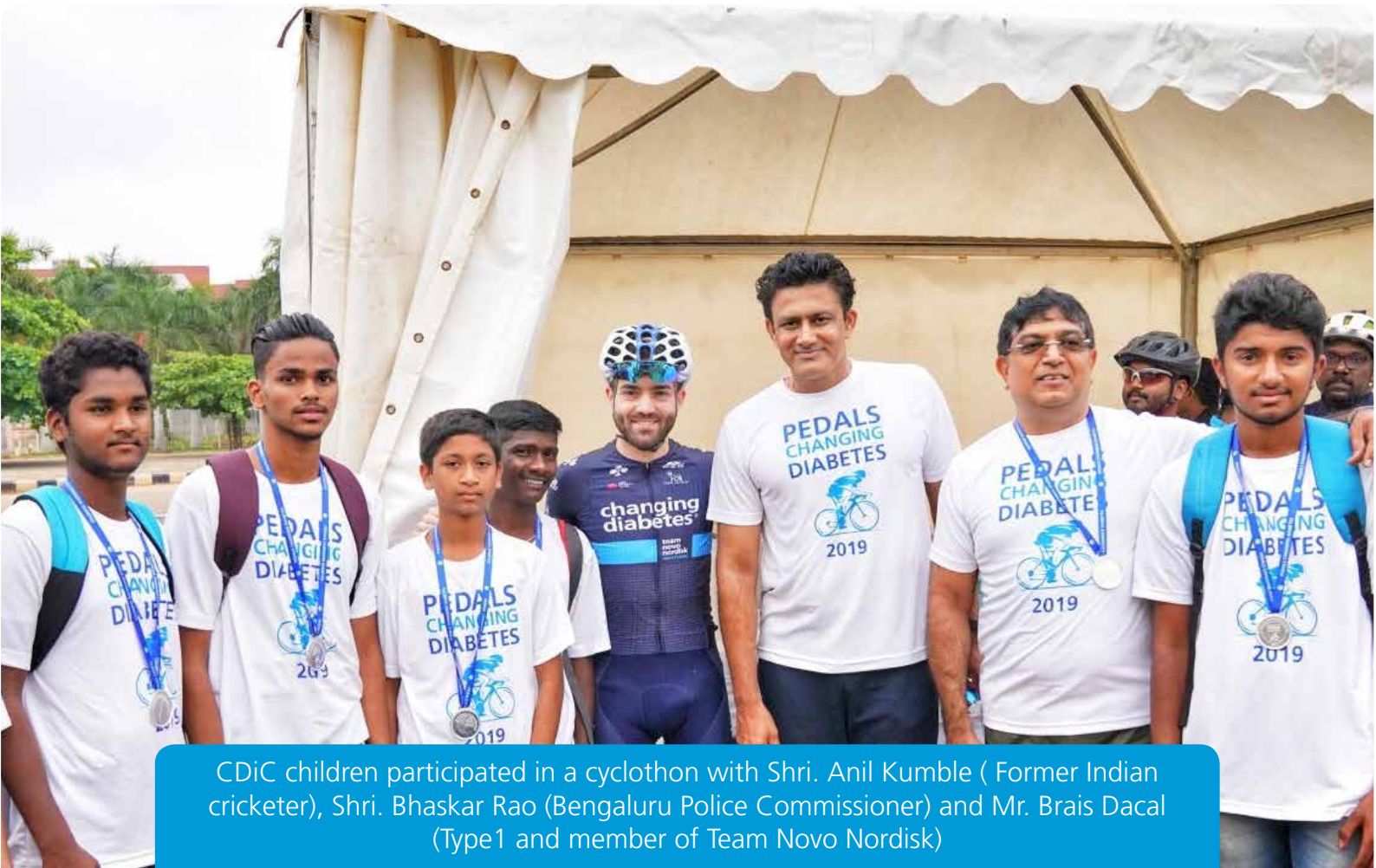


CDIC INDIA NEWSLETTER



Issue 21 - March 2020



CDiC children participated in a cyclothon with Shri. Anil Kumble (Former Indian cricketer), Shri. Bhaskar Rao (Bengaluru Police Commissioner) and Mr. Brais Dacal (Type1 and member of Team Novo Nordisk)

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Editorial Committee

Prof. P. Raghupathy, Dr Syed Kasfur Rahman, Dr. Shuchy Chugh, P. Dinakaran, Akriti Agrawal.



