

RESOLUTION

DIABETES PREVENTION AND CONTROL: A STRATEGY FOR THE WHO AFRICAN REGION (document AFR/RC57/7)

The Regional Committee,
Having fully discussed the report of the Regional Director on diabetes prevention and control: A Strategy for the African Region;
Aware of the rapid increase in the prevalence of diabetes and its coexistence with other noncommunicable diseases and the burden of communicable diseases which constitute a double burden for health systems and a factor aggravating poverty among the people;
Recalling resolutions WHA42.361, WHA53.172, WHA57.163, WHA57.174, EB 120/225, AFR/RC50/R46 and AFR/RC55/R47, urging the intensification of measures to control diabetes and cardiovascular diseases and efforts by Member States and their partners in this area;
Recalling further the relevance of primary prevention and the integrated approach to noncommunicable disease surveillance and management, including the control of their common risk factors;
Acknowledging the need for sustainable community action to ensure better prevention and control of diabetes at all levels of the health system, especially the primary level;
Acknowledging further the importance of the continuing availability, accessibility, affordability and safety of medicines, particularly insulin, to diabetes patients;

1. **APPROVES** the present strategy which aims to ensure better prevention, management and control of diabetes in the Member States in order to reduce the morbidity and mortality burden and improve the quality of life of diabetes patients;

2. **URGES** Member States:

- (a) to develop or strengthen national policies, plans, or programmes targeted at diabetes and chronic diseases among their populations;
- (b) to develop and implement integrated surveillance and primary prevention activities for noncommunicable diseases, including diabetes, and based on the common risk factors approach;
- (c) to strengthen the mobilization and allocation of resources for diabetes prevention and control, and to ensure the availability, affordability and safety of medicines;
- (d) to conduct STEPwise surveys;

3. **REQUESTS** the Regional Director:

- (a) to provide technical support to Member States for surveillance and the development and strengthening of national policies and programmes for the control of diabetes and other noncommunicable diseases;
- (b) to increase support for the training of health professionals in control of diabetes and other noncommunicable diseases by evaluating the programmes implemented in the Region;
- (c) to maintain and strengthen WHO's collaboration with all the partners involved in diabetes control;
- (d) to promote the mobilization of additional financial resources for the implementation of the present strategy and bargain with partners and pharmaceutical companies on the availability and affordability of medicines.

Programme

Thursday

12 November 2009

09.00-10.00

Plenary session Burden of diabetes (global and regional)

10.00-10.30

Coffee/Tea Break

10.30-12.00

Break Away sessions

12.00-13.00

Lunch Break
Poster Presentation

13.00-14.20

Plenary session

The WHO Global Strategy and Action Plan for the Prevention and Control of Non-Communicable Diseases

14.20-14.45

Coffee/Tea Break
Poster Presentation

14.45-16.45

Plenary session
Managing Diabetes

17.30-18.45

Opening Ceremony

18.45-20.45

Welcome Reception

by Ministry of Health and Quality of Life, Republic of Mauritius

Flash

Exhibition on Non-communicable diseases (NCDs) - Hotel lobby from 12-14 November

Screening for NCDs for La Plantation Hotel staff and conference participants - Hotel Entrance from 12-14 November



International Conference on Diabetes & Associated Diseases

12-14 Nov 2009

12 November 2009

PREVENTING DIABETES & ITS COMPLICATIONS

A CHALLENGE FOR THE
21ST CENTURY

Journal

Background & Conference Objectives

The increasing burden of major Noncommunicable Diseases (NCDs) which are cardiovascular diseases, diabetes, cancer and chronic respiratory conditions and their known risk factors including unhealthy diet, physical inactivity, harmful use of alcohol and tobacco use, particularly in the WHO African region, threatens to overwhelm already over-stretched health services.

It is estimated that more than 250 million people worldwide have diabetes. It is projected that this number would double by 2030. In 2008, an estimated 2.9 million people died from diabetes and nearly 80% of diabetes deaths occurred in low and middle income countries. Diabetes deaths are projected to increase by over 80% in upper-middle income countries between 2006 and 2015.

