

World Diabetes Day 2017

Date: 14 November 2017, Tuesday

Theme: **Women and diabetes - our right to a healthy future.**

World Diabetes Day is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

World Diabetes Day was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nations Resolution 61/225.

The World Diabetes Day campaign aims to:

- Be the platform to promote IDF advocacy efforts throughout the year.
- Be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue.

The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

The campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to achieve optimal diabetes outcomes and strengthen their capacity to prevent type 2 diabetes.

Key messages

1. **All women with diabetes require affordable and equitable access to care and education to better manage their diabetes and improve their health outcomes.**

Supporting facts

- There are currently over **199 million women living with diabetes**. This total is projected to increase to 313 million by 2040.
- **Two out of every five women with diabetes** are of reproductive age, accounting for over 60 million women worldwide.
- Diabetes is the ninth leading cause of death in women globally, causing **2.1 million deaths per year**.
- Women with type 2 diabetes are **almost 10 times more likely** to have coronary heart disease than women without the condition.
- Women with type 1 diabetes have an increased risk of **early miscarriage or having a baby with malformations**.

What needs to be done

- Health systems must pay adequate attention to the specific needs and priorities of women.
- All women with diabetes should have access to the **essential diabetes medicines and technologies, self-management education and information** they need to achieve optimal diabetes outcomes.
- All women with diabetes should have access to **pre-conception planning services** to reduce risk during pregnancy.
- All women and girls should have access to **physical activity** to improve their health outcomes.

2. Pregnant women require improved access to screening, care and education to achieve positive health outcomes for mother and child.

Supporting facts

- **1 in 7 births** is affected by **gestational diabetes**.
- IDF estimates that **20.9 million or 16.2% of live births** to women in 2015 had some form of **hyperglycaemia in pregnancy**. Approximately **half of women with a history of GDM** go on to **develop type 2 diabetes** within five to ten years after delivery.
- Half of all cases of **hyperglycaemia in pregnancy** occur in **women under the age of 30**.
- The vast majority of cases of hyperglycaemia in pregnancy were in **low- and middle-income countries**, where access to maternal care is often limited.

What needs to be done

- **Type 2 diabetes prevention strategies** must focus on **maternal health and nutrition** and other health behaviours before and during pregnancy, as well as infant and early childhood nutrition.
- **Antenatal care visits during pregnancy** must be optimised for **health promotion** in young women and **early detection of diabetes and GDM**.
- **Screening for diabetes and GDM** should be integrated into other maternal health interventions and services at primary healthcare level to **ensure early detection, better care for women and reduced maternal mortality**.
- **Healthcare workers** should be trained in the **identification, treatment, management and follow up of diabetes during pregnancy**.

3. Women and girls are key agents in the adoption of healthy lifestyles to improve the health and wellbeing of future generations.

Supporting facts

- **Up to 70% of cases of type 2 diabetes could be prevented** through the adoption of a healthy lifestyle.
- **70% of premature deaths** among adults are largely due to **behavior initiated during adolescence**.
- Women, as mothers, have a huge influence over the **long-term health status of their children**.
- Research has shown that when mothers are granted greater control over resources, they allocate more to **food, children's health and nutrition, and education**.
- **Women are the gatekeepers of household nutrition and lifestyle habits** and therefore have the potential to drive prevention from the household and beyond.

What needs to be done

- Women and girls should be empowered with **easy and equitable access to knowledge and resources** to strengthen their capacity to **prevent type 2 diabetes** in their families and better safeguard their own health.
- Promoting opportunities for **physical exercise in adolescent girls**, particularly in developing countries, must be a priority for diabetes prevention.

For more information, please visit <https://www.idf.org/our-activities/world-diabetes-day/wdd-2017.html>