



8th National Conference on Diabetes and Nutrition

DIABETES MOROCCO 2019

Ibn Tofail University - Kenitra, 5-6 July 2019

2019 Recommendations from Kenitra

Under the aegis of the Ministry of Health, the Ministry of National Education, Vocational Training, Higher Education and Scientific Research and the National Council of the National Order of Physicians, the Moroccan League for the Fight against Diabetes held **the 8th National Symposium on Diabetes and Nutrition, Diabetes Morocco 2019** at Ibn Tofail University in Kenitra, 5-6 July 2019.

This important scientific event was organized in collaboration with the Ministry of Health, the Moroccan Society of Endocrinology Diabetology and Nutrition (SMEDIAN), the Moroccan Society of Nutrition, Health and Environment (SMNSE), the WHO, CNOPS, the Ibn Tofail University, the AFRA / IAEA Regional Designated Nutrition Center (Ibn Tofail University - CNESTEN) and the Medical Delegation of the Kenitra Province.

This conference focused on Diabetes and Nutrition and spread over two days with seven sessions, brought together national experts from different horizons (Public Health, WHO, CNOPS, university, public and private) and allowed participants and diabetologists, endocrinologists in particular, internists, specialists, general practitioners and all those interested in Diabetes and Nutrition, to follow the news in Diabetology and Nutrition. It was also an opportunity to showcase our country's efforts in the fight against Diabetes and Nutrition Diseases.

At the end of the Symposium, the participants adopted the following recommendations:

1- To salute the efforts of the Moroccan League with its national partners, for the success of this meeting in the fight against Diabetes and the Diseases of Nutrition, allowing a greater coordination of the efforts between the various actors at the national level: government, parliament, university, civil society, media ;

2- To salute Morocco's efforts to reach its international commitments on NCDs, including objective 3.4 of the development goals to reduce by one third premature mortality from NCDs by 2030;

3- To salute the will of Morocco to reach its commitments on the international scale in the field of Nutrition, in particular Recommendation 14 of the Second International Conference of Nutrition concerning the reduction of the consumption of sugar, salt, fat;

4- To salute the country's commitment to achieving global nutrition targets through the institutionalization of the National Nutrition Program in 2019;

5- To note the sharp increase in the prevalence of diabetes and common risk factors for NCDs, particularly through the stepwise 2018 survey conducted by the Ministry of Health with the support of WHO;

6- Join the National Multisectoral Strategy for Prevention and Control of NCDs 2019-2029, through the promotion of healthy living, early detection and social mobilization;

7- Contribute to the National Nutrition Program developed by the Ministry of Health, by inviting learned societies, universities, researchers and all stakeholders concerned to provide the necessary scientific evidence to adapt the messages addressed to the general population. nutrition and prevention;

8- Advocate for increased funding for the prevention and control of Diabetes and NCDs to deal with catastrophic expenditures and the impoverishment of the population suffering from these diseases;

9- Integrate the Nutrition, scientific, legislative, regulatory and normative approach to effectively strengthen the fight against diabetes, obesity and unhealthy nutrition;

10- To note with great satisfaction the adoption by the Moroccan Parliament of the soda tax in December 2018 and to support the efforts to generalize it to other products sold too rich in sugar; while encouraging public authorities to allocate the proceeds of this behavioral tax as well as a portion of tobacco taxes to the health and promotion of the physical activity of the population;

11- Adopt the display system of the Nutri-Score codified from A to E in addition to the labeling of food products in the context of transparency and consumer protection, to thereby encourage the agro industry food and fast-food to market products more beneficial to health;

12- Accelerate the implementation of the National Plan of Action for the reduction of the consumption of salt, sugar and fats (saturated and saturated fatty acids) 2017-2021, in accordance with the international recommendations and in particular those of the WHO;

13- To make available to health professionals, the guide of the nutritional profile of the most consumed recipes in Morocco: Nutri-Score approach for the diabetic follow-up since its publication on the occasion of World Food Day (October 16, 2019);

14- To make available to the health professionals, the table of food composition of the food consumed in Morocco for the follow-up of the diabetic on the occasion of the World food day (October 16, 2019);

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

16- Give priority to strengthening and updating national legislation and standards of industrial food production;

17- Encourage the different departments of the Government and the local authorities to work so that our cities:

- be greener, less polluted (public transport developed, liquid and solid sanitation, fight against chemical pollution and industrial physics ...),
- contain areas of physical activity (pavement margins reserved for cyclists, sidewalks for pedestrians, etc.);

18- Allow greater access to care and therapeutic education by accelerating the implementation of the health map and developing appropriate infrastructure with the necessary human and material resources, especially for disadvantaged groups and in remote areas;

19- Prioritize the establishment of registers for type 1 diabetes in large urban centers and promote the computerized medical record;

20- Encourage public authorities to take strong and concrete measures, including coercive measures, at both national and supranational levels, to combat misleading advertising, unscientific nutritional rhetoric, and charlatan targeting the public, especially the poor and vulnerable ;

21- Advocate for the legal restrictions of television advertising targeting children in the promotion of foods too rich in sugar, salt and fat;

22- Join the general mobilization for the implementation of the "International Charter of Rights and Responsibilities of People with Diabetes" launched by the International Diabetes Federation in 2011;

23- Make 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, a tool for monitoring, evaluation and advocacy in the fight against Diabetes in Africa and the MENA Region;

24- Support the efforts of the Moroccan League for the Fight against Diabetes, which takes over the presidency of the IDF MENA Region in December 2019, for greater national, regional and African mobilization in the fight against Diabetes and NCDs, through coordination, training and exchange mechanisms for the benefit of health professionals and diabetics.

Kenitra, July 6, 2019