



World Diabetes Day 2026: how to get involved

Online event

14 October 2026
14:00-15:00 CEST





WORLD DIABETES DAY 2026: HOW TO GET INVOLVED

Welcome from the moderator



Lucy Michaeloudis

Communications Manager, International Diabetes Federation



WORLD DIABETES DAY 2026: HOW TO GET INVOLVED

Welcome

- This webinar will be recorded.
- You can activate Zoom-generated subtitles for this webinar by clicking on the closed caption (cc) button at the bottom of your Zoom window. Please note these subtitles are not 100% accurate.
- The recording, slides and feedback questionnaire will be sent to all registrants in a few days.
- There will be **no certificate issued** for attending this webinar.
- Please use the Q&A function to post your questions.

World Diabetes Day 2026

14 November



World Diabetes Day 2026-27

Theme: Early Action on Diabetes

Campaign focus: Early diagnosis and risk reduction



Key messages

Scale and urgency:

Diabetes is one of the world's fastest-growing health challenges

The detection gap:

252 million people are living with undiagnosed diabetes

Who is being missed and why:

Type 1 diabetes is frequently missed or misdiagnosed

Risk reduction:

635 million adults are at high risk of type 2 diabetes

Early action:

Early action helps people with diabetes live full, healthy lives

Access and equity:

Over half of all adults living with diabetes are not receiving treatment

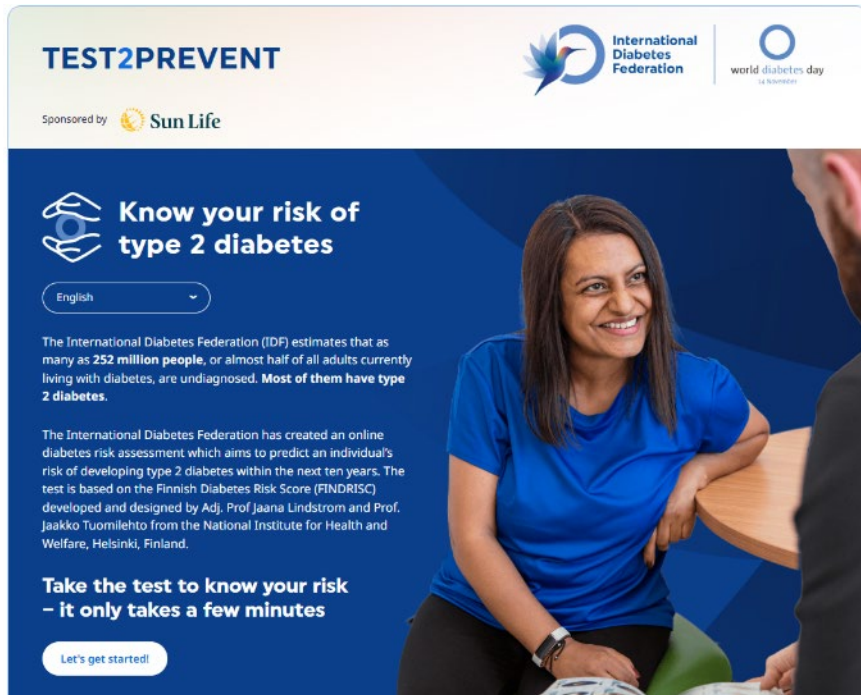
Diabetes support, not stigma

Campaign calls to action



Learn your risk of type 2 diabetes

Take our online risk assessment questionnaire to learn your risk in a few minutes!



The screenshot shows the 'TEST2PREVENT' interface. At the top, it is sponsored by Sun Life and features logos for the International Diabetes Federation and World Diabetes Day. The main heading is 'Know your risk of type 2 diabetes' with a language dropdown set to 'English'. Below this, text states: 'The International Diabetes Federation (IDF) estimates that as many as 252 million people, or almost half of all adults currently living with diabetes, are undiagnosed. Most of them have type 2 diabetes.' Another paragraph explains: 'The International Diabetes Federation has created an online diabetes risk assessment which aims to predict an individual's risk of developing type 2 diabetes within the next ten years. The test is based on the Finnish Diabetes Risk Score (FINDRISC) developed and designed by Adj. Prof Jaana Lindstrom and Prof. Jaakko Tuomilehto from the National Institute for Health and Welfare, Helsinki, Finland.' A call to action says 'Take the test to know your risk – it only takes a few minutes' with a 'Let's get started!' button. The background image shows a smiling woman in a blue shirt sitting at a table.

