

Rabat 2023 Call

For the Prevention of Diabetes and NCDs

This is in reference to the **12th International Symposium on Diabetes and Nutrition "Diabetes Morocco 2023"** which was held virtually on July 6-8 , 2023. The Symposium discussed various issues related to diabetes, pre-diabetes, obesity and means of prevention methods. The risks in terms of morbidity and costs for the next 25 years are exorbitant for all countries and particularly emerging countries, affecting young people in particular .

In reference :

- **United Nations Resolutions and Declarations on Non-Communicable Diseases** including Diabetes - including Political Declarations of the United Nations General Assembly High Level Meetings on the Prevention and Control of Non-Communicable Diseases (2011 and 2018) as well as Resolution EM/RC68/R.5 “ Addressing diabetes as a public health challenge in the Eastern Mediterranean Region” (2021).
- **The call to action on diabetes launched by the International Diabetes Federation in 2011**, based of the UN resolution of December 20, 2006, following the international call from Geneva on May 19, 2009 launched by major non-governmental organizations to combat the epidemic of non-communicable diseases.
- **The IDF MENA Region Action Plan of April 18, 2009** supporting the implementation of United Nations Diabetes Resolutions 61/225 in the Middle East and North Africa.
- **Regional Resolutions and Declarations**, in particular the declaration of Dubai in 2010 and Ryad 2012.
- **The launch of “The WHO Global Diabetes Compact” initiative** which coincided with the 100th anniversary of the discovery of insulin and which aims to reduce the risk of diabetes and ensure that all people diagnosed with diabetes

have access to equitable, comprehensive, affordable and quality treatment and care.

- **The Declaration of Rabat on July 6, 2013** at the 1st International Conference on Diabetes and Nutrition in Rabat.

- **The efforts and achievements of Morocco** within the framework of the National Multisectoral Strategy for the prevention and control of NCDs 2019-2029, the adoption by the Moroccan parliament of the sugared beverage tax in 2019 and its gradual generalization to all sugar-rich products in the finance law 2023.

- **The Reform of the Healthcare System** and the extension of universal health coverage to combat precariousness, including generalized health insurance for the entire Moroccan population, launched in 2022 in Morocco.

At the end of the Congress and on the basis of the resolutions of the United Nations, the WHO and the Calls to action of the International Federation on Diabetes and Nutrition...We, the participants of the 12th International Conference on Diabetes and Nutrition “Diabetes Morocco 2023” on July 6, 7 and 8, 2023:

- **Advocate that healthy lifestyle measures** at the population level for the prevention of type 2 diabetes and obesity benefit from a partnership and multi-sector approach including civil society, government, parliament, academia and the media.
- **Encourage population-based public health measures** to promote healthier diets, a tax on sugar-rich products , with promising cost-effective results for primary prevention of type 2 diabetes.
- **Advocate with the public authorities** that the revenue from this behavioral tax on sugar as well as part of the taxes due to tobacco be allocated to the prevention and control of NCDs, in particular the fight against tobacco, the promotion of physical activity and healthy food .
- **Call for comprehensive lifestyle programs** for people with impaired glucose tolerance and/or impaired fasting blood sugar. These programs are cost effective and potentially economical from the perspective of society as a whole.

- **Advocate for the achievement of global diabetes targets**, as requested by WHO member states, to strengthen and monitor diabetes responses within national programmes to prevent and control NCDs by 2030.
- **Recommend metformin, as a first-line treatment**, for the management of type 2 diabetes and which can bring sustainable health gains. This inexpensive drug could be considered a cost-effective strategy for type 2 diabetes prevention alongside comprehensive lifestyle programs.

Rabat, July 8th, 2023

The participants in
the 12th International Symposium on Diabetes
and Nutrition “**Diabetes Morocco 2023**”
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