



World Diabetes Day 2012
Diabetes: Protect our Future



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Every year 14th November is celebrated as World Diabetes Day (WDD). The day was jointly introduced by the World Health Organization (WHO) and the International Diabetes Federation (IDF) in 1991. The need for global diabetes awareness campaign resulted amidst concern over an escalating diabetes epidemic. The WHO estimates that more than 346 million people worldwide have diabetes. Without intervention, this number is likely to become more than double by 2030. Almost 80% of diabetes deaths occur in low- and middle-income countries.

Each year, World Diabetes Day carries a particular theme and between 2009 and 2013 the theme has been '**Diabetes Education and Prevention**'. The campaign slogan for 2012 is '**Diabetes: Protect our Future**' and focuses on supporting children with type 1 diabetes and preventing the current generation of children from developing type 2 diabetes. Around the world conferences, seminars and public awareness sessions are held to create awareness regarding diabetes.

The Pakistan Nutrition & Dietetic Society participates in the WDD campaign every year. On 14th November 2012, Ayesha Zahid Khan, General Secretary PNDS, conducted a radio program to give diabetes related nutrition education to general public.

On 28th November 2012, Dr. Nilofer Fatimi Safdar conducted a nutrition education session for 9th & 10th grade, girl students of Playhouse Secondary School, Bahadurabad. The session was organized by PNDS executive committee, co-opted member Rumella Masood. The presentation titled: "Healthy Eating for Girls" focused on:

- Providing guidance to adolescent girls in maintaining a healthy body
- Prevention of obesity & non-communicable chronic diseases (Db, HTN, CVD) as the adolescent girls grow
- Providing simple suggestions to change diet and lifestyle behavior to promote good health.

The session was interactive and encouraged participation of girls in the discussion. It encompassed awareness about lifestyle that can prevent diabetes and diabetes related complications among diabetics. The students were given a chance to bring forth their queries and they asked questions such as "How to prevent diabetes if one's parents are diabetics?" "What is gestational diabetes?" and many more.

The session was sponsored by IBL Health Care (Nestle Health Science). PNDS acknowledges the support of the school Principal and the staff who coordinated to organize this educational event.