- Short online questionnaire that's easy & quick
- Available in 16 languages
- Learn your risk of developing type 2 diabetes in the next 10 years.

Sponsored by Sun Life.

Take and share the test with your network!

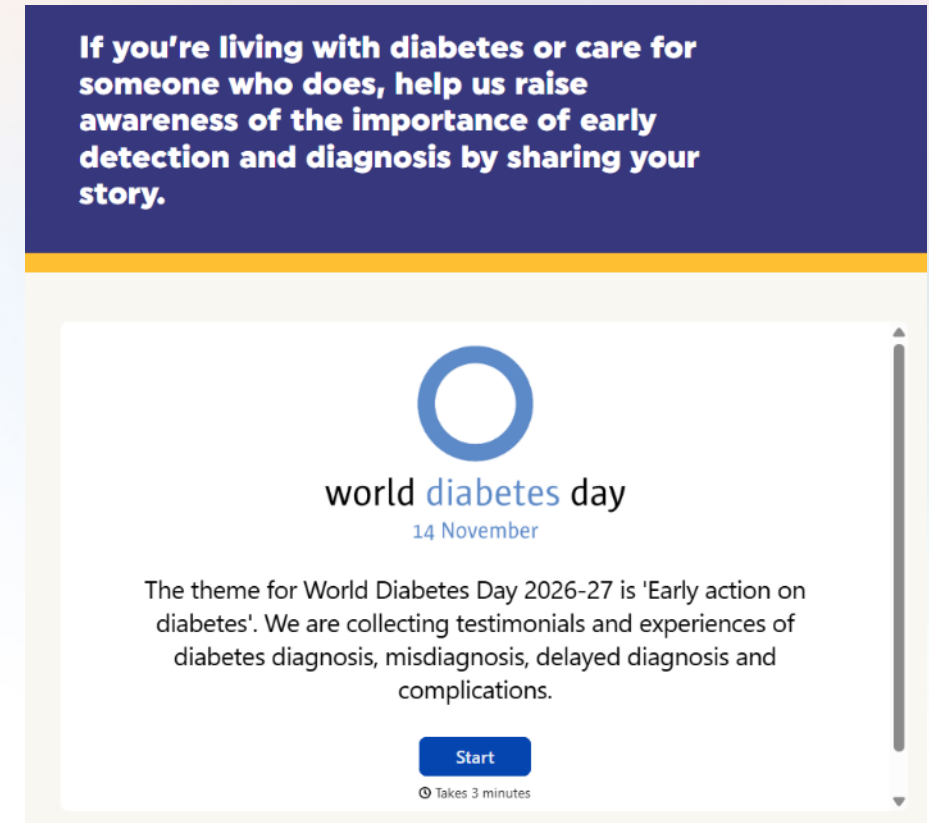


Share your diabetes diagnosis experience

Raise awareness of the challenges of diabetes diagnosis

- If you are living with diabetes or caring for someone with the condition, share your story with the community.
- Collecting diagnosis experiences for all types of diabetes, type 1, type 2, gestational, LADA and others.

Share your experience



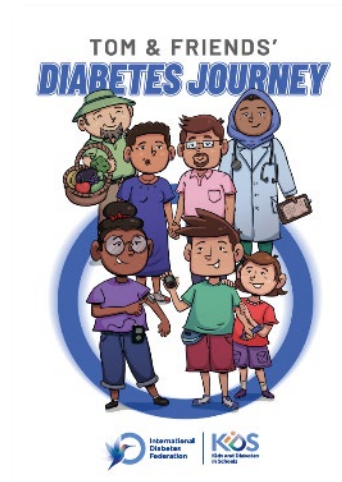
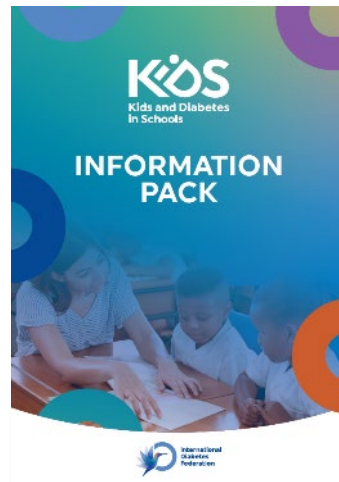
Learn more about diabetes



Education is the foundation of early action!

