

# changing diabetes<sup>®</sup> in children

## CDiC - INDIA

WDD Update  
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Special Edition



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# changing diabetes® in children



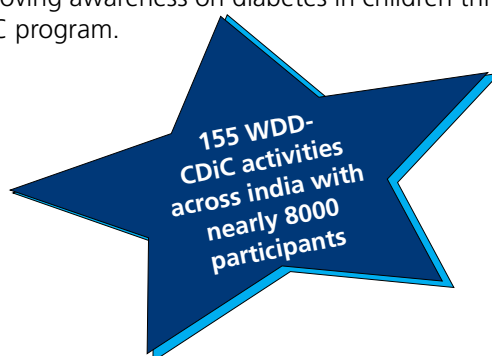
**A Million steps to changing Diabetes**

## World Diabetes Day and Changing Diabetes in Children

To create awareness about diabetes & its complications, every year 14th November, which is the birth anniversary of Frederick Banting (the discoverer of insulin along with Charles Best in October 1921) is celebrated as World Diabetes Day.

Changing Diabetes in Children program, aims to provide comprehensive diabetes care for children with type 1 diabetes from the poor section of society. Through this initiative, we are now reaching out to 4000 children from across the country. Awareness creation and spreading diabetes education is one of the integral components of the CDiC program.

With the support from the main and satellite CDiC centers, more than 150 activities were undertaken across the country. We thank everyone for their passion & commitment for supporting us in this endeavour to improving awareness on diabetes in children through the CDiC program.



## WDD CDiC activities across india

S.NO	CDiC Center Directors	Name of Center	Walk	Drawing competition	Child camp	Other Activities	No of child Attended	Total no of people Involved
1	DR ALOK KANUNGO	KIDS, Bhubhanewar	1	1	1	3	45	200
2	DR ARCHANA SARDA	Sarda Center , Aurangabad	1	1	1	3	121	3000
3	DR ASHOK JHINGAN	DDRC, Delhi	1	1	1		83	200
4	DR BANSHI SABOO	DiaCare, Amhedabad	1	1	1	2	140	200
5	DR BIPIN K SETHI	Tapadia Center, Hyderabad		1	1		65	110
6	DR. NALINI SHAH	KEM Hospital, Mumbai	1	1	1	2	60	100
7	DR NIKHIL TANDON	AIIMS, New Delhi		1	1	3	19	70
8	DR KM PRASANNA KUMAR	BDH, Bangalore	1	1	1	3	180	400
9	PROF RAGHUPATHY	IGICH, Bangalore		1	1	3	95	250
10	DR RAJESH JOSHI	Wadia Hospital, Mumbai		1	1		50	100
11	DR P V RAO	DiabetOmics, Hyderabad		1	1	2	70	200
12	DR RISHI SHUKLA	SPAD, Kanpur	1	1	1	4	49	200
13	DR SANJAY KALRA	Bharati Hospital, Karnal	1	1	1	3	21	70
14	DR SS SRIKANTA	Jnana Sanjeevini, Bangalore		1	1	4	102	250
15	PROF. SUBHANKAR CHOWDHURY	SSKM Hospital, Kolkata	1	1	1	5	44	1000
16	DR SUNIL M JAIN	TOTALL, Indore	1	1	1	3	70	150
17	DR VAMAN KHADILKAR	Jehangir Hospital, Pune	1	2	2	5	40	100
18	DR VIJAY VISWANATHAN	MV Hospital, Chennai	1	1	1	3	37	100
19	SATELLITE CENTERS		10	13	13	20	320	1050
<b>Total</b>			<b>23</b>	<b>32</b>	<b>32</b>	<b>68</b>	<b>1611</b>	<b>7583</b>



# changing diabetes® in children

I can manage diabetes and live a normal life



**93,000**  
Steps  
32 Camps

## Diabetes Education camps / Exhibitions

Diabetes education was done through lectures, role plays, quiz competitions and exhibitions. These were mainly prepared by keeping in mind requirements of child with type1 diabetes and their family. Main topics covered were living with type1 diabetes, diet and type1 diabetes, exercise and type1 diabetes, traveling and sick day management. A 17 set poster of various aspects of type 1 diabetes was released in many centers across india.





