



ROTARY DISTRICT 7030

DIABETES PROJECT

Clubs Update Presentation

July 2010



DIABETES PROJECT

History

Since the late 1960's we have witnessed a transition from a disease pattern dominated by infectious disease to one in which chronic non-communicable diseases (NCDs) occupy centre-stage.

One of the leading NCDs is undoubtedly **DIABETES** – ranking as cause of death:

- 5th in the 1980's
- 4th in the 1990's
- 3rd in the 2000's



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Diabetes

Defined as a group of disorders characterised by reduced secretion/altered sensitivity to insulin, presenting with sustained elevation of blood glucose levels

Associated with long term damage, dysfunction and failure of organs, especially eyes, kidneys, nerves, blood vessels of the heart, limbs, brain, etc.

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Primary Causes

- **Dietary change** characterised by increased intake of **fat, sugar and salt**, the main components of the all too readily available fast food diet
- **Reduced activity** due to motorised transport, television and the computer



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% age of population in age range 20-79 with diabetes

	<u>Highest</u>
French Guiana	12.0
Trinidad & Tobago	11.7
Dominica	11.5
	<u>Lowest</u>
St. Vincent & Grenadines	8.4
Barbados	8.0
Antigua & Barbuda	7.1
North America & Caribbean	10.2
World	6.4



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Mean health expenditure per person with diabetes – US\$

	<u>Lowest</u>
St. Vincent & Grenadines	322
Suriname	303
Guyana	88
	<u>Highest</u>
Barbados	908
Antigua & Barbuda	769
Trinidad & Tobago	668
North America & Caribbean	1,149



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Some Quotes

“Cancer, diabetes and heart disease are no longer the diseases of the wealthy.” Ban Ki-Moon, UN Secretary General

“The International Diabetes Federation (IDF) estimates that 285 million people around the world have diabetes.”

“Diabetes afflicts many more people and causes more deaths than HIV, Tuberculosis and Malaria combined.” PDG Larry Deeb, Diabetes Rotary Action Group.

“Diabetes kills 3.8 million people each year.” IDF key global statistics



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Another significant quote

“The statistics are frightening for Rotary, Rotarians and the World...if we do nothing! Diabetes has many faces – but very few voices. It is time that Rotary became that voice.” PDG Paul Charter, IDF/Rotary Diabetes Action Group

In 2010 an average Rotary Club has 2/3 members with Diabetes

By 2020 an average Rotary Club will probably have 4/5 members with Diabetes if no action is taken



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Objectives

1. Increase public awareness in relation to diabetes by PR and education campaign throughout the fourteen countries in District 7030
2. Advocacy programme lobbying governments to pay more attention to diabetes prevention
3. Promotion of diabetes footcare/Step by Step programme especially in those countries of District 7030 where not currently established



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Objective 1 Actions

- RI Public Relations Grant application submitted 30/6/20
- Website address obtained for four diabetes associations
- Five diabetes associations without websites being contacted
- Other five countries not sure if have diabetes associations
- First edition of quarterly Diabetes Project newsletter issued
- All 29 clubs signed up being provided with diabetes info



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Objective 2 Actions

Not yet started!

Work with local Diabetes Associations to lobby government to:

- Provide facilities to encourage physical activities for the general public
- Place levy on sweet drinks (empty calories type) and making these funds available to the Diabetes Associations for programme support
- Provide resources to assist associations in carrying out their mandate
- Give official recognition to the work of the Diabetes Associations, through inclusion in planning, implementation and monitoring of health related programmes.



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Objective 3 Actions

Step by Step/Diabetes Footcare Partnership

- International Diabetes Federation (IDF)
- Rotary Club of Ledbury UK
- Rotary Clubs in Caribbean – Currently Barbados South, Gros Islet St. Lucia and Southwest Tobago – Others clubs waiting in wings subject to funds



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Step by Step programme

A practical training project to assist local doctors and nurses in providing a community diabetic service

Modern diabetic footcare techniques used to:

- Build awareness of the real impact of diabetes
- Reduce the number of serious amputations
- Introduce preventative and recording facilities
- Establish a self-sufficient community service



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District 7030 Diabetes Project Committee

Adrian Randall, PP Rotary Club of Barbados South

June Harkness, President Rotary Club of Gros Islet ,St. Lucia

Dr. Maxwell Adeyemi, PP Rotary Club of Southwest Tobago

Marvlyn Birmingham, President Elect, Rotary Club of Dominica

Kingsley Lewis, President Rotary Club of Antigua Sundown

Ian La Fargue, Secretary Rotary Club of Demerara, Guyana

Manodj Hindori, President Rotary Club of Paramaribo Residence

Zobida Ragbirsingh, PR Director Rotary Club of Princess Town, T&T



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Some more complications of diabetes

- 15% of diabetics are at risk of leg amputation
- There are about 200 amputations per year in Barbados
- St. Lucia has recorded the highest number of diabetics per capita in the Caribbean region
- Diabetes is the most common cause of kidney failure
- Heart disease four times more likely to affect diabetic women over 50
- High costs
- Loss of productivity



DIABETES PROJECT

So how can Rotarians help?

- Get your club to adopt this project for 2010/11
- Request a copy of the Action Plan 2010/11
- Assist local Diabetes Association meet their needs
- Join the Rotary Diabetes Action Group

Contact Adrian Randall at adrian.randall@jenasconsulting.net