- World Diabetes Day **infographics**
- **Online courses** for people with diabetes & their carers
- Discover **educational resources** for parents, teachers and students on the KiDS website.

Access diabetes educational resources



Enhance your clinical diabetes knowledge

Take online courses to boost your knowledge

- Free & premium courses
- Offering CME credits
- Courses for diabetes specialists, primary care physicians, nurses, educators, pharmacists
- Support diabetes diagnosis, management and risk reduction

Visit the IDF School of Diabetes



Accredited
Premium courses

Course Title	CME Credits	Rating	Duration	Enroll
Primary Care Physicians and General Practitioners	8 European CME credits (ECMEC)	4.5 (2311)		LEARN MORE
Diabetes Educators	11 European CME credits (ECMEC)	4.4 (4664)		LEARN MORE
T2DM - Oral Agents Fact Checking	7 European CME credits (ECMEC)	4.6 (1068)		LEARN MORE

[VIEW ALL](#)

Accredited
Free courses

Course Title	Rating	Duration	Enroll
Management Strategies for Type 2 Diabetes	4.6	2 hours	ENROLL FOR FREE
Continuous Glucose Monitoring	4.5	60 mins	ENROLL FOR FREE
Type 2 Diabetes and Chronic Kidney Disease	4.5	60 mins	ENROLL FOR FREE
Prevention of Type 2 Diabetes	4.5	60 mins	ENROLL FOR FREE

Amplify the campaign on social media

Join the **#ActEarlyOnDiabetes** campaign on social media!

- Download and post visuals from the Resource Hub on your channels
- Reshare posts from **@InternationalDiabetesFederation** & **@WorldDiabetesDay**
- Use **#ActEarlyOnDiabetes** & **#WorldDiabetesDay**
- Find sample social media posts in our campaign toolkit



@worldddiabetesday



@intdiabetesfed



@IntDiabetesFed



**@International
Diabetes
Federation**

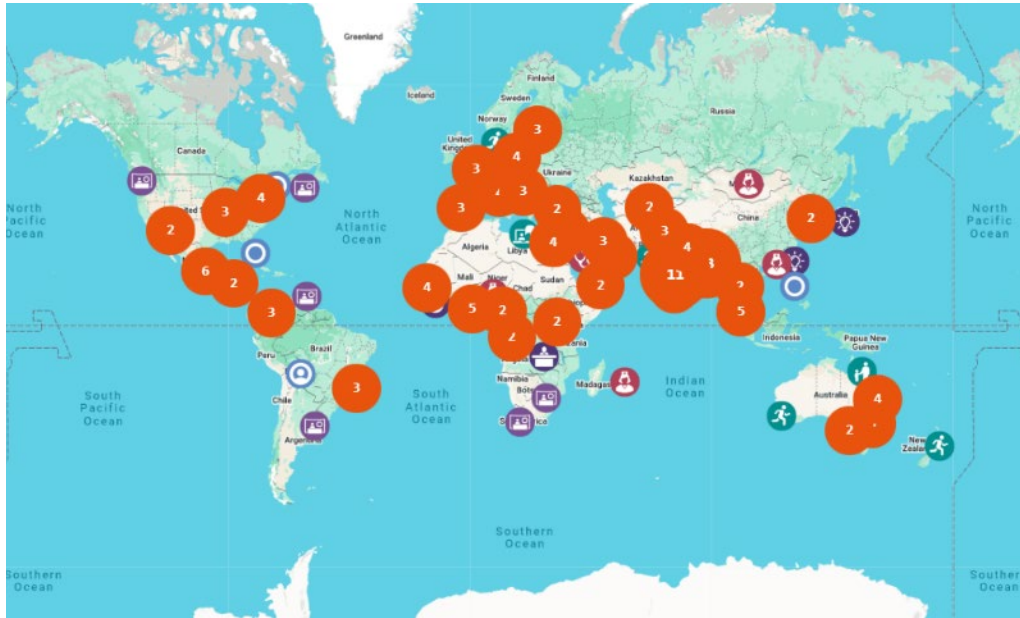


@idfworldddiabetesday



**@International
Diabetes
Federation**

Share your WDD activity!



