on various international committees and forums and was awarded the inaugural Leonard Thompson Advocacy Award at the occasion of the insulin centenary.

Sana is the Founder and Executive Director of Meethi Zindagi, which is a community led organisation in Pakistan. She strongly believes that government ownership and policy making is the way forward towards finding sustainable solutions for effective healthcare systems and enabling social environment to improve lives of people with diabetes. Sana can be contacted on

sana@pdgn.org.uk



Deputy PM



Former PDGN President Guy Barnett MP has become the Deputy Premier of Tasmania.

After a period as a Senator in the Federal Parliament, Guy was elected to the Tasmanian State Parliament in 2014 and has served in numerous ministerial roles.

Guy, who has T1D, is also a Diabetes Australia Ambassador. PDGN congratulates him on his latest appointment and sends him all good wishes for the future.

Do You Have News to Share?

We want to hear from you. Successes, challenges, questions – all your news is warmly received by our members.

Please add info@pdgn.org.uk to your press release list. Photos especially welcomed. Have you spoken in your Parliament on diabetes issues recently? Can you share a you tube or similar link?

Help our network and advocacy to prevent diabetes, encourage early diagnosis and push for the best treatments wherever someone lives with the condition.

Members

Please encourage your colleagues to join PDGN – membership forms can be found on our website at www.pdgn.org.uk As you know, membership is free.

Interested?

PDGN Holds events online and in-person involving parliamentarians reporting on the challenges they face, and successes they may have had.

If you would be interested, or can recommend someone as a parliamentary panellist, online or in person, please let Adrian Sanders know – adrian@pdgn.org.uk



Email: info@pdgn.org.uk

Web: www.pdgn.org.uk

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Enquiries: phone: +44 (0)7712633476

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