| OUTREACH DASHBOARD | No. of children | No. of HCPs trained | No. of children camps |
|--------------------|-----------------|---------------------|-----------------------|
| | 3435 | 7300 | 710 |

Editorial Desk



Dear Colleagues,

The Changing Diabetes® in Children programme has always been close to my heart. This wonderful initiative has helped numerous children with type 1 diabetes to succeed in their endeavours in life, and transforming many of them into smart young professionals with our help in overcoming a severe handicap in their health. This ongoing programme has completed more than nine years now and I believe we are at a point of self-reflection. We shall now need to actively work on how we can make our programme more sustainable and how we should reach out to children who deserve our care and treatment? As always, I look forward to hearing from you, your invaluable ideas and thoughts, and thank you, once again, for your passion and commitment.

**With kind regards,
Prof P Raghupathy
Chairperson, CDiC**



Dear Colleagues,

CDiC has created a huge impact on the future of more than 5000 children with type 1 diabetes from the underprivileged economic class of society. The much-needed continuous care for all children with type 1 diabetes can be achieved only by increasing efforts of sustainability through policy makers. Let us work together and make it a long term sustainable success.

**With best wishes,
Prof. Ashok Kumar Das**



Dear Friends,

It's been just two months for me in India. I am overjoyed to see the development of the CDiC (Changing Diabetes in Children) program in India under the active support from passionate doctors and health care professionals. It is these kind of initiatives which defines our purpose beyond commercial focus.

Thanks a lot for your commitment and passion.

**With best wishes and season's greetings
Vikrant Shrotriya
Managing Trustee, NNEF
CVP and General Manager, Novo Nordisk India Pvt Ltd**

All the photographs used in this magazine are courtesy of CDiC Centers and Satellite Centers



LOOKING BACK - 2019

As CDiC enters its ninth year, it is time for us to celebrate the many successes of the programme and also start working towards a long-term strategy of sustainability. The road is long but the first few steps have been taken towards improving awareness and building advocacy. We are pleased to share the main events and activities of 2019 with you:

Awareness

- We improved the access to care by setting-up satellite centres in Jammu and Kashmir, Punjab and Rajasthan
- More than 50 camps conducted to reach around 3000 children helping them with diabetes education and support
- Social media reach increased through awareness and education videos with Anil Kumble.
- Marking Insulin Appreciation Day on July 30 with camps and a social media campaign which received over 2.5 lakh likes and 1200 shares. The CDiC programme's Anusha Honnaiah was featured in this campaign. Anusha is an athlete and Yoga Champion.

https://www.facebook.com/novonordisk/photos/p.10156516151481769/10156516151481769/?type=3&comment_id=10156518150491769



Brais Dacal from Spain, Team Novo Nordisk ambassador (Professional Cyclist with type 1 diabetes) visited CDiC center and also motivated children to be active and fulfil their dreams. His motivation resulted in 5 CDiC children participating in 5k cyclothon which got media coverage as well as huge attention in social media.



5 CDiC champions who participated in 5k cyclothon



changing diabetes® in children

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Children at Samatvam CDiC center with Shri. Tejasvi Surya, Lok Sabha MP South Bangalore

Advocacy

- Four patient groups were formed which will help build a community and support system (see page 5 for a detailed article.)
- Support of Shri. Tejasvi Surya Lok Sabha MP for children with type 1 diabetes was featured on national television. The Samatvam group under the leadership of Dr Srikanta brought about this boost in visibility.
- Taking motivation from CDiC program, the CDB project Goa conducted the first peer support group for children with type 1 diabetes at GMC, Goa under leadership of Dr

Ankush Desai. The first meeting was attended by Mr Alex Fernandes from Mumbai who is a journalist and himself a person with type 1 diabetes for the last 30 years. This group is not only supporting existing people with type 1 diabetes but also newly diagnosed type 1 from all over Goa. Adding a feather to this initiative, you can also find the journey of a child with type 1 diabetes at Goa at <https://www.facebook.com/watch/?v=479244799567524> facebook account of CM Shri Vishwajit P Rane.

Thanks to each one of you for your support and commitment.