Add your activity to the world activity map!

- Raise awareness of the activities that you are organising in your community
- Anyone can submit an event – an individual, an association a company!
- All activities: from diabetes screening to marches, fairs, fun runs, activities in schools and workplaces, media activities, webinars, film screenings and more!

Submit your activities





What type of activity are you planning for WDD?

Global campaign, local action





WORLD DIABETES DAY 2026: HOW TO GET INVOLVED

Welcome to our speaker



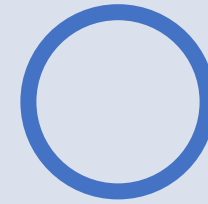
Lyndianna Rahming
President, Bahamas Diabetes Association



Why early action matters

1. 5th leading cause of death in The Bahamas.
2. Prevalence of Diabetes aged 18-69 years old 11.6%.
3. Prediabetes 6.8%, Medication Non-Compliance 55.3%.
Obesity 71.1%

Referenced: Bahamas Diabetes Statistic from 2019 Step Survey



**Test early.
Act early.**

Acting early costs less than treating complications and keeps people healthy, working and with their families longer.

DIABETES MONTH

NOVEMBER 2026

"Early action on Diabetes"

NOV 01 SUN	09:30 AM The Anglican Church of The Epiphany	BDA's 40 th Anniversay Church Service
NOV 07 SAT	06:30 AM Goodman's Bay	BAF Bahamas Dance for Diabetes
NOV 13 FRI	8:00 AM – 2:00 PM The Anglican Church of The Epiphany Centre	5th Annual Diabetes Symposium
NOV 14 SAT	12:00pm–5:00pm #17A, 6thTerrace Centerville	International World Diabetes Day BDA & KWD Family fun day& Open house Celebrating 40 years
NOV 15 SUN	07:00 PM The Anglican Church of The Epiphany Centre	BDA 40 th Anniversary Gospel Concert
NOV 21 SAT	06:00 AM Prospect Ridge	Insurance Commission's WALK-A-THON & Health Fair
NOV 28 SAT	7:00 AM Savannah's Sound Park	ELEUTHERA WALK-A-THON & Health Fair

Bahamas Diabetes Association's 40th Year!

THE BAHAMAS DIABETES ASSOCIATION

presents

THE 5th Annual Diabetes Symposium

'Early Action on Diabetes'

NOV 13, 2026 | 8 AM - 2 PM

SCAN TO REGISTER

Key Note Speaker

Dr. Otto Gibbs, Endocrinologist

DR. NORAD MORGAN

DR. MONIQUE MITCHELL

DR. SEAN KNOWLES

DR. TERLIKA CHISOLM

DR. DONTAE JACOBS

SYMPOSIUM TOPICS

- 'Diabetes, Sexuality & HIV/AIDS'
- 'Diabetes and the Feet – Protecting and Preserving Mobility'
- 'Mental Health Perspectives for Persons Living with Diabetes'
- 'Children Living with Diabetes'
- 'Lifestyle Wellness Strategies for Diabetes Prevention and Management'

f LIVE

LIKE US ON **facebook**

Epiphany Anglican Church Hall, Prince Charles Drive

For more information: 242-828-4194



Our World Diabetes Month plans

1 Free community fun day and health Expo

Brings awareness of Diabetes signs and symptoms and where to seek help. Offering free screening.

2 Know Your Risk campaign

Radio, ZNS and social media awareness, encourage people to get tested early.

3 School and youth outreach

Helps to sensitise children. that they can develop Diabetes. support peers with Diabetes and build healthier habits.

4 Free Symposium on this year theme

Health Professionals to speak on this year Theme. Specialize multidiscipline Doctors to speak on their specialty area.

5 Partner with private sectors - walkathon and health fairs

Collaborative efforts for a healthier Bahamas. Encouraging physical activity and raises awareness.

