الرابطة المغربية لمحاربة داء السكري
Moroccan League for the Fight against Diabetes

International Diabetes Federation
Member

World Diabetes Day 2026

Press Release

The International Diabetes Federation is celebrating World Diabetes Day today.

On this occasion, the Moroccan League for the Fight Against Diabetes—a member of the International Diabetes Federation—wishes to pay a heartfelt tribute to all endocrinologists, diabetologists, and healthcare professionals who work tirelessly to combat the scourge of diabetes and obesity, and who contribute to education and awareness-raising efforts in our country.

This year, the theme of the celebration is: "A**ct Early Against Diabetes**."

In Morocco, according to the latest survey by the Ministry of Health and Social Protection, 2.8 million people have diabetes, with more than 30% unaware that they are affected. Furthermore, 2.4 million people have prediabetes. Because the disease can progress without any apparent signs, screening is essential for early diagnosis and appropriate care; it helps reduce the risk of complications and associated costs, while improving the quality of life for those living with diabetes.

Consequently, the Moroccan League for the Fight Against Diabetes urges that this occasion be used to strengthen prevention, awareness, and early screening for this "silent" disease.

While early screening is recommended for the general population, it is especially important for individuals with risk factors—such as a family history of diabetes, excess weight, high blood pressure, or cholesterol issues—even in the absence of symptoms. Particular attention should be paid to children and adolescents, who are

increasingly affected by obesity due to sedentary lifestyles and unbalanced diets that are high in sugar and calories. On this occasion, the League wishes to underscore the importance of lifestyle and dietary measures, which play a vital role in both the prevention and management of diabetes. These include adopting a balanced diet, engaging in regular, appropriate physical activity, minimizing sedentary behavior, and avoiding harmful habits.

Under the theme "Act Early Against Diabetes," the Moroccan League for the Fight Against Diabetes calls upon all stakeholders—including the government and various ministries, universities, parliament, civil society organizations, and the media—to promote a continuous, multi-stakeholder approach to diabetes care, and to establish the prevention and preservation of health as a national priority. The role of the food industry—specifically in reducing sugar, salt, and trans fatty acids, alongside the regulation of advertising—also serves as a key asset in the fight against diabetes, obesity, and nutrition-related diseases.

Further information regarding the activities of the Moroccan League for the Fight Against Diabetes, including those related to World Diabetes Day, can be found on the League's website: www.lmlcd.com

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