



Celebrating World Diabetes Day

Laâyoune, November 8 – 10, 2019

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Every year, **World Diabetes Day** is celebrated around the world on November 14th. Indeed, the International Diabetes Federation (www.idf.org) and all the associations in the world, members of the IDF, including the Moroccan League for the Fight against Diabetes (the only member of this Federation in Morocco), organize awareness-raising campaigns aimed at the entire population through meetings and screening campaigns, as well as any other awareness-raising action on the seriousness of the disease and the importance of prevention.

In agreement with all international and national authorities, Diabetes is now a global epidemic and a tsunami whose human, social and economic consequences are devastating.

Diabetes represents today in Morocco and in the world:

- the leading cause of death from kidney failure;
- the leading cause of morbidity and mortality from cardiovascular disease, associated with other risk factors;
- the first cause of blindness;
- the first cause of amputation of the lower limbs.

In Morocco, the situation is particularly worrying and the latest estimates show a prevalence of **10.6%** (beyond 20 years) with about 2 million who are affected and more than 40% of whom are unaware of their diabetes. To this, we must add that **10.4%** is about another 2 million Moroccans who have prediabetes and who may become diabetic in the coming years.

Around the world, the economic impact of Diabetes is enormous, particularly affecting developing countries. If nothing is done, Diabetes threatens to absorb the benefits of economic progress around the world.

"Family and Diabetes" is the theme chosen for 2018 and 2019 by IDF to celebrate World Diabetes Day.

A great media coverage is made around these different activities at the IDF site and regional meetings: Middle East and North Africa, Asia, Europe, Africa, North and South America. Not to mention, the important role of the national media (print, radio and television).

After the success of the celebration the World Diabetes by the Moroccan League for the Fight against Diabetes on **November 14, 2012** in Rabat, **November 14 and 15, 2013** in Tata, **November 13 and 14, 2014** in Tantan, **November 13 and 14, 2015** in Errachidia, **November 11, 12 and 13, 2016** in Dakhla, **November 10, 11 and 12, 2017** in Benguerir, **November 9 and 10, 2018** in Kenitra, the Moroccan League celebrates World Diabetes Day

this year in **Laayoune on November 8, 9 and 10, 2019.**

This celebration will take place in the capital of the south of Morocco with the support of the local authorities and elected officials of the Laayoune Region, Boujdour Sakia El Hamra. As usual, it will take place under the aegis of the Ministry of Health, the Ministry of National Education, Vocational Training, Higher Education and Scientific Research, the National Council of the National Order of Physicians.

Under the theme: "**The Family and Diabetes**", this event will be organized in collaboration with several institutions and scientific societies: Regional Medical Delegation of Laayoune, International Diabetes Federation MENA Region, WHO, CNOPS, ANAM, Moroccan Society of Endocrinology Diabetology and Nutrition, Moroccan Society of Nutrition, Health and Environment and AFRA / IAEA Regional Designated Nutrition Center (Ibn Tofail University - CNESTEN).

During these three days, several scientific and medico-social activities will be programmed:

- **Scientific Conferences** on current events in Diabetology and Nutrition.
- **Training Courses** for doctors and nurses in Laayoune and its region on Diabetes, its complications and its treatment.
- **Medico-social program** for diabetics and the general public with:
 - Screening campaign for Diabetes, high blood pressure, obesity and cholesterol.
 - Immunization campaign against the flu.
 - Education and awareness sessions on Diabetes and healthy living, with lectures and meetings with experts.
 - Sociocultural activities: projection of short films for awareness on Diabetes, animations and artistic presentations on Diabetes ...

Let's be there to make this celebration a highlight in the ongoing fight against the scourge of diabetes in our country ...

Pr Jamal BELKHADIR

President of the Moroccan League for the Fight against Diabetes
Chair Elect of the IDF MENA Region