Early action on diabetes saves lives

Online event

10 November | 15:00-16:30 CET



International Diabetes Federation

world diabetes day
14 November



EARLY ACTION ON DIABETES SAVES LIVES

Welcome from our moderator



Ana Alvarez Pagola

IDF Blue Circle Voice, Spain/Argentina
Director, #dedocº Diabetes Online Community
INPACT Coordinator, INNODIA



EARLY ACTION ON DIABETES SAVES LIVES

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.**



EARLY ACTION ON DIABETES SAVES LIVES

Welcome from the IDF President (video)



Prof Peter Schwarz

President, International Diabetes Federation



EARLY ACTION ON DIABETES SAVES LIVES

World Diabetes Day 2026 – Campaign video



IDF global research on type 2 diabetes risk perception



IDF global research on type 2 diabetes risk

Who did we survey and why?

- Our goal was to **understand which beliefs and barriers** influence people at risk of type 2 diabetes to get a **diabetes risk check**.

- We surveyed **2411 people** who have **at least 2 risk factors** for type 2 diabetes in:
  - Brazil
  - India
  - Kenya
  - Saudi Arabia
  - Spain
  - United States

Key findings

Overall, people believe that diabetes checks matter.

84%

say a check is worthwhile even when they feel healthy

61%

intend to get checked within six months

Key findings

However, too few people think the risk applies to them.



15%

think they are likely to develop type 2 diabetes.

Key findings

The research highlights gaps in knowledge, and the need to bring testing closer to people's lives.



67%

believe that people with prediabetes usually notice symptoms. Often, it has none.



43%

are not sure they know how to arrange a check.



16%

Have never had a blood glucose test.

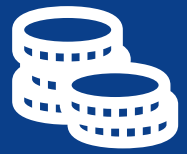
Key findings

The most common barriers to arranging a check include:



28%

Fear the result



26%

Cost



20%

Difficulty getting an appointment



17%

Lack of time

Learn more in our global press release

Fear, cost and a failure to recognise personal risk: key barriers to closing the diagnosis gap for 252 million people living with undiagnosed diabetes

New research by the International Diabetes Federation shows that people at increased risk of developing type 2 diabetes underestimate their risk and face barriers to getting checked. The cost of diagnosing people late is a key contributor to the $1 trillion spent by governments every year on diabetes, which represents 12% of all health costs.

10 November 2026, Brussels, Belgium: A new study by the International Diabetes Federation (IDF) suggests that efforts to close the diabetes diagnosis gaps are failing. More than a quarter of a billion (252 million) adults worldwide are living with diabetes without knowing it. Most have type 2 diabetes. Yet a survey of adults at increased risk of the condition in six countries (Brazil, India, Kenya, Saudi Arabia, Spain and the United States) shows that many underestimate their own risk of type 2 diabetes and are unsure how to access testing services.



EARLY ACTION ON DIABETES SAVES LIVES

WHO Diabetes Compact - World Diabetes Day 2026



Sanjana Marpadga

Technical Officer, WHO Global Diabetes Compact
Department of Noncommunicable Diseases and Mental Health,
World Health Organization Headquarters

World Health Organization

WHO Global Diabetes Compact

WHO Global Diabetes Compact
World Diabetes Day 2026

Early action on diabetes

Sanjana Marpadga
Technical Officer, WHO Global Diabetes Compact
World Health Organization Headquarters



WHO Global Diabetes Compact

World Health Organization

WHO Global Diabetes Compact



April 2021:

- Launched at the Global Diabetes Summit
- Coincided with 100th anniversary of the discovery of insulin
- Co-hosted by the Government of Canada
- Attendance by Heads of State, Ministers of Health and non-State actors

Global Diabetes Compact vision:

Reduce the risk of diabetes *and ensure that all people who are diagnosed with diabetes have access to equitable, comprehensive, affordable and quality treatment and care.*



WHO Global Diabetes Compact

World Health Organization

Global diabetes coverage targets 2030



80% of people with diabetes are diagnosed



80% of people with diagnosed diabetes have good control of glycaemia



80% of people with diagnosed diabetes have good control of blood pressure



60% of people with diabetes of 40 years or older receive statins



100% of people with type 1 diabetes have access to affordable insulin and blood glucose self-monitoring.