Children at SPAD CDiC center, Kanpur getting ready for walk on WDD



A LEAGUE OF OUR OWN



Children at Diacare CDiC center gathered for advocacy group meeting

The long-term vision of the CDiC programme is to work towards self-sustainability. All CDiC centers have been systematically working towards this vision and we are happy to share that in 2019, CDiC children advocacy groups were formed at four centres – PAMS, Samatvam, Diacare and SPAD.

CDiC children advocacy groups are formed with objectives of:

- Increasing awareness about type 1 diabetes in children
- Implementing initiatives to improve sustainability to access of medication
- Supporting policy initiatives to improve the treatment of children with type 1 diabetes.

As a first step in this venture, a CDiC Young Leader group has been formed with 10 -15 key members. The young leaders have already started reaching out policymakers around the country. We are sure this will give some good response from the policy makers. The Samatvam group, for instance was successful in roping the support of Shri. Tejasvi Surya Lok Sabha MP Bangalore South. CDiC brochure for advocacy and communication has been prepared for the use of the children advocacy group.

We would request all CDiC centres to form similar support groups and let us together achieve a better future for all children with type 1 diabetes.



Discussion between young adults at PAMS CDiC center



Shri. Tejasvi Surya, Lok Sabha MP talking to Spoorthy, a young girl with type 1 diabetes from Samatvam CDiC center



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JOY OF GIVING

Joy of Giving week is observed between 2-8 October every year. The week's activities build on Gandhi Jayanti and encourage people to spread positivity through "acts of giving." Giving is not just about material gifts but also about more precious resources like time, skills and ideas.

Novo Nordisk observed the Joy of Giving week to support the CDiC programme for the third year running. A donation drive was run at the Novo Nordisk offices to urge people to gift books and stationery to support the cause of education for needy children with type1 diabetes. 800 note books and a similar quantity of pens and pencils and colour boxes were collected as a result of the drive. Along with that other stationery gift items and encyclopedia sets were collected and were sent to support around 300 CDiC children at six centres.

Experience the Joy of Giving

Gift a pen, a pack of pencils or a new notebook



**Education is essential
to win in life and to win
over diabetes**

Daan Utsav - At the end of the week, all collected materials will be donated to needy students

Last year with your support we donated the collections to >250 kids from 6 CDiC centers.

Children receiving joy of giving gifts



Thank you everyone

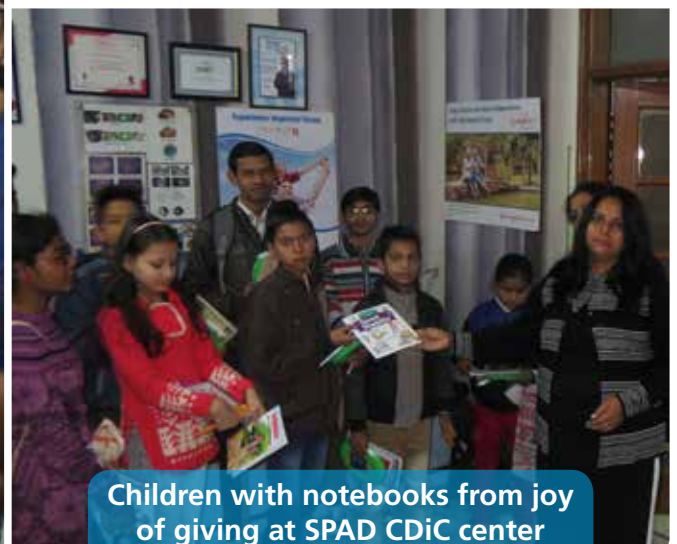
Learn more at: www.nnef.in (or) visit <http://cdicindia.org/>

changing
diabetes®
in children

takeaction
volunteer to change lives



Child receiving notebooks
at PAMS CDiC center



Children with notebooks from joy
of giving at SPAD CDiC center



WORLD DIABETES DAY



PAMS CDiC center, Bangalore

Over 10,000 children and caregivers engaged on World Diabetes Day

World Diabetes Day (WDD) was introduced as an official UN Day on 14 November 1991 to raise awareness about diabetes its causes, its prevention and the devastating effects it has on human lives and healthcare systems worldwide.

14 November is doubly special for children with type 1 diabetes in India: it is not only WDD, it is also Children's Day in India.

This year, the CDiC chapters in Aurangabad, Ahmedabad, Bangalore, Chennai, Delhi, Hyderabad, Indore, Kolkata, Kanpur, Patna and Trivandrum took the lead in organising special activities with around 3000 children and 7000 adults.



