



Under the High Patronage of His Majesty King Mohammed VI

International Conference on Diabetes and Nutrition

Diabetes Morocco 2018

International Abulcasis University of Health Sciences

Rabat, on July 6 – 8, 2018

Recommendations 2018

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, organized the International Conference on Diabetes and Nutrition, **Diabetes Morocco 2018** at Abulcasis International University of Health Sciences in Rabat, July 6, 7 and 8, 2018.

This important event has received the support and active involvement of the International Diabetes Federation (IDF) MENA Region, the Ministry of Health, the Moroccan Society of Endocrinology, Diabetology and Nutrition (SMEDIAN), the Moroccan Society of Nutrition, Health and Environment (NMSE); the 2018 African Nutrition Leadership Program (PLAN 2018); the AFRA / IAEA Regional Designated Regional Center for Nutrition (Ibn Tofail University - CNESTEN); the Francophone African Society of Diabetes (SAFD); of the African Society of Endocrinology, Metabolism and Nutrition (SAEMN) and the Asian Diabetes Study Group (DASG).

In the presence of the President of the International Diabetes Federation and many experts from more than forty five countries in Africa, the Maghreb, the MENA Region, Asia and Europe, the Opening Ceremony was chaired by the Minister of Health who highlighted the ongoing efforts of our country in the fight against diabetes and recalled the commitment of the Ministry in the fight against the galloping epidemic of Diabetes and Nutritional Diseases with an multi partnership approach;

As a result of the Symposium, IDF MENA and Africa participants adopted the following recommendations:

- 1- To applaud the efforts of the Moroccan League along with its, African and MENA Region partners for the success of this meeting on the fight against Diabetes, which allows a greater coordination of efforts between FID MENA Region and FID Africa;
- 2- Make prevention and the fight against Diabetes and pre-diabetes a national priority in their country;
- 3- Strengthen programs to combat diabetes, obesity and noncommunicable diseases through the promotion of healthy living, early detection and social mobilization;
- 4- Standardize the management of diabetes at the national level in their countries;
- 5- Allow access to care by developing adapted infrastructures with the necessary human and material resources;
- 6- Ensure accessibility to insulin, drugs and medical devices;
- 7- Develop national and supranational expertise and create benchmarks for diabetes, obesity and nutrition in AFRICA and the MENA Region;
- 8- Improve governance in terms of operational management, drug policy, partnership, coordination and evaluation;
- 9- Integrate the nutrition, scientific, legislative, regulatory and normative approach to effectively strengthen the fight against diabetes, obesity and unhealthy nutrition;
- 10- Implement the National Plan of Action for the reduction of salt, sugar and fat (saturated and saturated fatty acids) consumption 2017-2021, in accordance with international recommendations and focusing on the WHO guidelines;

11- Accelerate the implementation of the fortification of NAFeEDTA Iron Wheat Flour to combat the double burden of iron deficiency and obesity and / or Diabetes.

12- Use the opportunity of the African Nutrition Leadership Program to create an African Consortium to fight Diabetes, Obesity and Noncommunicable Diseases

13- Implement the action plan to reduce the consumption of salt, sugar and fat (trans and saturated fatty acids);

14- Prioritize strengthening and updating national and supranational legislation along with the industrial food production standards within both the MENA and AFRICAN Regions;

15- Continue the general mobilization for the implementation of the **"International Charter of Rights Responsibilities for People with Diabetes"** launched by the International Diabetes Federation in 2011;

16- Support the African Observatory for the Protection of the Rights of Diabetics, created by the Moroccan League for the Fight against Diabetes and its African partners and the MENA Region in Dakhla in November 2016;

17- Encourage the public authorities to take strong and concrete as well as coercive measures, on the national and supranational, in the two MENA / Africa Regions to combat the unscientific and charlatan nutritional discourse targeting the public and especially the poor and vulnerable;

18- Invite the two entities IDF MENA Region and IDF Africa to create mechanisms for coordination and exchange for the benefit of health professionals through exchange forums, workshops, national and regional surveys, scientific meetings, etc ... with designation of a joint coordinating committee for this purpose to discuss the modalities of implementation.

Rabat July 8th, 2018