6 Family Island outreach

Takes screening and education beyond New Providence.

Partners: Ministry of Health and Wellness, PHA, local clinics, pharmacies, churches and sponsors



Why partnerships matter

No single organisation can tackle diabetes and hypertension alone.

We work with the Ministry of Health and Wellness, the Healthy Bahamas Coalition, healthcare professionals, businesses, schools and churches.



A venue

Space to host the event.



Funding

Support to cover costs.



Expertise

Professionals screen and educate.



Mobilising people

Community groups bring participants.

Beyond a single event: ongoing programmes for healthier lifestyles, early diagnosis and better disease management.



Tips to organise your own event

- 1 Start early**
Plan 6 to 8 weeks ahead, close to November 14.
- 2 Partner locally**
Churches, schools, clinics, pharmacies, service clubs.
- 3 Involve professionals**
Nurses, doctors, dietitians and pharmacists.
- 4 Choose an central location**
A church, community centre, mall or clinic.
- 5 Make it Culture driven**
Local food, music, speakers and Junkanoo energy.
- 6 Plan to follow-up**
Have referral details of people with high readings.
- 7 Promote widely**
WhatsApp, Facebook, Instagram, radio, church notices.
- 8 Go blue and keep records**
Wear blue, use #WorldDiabetesDay, track attendance and increase membership.



WORLD DIABETES DAY 2026: HOW TO GET INVOLVED

Welcome to our speaker



Chelsea Machill

Branch Manager, Diabetes South Africa



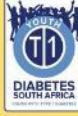
Our goals for World Diabetes Day 2026

- 1. Uplift children living with diabetes**
- 2. World Diabetes Day Lunch**
- 3. Screenings**
- 4. Denim for Diabetes**

Children's camp

- Our goal is to help children gain independence in managing their own diabetes
- We want children to connect and build relationships with each other as they navigate living with diabetes



**DIABETES SOUTH AFRICA**

**CANVAS OF CHAMPIONS KIDS CAMP**



**Fun & Creative Diabetes Camp for Boys & Girls 6-18 Years Old**

Date
23-25 OCTOBER

Admission
R300

Activities

- ✓ Diabetes talks
- ✓ Games
- ✓ Drawing & painting
- ✓ Beach walk
- ✓ Diabetes Care

Cape Times Fresh Air Camp
388 Main Road, Simon's Town, 7975
Registration Link and QR Code
<https://forms.office.com/r/vg2h0mC3UW>
For a manual registration form, please email us



More Information 021 447 7718 info@diabetessa.org.za

Screenings



- There are over 4 million people living with diabetes in South Africa, but only 50% of them have been diagnosed
- Since February, we have completed over 70 activations and screened over 8500 people



Other events



- 1 in 9 adults are living with diabetes in South Africa
- We want to encourage support for people living with diabetes and grow and uplift the diabetes community
- We want to teach young people about diabetes and how to care for their friends and family living with diabetes





WORLD DIABETES DAY 2026: HOW TO GET INVOLVED

Welcome to our speaker



Ousman Ceesay
Young Leader in Diabetes, Gambia

Why this theme matters in The Gambia

Early action should begin before a crisis.

- Recognise warning signs and seek testing and medical advice early.
- Support timely diagnosis, treatment and regular follow-up.
- Improve access to insulin, glucose monitoring, education and quality care—especially for people with Type 1 diabetes.
- Challenge stigma and myths; replace fear and blame with understanding and support.

EARLY ACTION MEANS

NOTICE Know the signs; reduce stigma.

TEST Encourage timely assessment.

TREAT Get the right care and support.

SUPPORT Stand with people living with diabetes.

Early action is not only an individual responsibility—it requires informed communities and stronger health systems.

Taking the message into the community

○ GDA, YGDA and partners · World Diabetes Day · 14 November 2026

01

AWARENESS WALK

A long-distance walk with banners and a police band to make diabetes visible in public spaces.

02

LEARNING & EARLY ACTION

Healthcare professionals and public representatives share messages on early detection, treatment and preventing complications.

03

YOUTH, STORIES & SUPPORT

Bring together people with diabetes, schools, students and Red Cross volunteers; feature drama, poetry, music and peer connection.