Samatvam CDiC center, Bangalore



DRS CDiC center, Hyderabad



PMCH CDiC center, Patna



IGICH CDiC center, Bangalore



MV Diabetes center, Chennai



Tapadia CDiC center, Hyderabad

In alignment with WDD theme 'Family and Diabetes', WDD day's activities included

1. 10 tips to reduce HbA1c
2. Fun activities to help children get to 10K steps and make exercise part of their daily routine
3. Creating awareness about diabetes in children
4. Emphasising prevention of complications among children with type 1 diabetes by empowering parents.



IID CDiC center, Trivandrum



Diacare CDiC center, Ahmedabad



IGICH CDiC center, Bangalore

To inculcate a routine of physical exercise in daily life, we emphasized the role of family in diabetes management and reinforced the message - 'the family that plays together, stays together.' All participating children were given skipping ropes.

WORLD DIABETES DAY



Sarda CDiC center, Aurangabad



AIIMS CDiC center, Delhi



SPAD CDiC center, Kanpur



DERF CDiC center, Delhi



Satellite center, Trichy

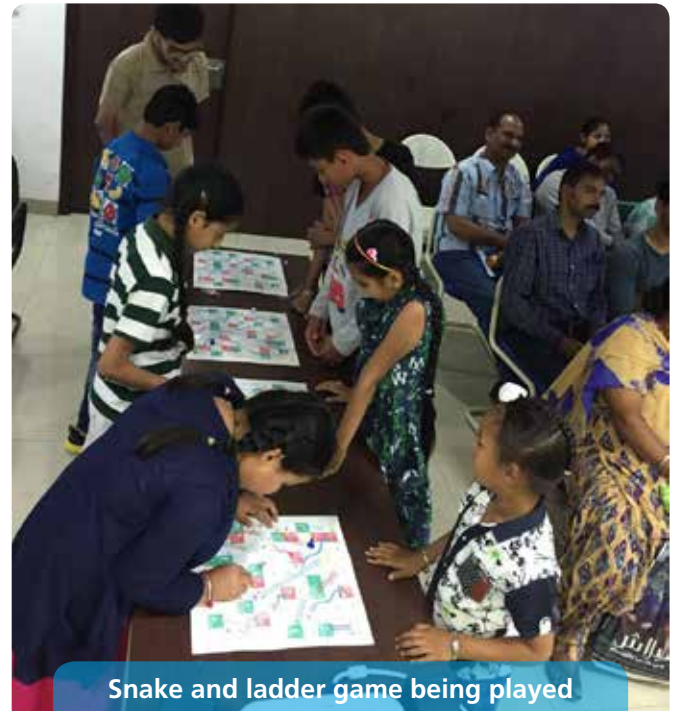


BEST PRACTICES FROM CDiC PATIENT EDUCATION MATERIAL

Diabetes education and counselling are an integral part of the CDiC programme. To be effective, diabetes education has to be carried out in a child-friendly way. Consequently, many innovative child-friendly patient education tools have been created to help children with type 1 diabetes learn about the basics of diabetes and its management.

Here is a list of some of the educational materials we have designed based on needs of the Indian community. You can write to us at cdicindia@novonordisk.com or visit our website at <http://cdicindia.org/> for more information.

| Educative Tools | Materials |
|--|---|
| Mishti story books | Series of 4 story books (English & 9 Indian languages) |
| Video | Mishti Educational Video (English, Hindi & Kannada), Anil Kumble and Mishti video, Exercise and diet videos |
| Educational Toys | NOTTI Doll, Snakes & Ladders, Hypo kit, Healthy plate, Diet snack box |
| Educational Posters | Know the symptoms, Hypoglycaemia, Hyperglycaemia, Insulin and glucose monitoring, make your own plate, Foot - care poster |
| Educational Visual Aids | Type 1 diabetes education, Novo Aid, Booklet, Make a healthy change folder |
| Educative Leaflets / Newsletter | CDiC Newsletter, Mishti Guardian, Know about carbs, DIETS Leaflet, Do and Do not Series, HbA1c dialogues |
| Educative Monitor | HbA _{1c} Wheel, BMI Chart |



Snake and ladder game being played



Make your own plate poster used as an educative tool



Insulin cool pouch in use



Notti doll being used for teaching



Child reading mishti comic



FAQ



Q1 What is the best way children with type 1 diabetes can live a complication-free life?