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Lets take a steps to changing Diabetes



**1,15,000**  
Steps  
23 Walks

## WDD Diabetes Walk

Children, their families and general public participated in these walks. These walks not only emphasized the importance of exercise in management of type 1 diabetes but also in creating awareness about diabetes, highlight the need to understand diabetes in order to control it & communicate, that diabetes can affect anyone, at any time.





# changing diabetes® in children

We all need insulin.  
Some make it and  
**some take it**

## CDiC WDD Drawing Competitions

Drawing Competitions were conducted to create awareness and highlight the need to understand diabetes in order to control it among children with diabetes. The theme of these competitions was to highlight the need for good health for children with type 1 diabetes

**93,000**  
Steps

32 Drawing  
Competition





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76,00,000

36 Motivation & Cultural Camp

Lets pledge to **act on diabetes now**, before it controls us



## Motivational Camps and Cultural programs

These involved, talk by people with type1 diabetes living healthy life, dance performance, song & poetry recitation and other activities performed by children with type1 diabetes. These activities helped in motivating many children to tackle psychosocial issues and live normal lives.

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3,50,000 Steps  
32 Other Activities

**Lets, Act now to control diabetes**



## Diabetes workshop for educators & school teachers

Diabetes education workshops were conducted for school teachers at Kanpur reaching to 65 teachers and to the diabetes educators at Bangalore, Ahmedabad and Mumbai reaching to more than 150 of them.



The World Diabetes Day logo is the blue circle - the global symbol for diabetes which was developed as part of the Unite for Diabetes awareness campaign. Children made blue circles with blue balloons. In Kolkata Birla planetarium & in Chennai the Central Railway station were lit in blue light



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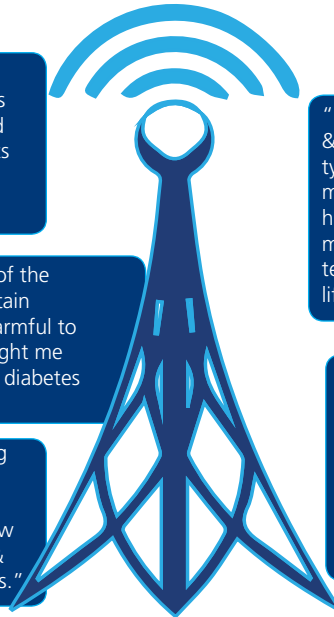
## Print & Audio Media Coverage

More than 200 spots were played across the country with messages on type1 diabetes from each of the CDiC director. These were played in Radio City, Red FM and Radio Mantra in all CDiC center cities viz., Mumbai, Bangalore, Kolkata, Chennai, Delhi, Pune, Hyderabad, Ahmedabad, Indore, Aurangabad, Bhubaneswar, Kanpur and Karnal.

" Diabetes was once, a disorder of the middle aged & elderly, now, around 200 Children develop type 1 diabetes globally every day. I advise all parents to ensure; their child participates in sports activity, plays outside, eats fresh fruits & vegetables. Together, let's prevent the children of today, turning people with diabetes of tomorrow."

Diagnosis of Diabetes in children does not mean end of the road. The main goal of diabetes treatment is to maintain normal blood sugar levels as High Blood Sugars are harmful to the body. I salute all the type1 children who have taught me how discipline is essential to control diabetes. Control diabetes before it controls you.

" I congratulate all my children with type1 diabetes leading a healthy & disciplined life by following the four pillars of diabetes management, regular Insulin, monitoring, diet & exercise. Discipline in diabetes care is very important. Follow your doctor's advice at all times. Discuss with your family & friends what to do if they observe any untoward symptoms."



" Diabetes was a disorder of the middle aged & elderly, now, around 200 Children develop type1 diabetes globally every day. When properly managed, children with Type 1 Diabetes can live healthy and productive lives. They need insulin, monitoring and education on diabetes. I urge teachers, parents and society to support a healthy life style for everyone."

" Diabetes does not discriminate between young and old or rich and poor. It can happen to anyone. The need of the hour is to adapt healthy life style and prevent diabetes and understand diabetes and manage it properly. Appropriate medication, monitoring, diet and exercise are all essential in the management of Diabetes. Control diabetes before it controls you."

## WDD In Print Media

