



International Symposium on Diabetes and Nutrition

Rabat, 5th and 6th of July, 2013

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Declaration 2013 of Rabat on the Fight against Diabetes in Morocco

Under the High Patronage of His Majesty King Mohammed VI, the Moroccan League for the Fight against Diabetes, a member of the International Diabetes Federation (IDF), organized the International Symposium on Diabetes and Nutrition the 5th and 6th of July 2013 in Rabat. This event was organized in collaboration with the Association for the Fight against Diabetes (member of the IDF in the MENA region), with support from the Moroccan Ministry of Health, the National Council of the National Order of Physicians and Scientific Societies, in the presence of recognized experts in Diabetes from the MENA Region, Africa, the Mediterranean region and Europe.

This International Conference was not only an opportunity to discuss recent scientific and technical achievements in the prevention and treatment of diabetes, but also a chance to discuss strategies implemented in the MENA Region, to fight against this epidemic, in compliance with the policy statement of the high-level meeting of the United Nations General Assembly on the prevention and control of non communicable diseases in 2011, as well as the guidelines contained in the 2011 - 2021 global Plan of the International Diabetes Federation and the ones adopted by the 66th World Health Assembly of the WHO in Geneva in 2013, and also in accordance with the latest recommendations of the second National Health Conference held in Marrakech, inspired by the important **Royal Message** to the participants to this great event.

- **Noting that Diabetes reached epidemic proportions around** the world, threatening the human, social and economic balances, which is reflected in our country with more than one and a half million Moroccans affected by this disease.
- **Recognizing the importance** of good governance policies and national programs in the fight against diabetes, two sessions were organized under the theme " the Fight against diabetes in Morocco: achievements, constraints and prospects" according to several approaches:
 - The Public Policy Approach was based on the latest findings and recommendations of the Second National Conference on Health
 - The Diabetic rights and the Human rights in accordance with the new Moroccan constitution of 2011
 - The participatory and partnership approach
 - The costs and management of diabetic patients
 - The communication and the role of media
- **Welcoming the awareness** of the Moroccan authorities about the rising incidence of the epidemic Non-Communicable Diseases (NCDs) including diabetes.
- Insisting that the fight against diabetes **should be considered a health priority issue, requiring commitments and concrete actions with full involvement of civil society in accordance with Morocco's international commitments in this area**
- **Express their commitment to actively address this major challenge of Public Health, as part of the national effort to fight against this rampant epidemic, convinced that it must be the priority of all matter.**

By adopting the following recommendations:

- **Define a more engaged policy in the fight against NCDs including diabetes**, with action plans based on the Royal Message to the participants of the 2nd National Conference in 2013, and under the direction and guidelines of the International Diabetes Federation and the World Health Organization;
- **Improve the quality of life** of the of the people suffering from diabetes, insuring the respect and protection of their essential Human Rights.

- **Ensure and widespread education**, information, and public awareness of the causes, complications and ways to prevent diabetes, especially with regard to the vulnerable population by ensuring the continued promotion of healthy lifestyles (nutrition, smoking cessation, physical activity ...);
- **Encourage research and multidisciplinary epidemiological** studies on diabetes and ensure their availability by all means;
- **Framing media interventions** and focus on the prevention and the well being of patients by strengthening the educational approach, information and awareness using various modern means of communication.

Done in Rabat. July 6th 2013

On behalf of the participants of The International Symposium
On Diabetes and Nutrition

Pr Jamal Belkhadir

President of the Moroccan League for the Fight against Diabetes