Our goal: turn “Early Action on Diabetes” into something people can see, hear and experience.

Planned programme; final arrangements and participation depend on coordination with partners.

Start small. Make it meaningful. Build together.

01

Start with one clear message

Keep the activity connected to early detection, timely care or support.

02

Partner with trusted people

Involve people living with diabetes, health workers, schools, youth groups and community leaders.

03

Choose an accessible activity

A school talk, walk, screening referral, drama, radio discussion or peer meeting can make a difference.

04

Plan the practical details

Set a date and venue, assign roles, seek permission, organise materials and consider safety and accessibility.

05

Use respectful, hopeful language

Avoid blame and myths. Share accurate information and centre the voices of people with diabetes.

06

Follow up and learn

Collect feedback, note who you reached, share key messages and build momentum after the event.

You do not need a big budget to make a difference—start with your community and one clear action.



WORLD DIABETES DAY 2026: HOW TO GET INVOLVED

Welcome to our speaker



Serena Akiki

Young Leader in Diabetes, Lebanon

Why “early action” matters to my community

Early action can change the diabetes journey.

In Lebanon, early action means:

- ✓ Recognising the signs and symptoms of diabetes early
- ✓ Improving diabetes awareness and reducing stigma
- ✓ Supporting people with diabetes from the beginning, not only when challenges arise
- ✓ Creating communities where people feel seen, understood and supported



What am I doing this WDD?

NOVEMBER 14



An awareness activity for parents at risk of prediabetes and type 2 diabetes, encouraging early awareness and prevention.

Focus: Recognising risk and taking action early.

NOVEMBER 15



The Other 364 Days
a celebration of everyday life with T1D,
bringing together people living with
diabetes, families, friends and
healthcare professionals.

Focus: Community, connection and awareness.

NOVEMBER 29



In collaboration with the Endocrine Society, we will run alongside people living with T1D and raise awareness about diabetes.

Focus: Visibility, physical activity and community solidarity.

Why “The Other 364 Days”?

This project is about:

Seeing → Understanding → Connecting → Acting

- A digital community asking to meet in real life
- A space for people with T1D, families, friends and healthcare professionals
- Stories, conversations, activities and education



A CELEBRATION OF EVERYDAY LIFE WITH T1D

Turning early action into action



Blood glucose checks for attendees without at the entrance



Raising awareness of diabetes and the importance of recognising its signs



Building a supportive community that lasts beyond World Diabetes Day

3 tips for organising a WDD activity

01. Make it personal

Choose an idea that reflects a real need or experience in your community.

02. Start small, but start

You don't need a huge budget or a big organisation. One conversation, one activity or one gathering can create impact.

03. Turn awareness into connection

Don't stop at sharing information. Create opportunities for people to meet, talk, ask questions and feel part of something.

My biggest advice:

Don't try to create the "perfect" WDD activity.
Create something meaningful to the people around you.

Campaign resources



Logo – usage guidelines

The World Diabetes Day logo is free for anyone to use in their diabetes awareness activities!

- Download the logo in your language from the Resource Hub.
- Write to us at wdd@idf.org to request the logo in your language.

The World Diabetes Day logo must not be used for commercial purposes.



