

# World Diabetes Day

December 9, 2019

**Source:** *PIB & International Diabetes Federation (IDF)*

World Diabetes Day is observed on **14th November of each year**. This is observed by various Governmental institutions, academic and professional organizations. Campaigns through social media on awareness generation about risk factors of diabetes, healthy lifestyle and need for early detection are undertaken by the Government on this occasion. Camps for awareness generation and screening of population for **common Non-Communicable Diseases (NCDs) including Diabetes are also organized at the India International Trade Fair**.

## Theme

The theme for diabetes awareness month and World Diabetes Day 2019 is **Family and Diabetes**.

## About World Diabetes Day

## Aims

The World Diabetes Day campaign aims to be the:

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

## History

- World Diabetes Day (WDD) **was created in 1991 by the International Diabetes Federation (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 Nation Resolution 61/225.**

- It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922

### **About the Campaign**

- WDD 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.
- **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.

Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The theme for World Diabetes Day 2019 is Family and Diabetes

### **Types of Diabetes**

There are three main types of diabetes – type 1, type 2 and gestational.

- **Type 1 diabetes** can develop **at any age, but occurs most frequently in children and adolescents**. When a person has type 1 diabetes, his/her body produces very little or no insulin, which means that she/he needs daily insulin injections to maintain blood glucose levels under control.
- **Type 2 diabetes** is **more common in adults and accounts for around 90% of all diabetes cases**. When a person has type 2 diabetes, his/her body does not make good use of

the insulin that it produces. The cornerstone of type 2 diabetes treatment is a healthy lifestyle, including increased physical activity and healthy diet. However, over time most people with type 2 diabetes will require oral drugs and/or insulin to keep their blood glucose levels under control.

- **Gestational diabetes (GDM)** is a type of **diabetes that consists of high blood glucose during pregnancy and is associated with complications to both mother and child.** GDM usually disappears after pregnancy but women affected and their children are at increased risk of developing type 2 diabetes later in life.