In the wake of a shift in the pattern of diseases within a time span of two decades, diabetes has rapidly emerged as one of the most important public health priorities in Mauritius. The prevalence of diabetes in Mauritius ranks among the highest in the world with nearly one in five of its adult population above the age of 30 years being affected. Globally nearly half of those affected do not know that they have the disease and this adversely influences quality of life, risks of complications as well as morbidity and mortality. Despite the availability of free health services, over 50% of diabetes patients are poorly controlled and the

risk of complications from diabetes such as cardiovascular diseases, renal failure, blindness, peripheral vascular and neurological diseases leading to lower limb amputations, remain very high.

This meeting will coincide with World Diabetes Day 2009 and will bring together leading experts in the field of diabetes and public health to address the epidemic of diabetes and related complications.

The General objective of this conference is to contribute to intensifying and accelerating effective prevention and management of diabetes as an example for the control of NCDs in the WHO African region.

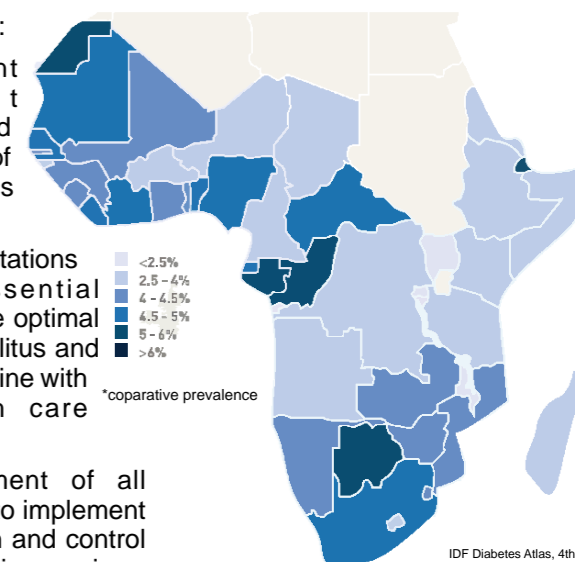
The Specific objectives are:

1. Discuss the current issues, latest developments and practical management of diabetes and its complications.
2. Identify strategic orientations for scaling up essential interventions to achieve optimal control of Diabetes Mellitus and associated diseases in line with the Primary Health care approach.
3. Renew the commitment of all countries in the region to implement the diabetes prevention and control strategy for the WHO African region.

4. Build strategic alliances and regional partnerships for strengthening the prevention of Diabetes Mellitus and associated diseases.

It is in this context that the Government of Mauritius, in collaboration with WHO and the International Diabetes Federation (IDF), is organizing the international conference on diabetes and associated diseases that will help improve our understanding of diabetes and associated diseases in Africa.

Prevalence*(%) estimates of diabetes (20-79 years), 2010, African Region



IDF Diabetes Atlas, 4th ed. 2009

Diabetes in Mauritius

Mauritius has one of the highest prevalence of diabetes. According to the latest NCD survey carried out in 2004 among adults above 30 years old, the prevalence of type 2 diabetes is 19.3 %. The majority of people in Mauritius (about 99%) have type 2 diabetes.

The reason for this high rate of diabetes in Mauritius could be explained by a combination of risk factors such as physical inactivity, unhealthy diet and overweight, high prevalence of smoking and genetic background of the population. The rapid economic development the country experienced during the mid-eighties also led to changes in the lifestyle of the population.

Nearly half of the people with diabetes do not know that they have the disease. Prevalence of diabetes in Mauritius will probably continue to stay high for several years to come. Most of the people with diabetes have poor control of their condition and consequently cardiac, vascular, neurological, eye and renal complications are likely to increase in future.

In line with a 20th December 2006 United Nations General Assembly Resolution, and the diabetes prevention and control: A strategy for WHO African Region calling for Member States to develop national policies for the prevention, treatment and care of diabetes, the Government of Mauritius has formulated the National Service Framework for Diabetes (NSFD). The NSFD lays out the strategies for diabetes prevention and standards of diabetes care and the interventions required for them to be achieved.

PREVENTING DIABETES & ITS COMPLICATIONS A CHALLENGE FOR THE 21ST CENTURY

Dr The Hon Navinchandra Ramgoolam, GCSK, FRCP
Prime Minister, Republic of Mauritius



"One of my governments key priorities is to place the person with diabetes at the centre of service developments and care. Delivery of diabetic care is changing and its long term outcomes can now be viewed with more optimism."