world diabetes day

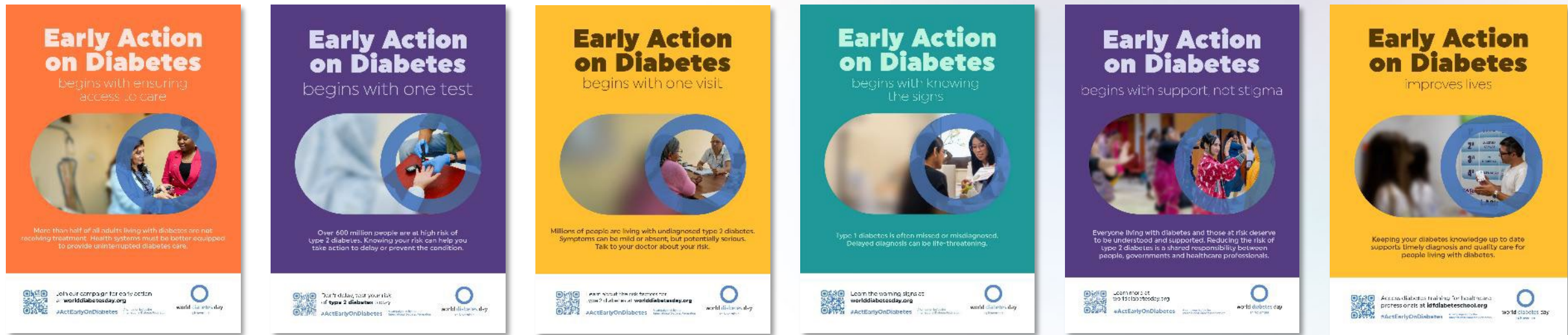
14 November



Use of the IDF logo is restricted to members and partners.

Campaign resources

Posters, social media visuals and infographics

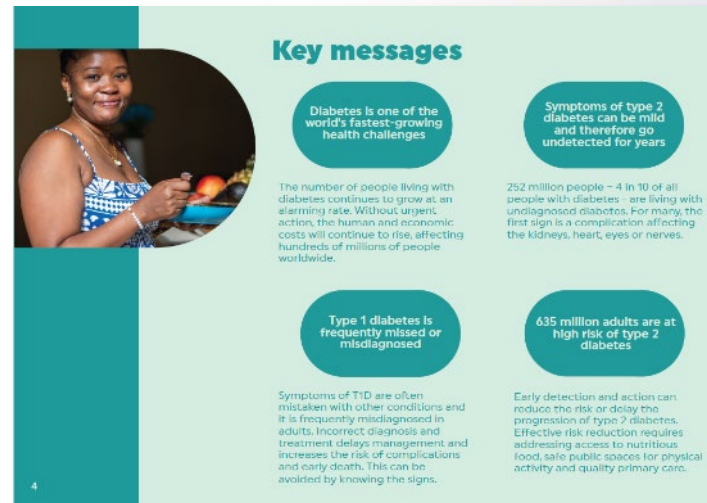
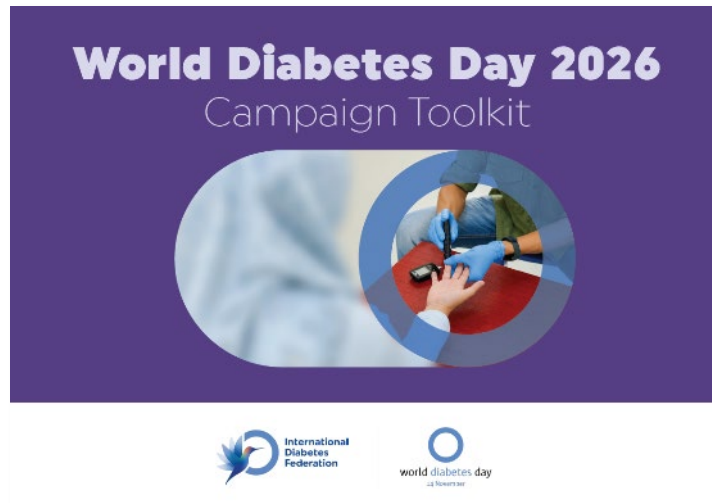


Visit the Resource Hub



Campaign toolkit

All the information you need to participate in the campaign!



Download the Toolkit



WDD asset translation and adaptation

- The WDD assets are available in **English, French and Spanish**.
- Please write to us at wdd@idf.org to request the source files to **translate or adapt** the materials for your campaign.
- Only **official World Diabetes Day partners and IDF members** can add their logo to the campaign materials.



Campaign video – coming soon

- Featuring stories from our network in Brazil, India and Kenya



Merchandise

- Pins and flags available to purchase on the website.



**View
merchandise:**



Thank you to our 2026 partners

AstraZeneca 



Lilly



sanofi

SERVIER 
moved by you

 **Sun Life**

Q&A



Closing remarks and thanks

- The **recording, slides and feedback questionnaire** will be sent to all registrants in a few days.
- Please respond to the feedback questionnaire to help us improve future IDF online events.

Stay in touch

- Write to us at wdd@idf.org
- Visit the website & sign up to the newsletter: **worlddiabetesday.org**

Thank you for joining us!