- The key to good health with diabetes is bringing blood glucose levels as near to normal range as possible.
- The most immediate benefit of good blood sugar control is that it keeps a child active and lets him/her participate in all activities like other children.
- In long term it lowers the risk of eye, kidney, and nerve damage. Longer-term benefits also includes the lowering of the risk of heart attack and stroke.

However, as people get older, they tend to develop a few complications. This may not necessarily be due to type 1 diabetes but because of the natural ageing process. Even in this case, if a person with type 1 diabetes keeps track of his or her health through regular check up, complications can be detected early or even prevented.

Q2 What should children with diabetes not eat?

When we consider diet for children with type 1 diabetes, there is no big NO to anything.

- Children with type 1 diabetes are always motivated to have balanced diet which includes whole grains, all vegetables and fruits .
- Sweets and other treats can be included as a part of diet on special occasions with appropriate dose of rapid acting insulin.
- Dietary restrictions are usually required when the person is overweight, or if she /he has food allergies.

Q3 Can having type 1 diabetes affect the moods of the child?

There may be a relation between sugar levels and the mood of a child. Temporary mood changes might be based on changes in blood sugar levels. A child may be stubborn or crabby, when his/ her blood sugar levels are low. In such a situation, just a glass of juice may help. On the other hand if the child is dull, exhausted and irritable due to tiredness, it may be an indication of high blood sugar levels..

Here are some other symptoms of highs and lows which can help parents help the child.

- High blood glucose symptoms: nausea, deep sighing breaths, confusion, flushed and warm skin, drowsiness
- Low blood glucose symptoms: shaky, pale and sweaty skin, headache, hunger, weakness, trembling

However if the child remain constantly sad, the child may need professional help.





HEALTHY DIET TIPS FOR SCHOOL CHILDREN

Diabetes need to be managed 24/7. For a child diagnosed with diabetes, it goes along with him/ her to school. A child spends more than 6 hours in school. It is very important, that a safe and supportive school environment is available for every child with diabetes.

Since diabetes needs to be managed all the time, children with diabetes may need to

- Take insulin dose during school hours
- Take care of their diet and take extra snacks to prevent and treat low blood glucose levels
- Use bathroom for frequent urination in case of acute hyperglycaemia
- Monitor blood glucose levels at various times of day using glucose monitors



Sandwich made healthy

Although all these factors bother parents, it is diet which bothers most. Here are few tips which can help child manage their diabetes well.

- It is good for every child to have healthy breakfast. When a child is diagnosed with diabetes, it becomes essential. Prepare a healthy breakfast which is easy to have e.g Oats with fruit, stuffed parantha, vegetable utapam. This will not only help to prevent hypoglycaemia during morning assembly but also help your child stay focused and active.
- It is good to give child 1-2 healthy snacks (fruit/ vegetable sandwich/ sprouts/ popcorns/ Roasted Grams/ bhel with vegetables) depending upon the length of day and blood sugar levels for a gap between morning and lunch break



Variety of salads

and between lunch break to meal at home.

- If you send a lunch with your child, pack a healthy meal that contains whole grains and vegetables. Avoid single dish meals like only parantha or only rice without vegetables.
- If your child gets meals at school, check with school and cafeteria staff to help child get choices for a healthy meal. Child can take sweets occasionally according to the insulin and carbohydrate content of food.
- It is good to give child a non-perishable snack like a small pack of biscuits, in case there is extra activity or delay in getting home due to unavoidable reasons.
- Child or child's teacher must have 2-3 hard candies/ glucose or juice to treat hypoglycaemia.
- It is better to avoid highly refined food items like white bread, biscuits, only potato vegetable and fried food.

Try to make your child responsible to manage his or her diabetes from the first day back at school after diagnosis. Inform teachers year after year as the child moves to new class. Most of the children above 10 years of age can actually take care of themselves. For children younger than five and early school-aged children school staff and teachers need to be trained. Set up a care plan for your child and work with school staff to help your child manage diabetes daily. During extensive sports class or day, during school trips, examinations or any other day when there are changes in daily schedules; child needs to take little extra care which includes planning for diet so that blood glucose levels can be kept in range and child does not suffer from either high or low levels.