However, we need to ensure that there is greater awareness of diabetes and the associated diseases and embark on a more aggressive policy."

Dr Luis Gomes Sambo
Regional Director
WHO Regional Office for Africa



"The time for action is now. We have to face the epidemic with courage and vigor. We have no other alternative than to mobilize local, regional and global resources to face the challenges ahead. Our presence here today is a testimony of our determination to fight diabetes and other non-communicable diseases (NCDs) I am confident we can face the challenges ahead and improve the health and quality of life of our populations."

Dr The Honourable Rajeshwar Jeetah
Minister for Health and Quality of Life, Republic of Mauritius



"Mauritius will be able to share with delegates the innovative measures taken so far in our fight against diabetes, such as the Mobile Clinic, screening in the Community and Worksites, as well as the School Health Programme. We have made further steps through various other programmes, including Digital Retinopathy Screening, the formulation of a National Action Plan on Nutrition aiming at promoting health and improving eating patterns and the preparation of an Action Plan to encourage the practice of physical activities."

Professor Jean Claude Mbanya & Professor Paul Zimmet
Conference Chairpersons



"The escalation in rates of diabetes around the world is frightening and it is no more dramatic than in the African region. As a result, this meeting is pivotal to look at new strategies for the future to provide better

care for those with diabetes and to strengthen the strategies for prevention of diabetes and its associated disorders. As a result, this conference will focus on the burden of diabetes in countries in the African region as well as globally, and the opportunity for preventive health measures. In this context, an important agenda item is the WHO Global Strategy for the Prevention and Control of Non-Communicable Diseases."



world diabetes day
14 November

World Diabetes Day

World Diabetes Day is an official United Nations World Day. On 20 December 2006, the UN General Assembly passed resolution 61/225, which designated the existing World Diabetes Day as an official world day beginning in 2007. This landmark resolution also recognized diabetes as "a chronic, debilitating and costly disease associated with major complications that pose severe risks for families, countries and the entire world. Following this resolution, the world Health Assembly(WHA) in May 2007, and the WHO African Regional committee in August 2007 (RC57) adopted Resolutions endorsing world Diabetes Day as WHO world day. "The United Nations has shown its commitment to the fight against diabetes by throwing its support behind World Diabetes Day and by highlighting the global impact of the disease. The resolution marked the first time that a non-communicable disease was recognized as posing as serious a global health. The world is experiencing an epidemic of non-communicable diseases that threatens to overwhelm healthcare systems worldwide. Diabetes, cardiovascular disease, cancer and chronic respiratory diseases cause 35 million deaths a year, with four in every five of these deaths occurring in low- and middle-income countries. Non-communicable diseases are estimated to reduce GDP by up to 5% in many low- and middle-income countries. They are an under-appreciated cause of poverty and now present a serious barrier to economic development. UN Secretary-General Ban Ki-moon recently described the epidemic of non-communicable diseases as posing a greater threat than infectious diseases: "Cancer, diabetes, heart diseases are no longer the diseases of the wealthy. Today, they hamper the people and the economies of the poorest populations even more than infectious diseases. This represents a public health emergency in slow motion."



World Diabetes Day The Theme 2009

Understand diabetes and take control

The 2009–2013 campaign calls on everyone to understand and take control; For governments, it is a call to implement effective strategies and policies for the prevention and management of diabetes to make sure that their citizens with and at risk of diabetes receive the best possible care. For healthcare professionals, it is a call to improve knowledge so that evidence-based recommendations are put into practice. For the general public it is a call to understand the serious impact of diabetes, to know how to identify the condition and, where possible, know how to avoid or delay diabetes and its complications.

The Campaign

The 2009–2013 campaign is driven by four aspirational goals:

- 1. Every government should implement effective strategies and policies for the prevention and management of diabetes.*
- 2. Every person with diabetes should receive education to help them manage their diabetes better.*
- 3. Everyone should know the diabetes warning signs, how to prevent or delay the complications of diabetes and how to prevent or delay type 2 diabetes.*
- 4. Every country should celebrate World Diabetes Day.*

