

# World Diabetes Day

14<sup>th</sup> November 2016

## Programme Report

### 1. Background

World Diabetes Day (WDD) is the primary global awareness campaign of the diabetes mellitus world and is held on November 14 of each year. The WDD 2016 with the theme “**Eyes on Diabetes**” focused on promoting the importance of screening to ensure early diagnosis of type II diabetes and treatment to reduce the risk of serious complications.

The high diabetes cases reported in 2015 in Samtse Dzongkhag triggered Bhutan Kidney Foundation’s attention compelling to intervene immediately.

With the fund and technical support from Ministry of Health, the Bhutan Kidney Foundation (BKF) partnered with the Samtse Dzongkhag, Samtse General Hospital and Samtse College of Education to draw attention on the issues of paramount importance to the diabetes world and keep diabetes firmly in the public and political spotlight.

### 2. Objective

- Ensure early diagnosis of diabetes and treatment to reduce further complications;
- Raise awareness through sharing the experiences of affected families, and through presenting statistics;
- Build a network of youth, health workers and other supporters to ensure access and quality care, and preventive actions;
- Inform policy makers from the district and at the national level about available access and quality (e.g. policy decisions affect procurement and quality of medical services)

### 3. Targeted Audience

Remaining with the event’s theme “*Eyes on Diabetes*”, the programme focused on diabetic patients. A total of 43 diabetic patients, 2 Dzongkhag health staffs led by District Health Officer and 16 members from BKF attended the programme.

### 4. Programme Approach & Activities

#### Key Messages Delivered

- Act to Change your life:** (Healthy eating is an important part of managing all parts of diabetes)
- Act to Change the tomorrow:** (Access to affordable healthy food is essential to reducing the global burden of diabetes and ensuring global sustainable development).

#### 4.1. Awareness:

- ✓ The BKF talked on kidney health with messages on diabetes embedded in it;
- ✓ The Dzongkhag Health Officer educated the participants on WDD and its significances;
- ✓ A doctor and a Dietician presented on Diabetes and its risk factor and healthy balanced diet respectively;
- ✓ BKF’s documentary film titled “Kidney Health in Bhutan” was screened to deepen the key messages delivered on diabetes.

#### 4.2. Rights to services:

An important part of the entire program, the awareness highlighted the rights of citizens to basic health services. Personal stories of people who were not aware of their basic rights in accessing services from hospitals, government and other institutions played a powerful modality of raising awareness.

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- 4.3. Field visit at diabetic patients' house to intensify the awareness and follow up on the cases registered.
- 4.4. Facilitation of basic health check-up (Blood Pressure, Random Blood Sugar and Body Mass Index) for the general public of Norbugang (Chengmari) gewog in Samtse Dzongkhag on 15<sup>th</sup> November 2016.

The 10 certified nursing students (2016 batch) from Faculty of Nursing & Public Health, who are registered volunteer/member of the Foundation, facilitated the basic health check-ups.

### 5. Outcome:

- 5.1. **Participants sensitized:** As a primary objective of the programme, the participants received thorough education on the event's significance, diabetes and its risk factors, measures to battle the disease through various educational tools displayed.
- 5.2. **Enhanced awareness:** The documentary film titled "Kidney Health in Bhutan" was screened as a part of a programme to advocate the positive impacts of healthy lifestyle and good dietary habit. A visual material with adequate message delivery process targeted that those at the high-risk category and general public gain sufficient knowledge on the disease. The same documentary was screened on the evening of 16<sup>th</sup> November to more than 450 devotees of Moenlam Chhenmo preceded by His Holiness the Je Khenpo.
- 5.3. **Strengthened and Established Partnership:** The successful programme execution jointly by the Ministry of Health and BKF opened up a new space and strengthened its working relation for future collaboration. This network built with various agencies and individuals in the Dzongkhag will remain as the Foundation's efforts in south, and as point of contacts for future projects.
- 5.4. **Facilitated Basic Health Check-up:** Continuing to mark the event, the BKF facilitated basic health check-ups in Norbugang (Chengmari) gewog. A total of 144 people availed the services.

From the programme conducted, 10 diabetic patients were found out to be living with kidney disease. Out of which 1 require immediate dialysis, 5 in chronic stage and 4 on acute stage. The BKF will closely monitor these cases assisting that they have the access to services rendered by the Government (Ministry of Health)

### 6. Conclusion:

Comprehending the potential benefit that the diabetic patients and general public can garner from the observance of WDD, the programme has been appropriately planned and scheduled.

Through collaborative effort with funding from the Ministry of Health and strong coordination by the Dzongkhag Administration and hospital, the Foundation is optimistic to have created colossal impact on the participants' mindsets and the community covered to lead healthy lifestyles which will immensely contribute in making this country a better and happy place, we all ultimately deserve.

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Fig. 1: BKF team with staffs of Samtse Hospital on the observance of WDD



Fig. 2: Samtse DHO highlights on WDD



Fig. 5: BKF volunteers facilitating BP check up.



Fig. 3: BKF Executive Director explains on the impact of diabetes and kidney disease



Fig. 4: A young student gets his sugar checked in Chengmari



Fig 6: Health Education services.



Fig. 7: Screening of documentary film to the devotees of Moenlam Chenmo in Samtse public ground.



Fig. 7: The service in Chengmari gewog administration.



BKF