WHO Global Diabetes Compact

World Health Organization

Three key areas of work

1. Technical products:

Developing evidence-based tools/resources supports improved diabetes prevention and care

2. Regional and country support:

Context-specific implementation is essential

3. Multistakeholder action:

"All hands on deck" is critical to achieve the vision of the WHO Global Diabetes Compact

WHO Global Diabetes Compact

World Health Organization



WHO Global Diabetes Compact engagement



WHO Global Diabetes Compact

World Health Organization

World Diabetes Day 2026: Early action on diabetes

Highlighting the importance of **earlier diagnosis**, **access to comprehensive care** and **reducing diabetes stigma**.

Key messages

1. Knowing the symptoms

2. Recognizing type 1 diabetes

3. Advancing equitable access

4. Creating healthier environments

5. Prioritizing quality care

6. Supporting, not stigmatizing

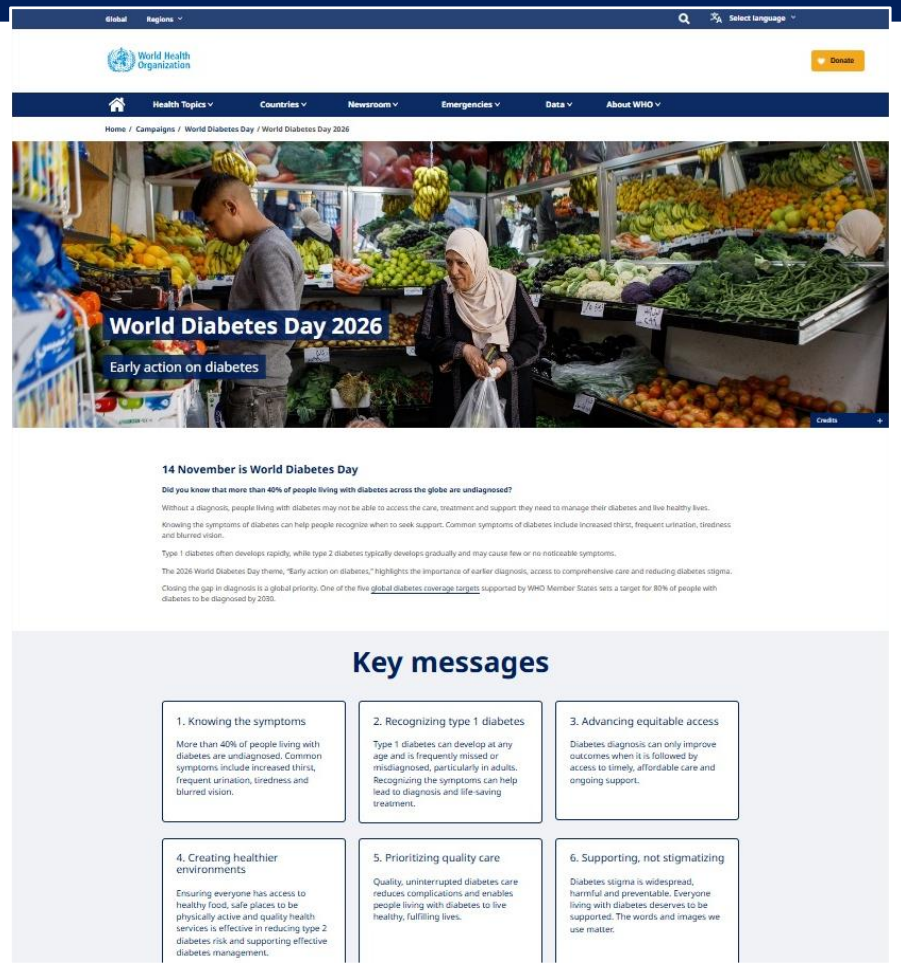
WHO Global Diabetes Compact

World Health Organization

Full key messages and calls to action:
https://www.who.int/campaigns/world-diabetes-day/2026



World Diabetes Day 2026 campaign page



- Full key messages
- Calls to action
- Resources (available throughout November)

https://www.who.int/campaigns/world-diabetes-day/2026

WHO Global Diabetes Compact

World Health Organization



View and use our downloadable assets

Advocacy toolkit

- Key messages and calls to action
- All downloadable assets and resources



Social media graphics

- 2024-2026 available for download





Symptoms posters

- Available in all English, Arabic, Chinese, French, Russian, Spanish



WHO Global Diabetes Compact

World Health Organization

*Download links available in our advocacy toolkit on our campaign page

Stay tuned for new resources this week!

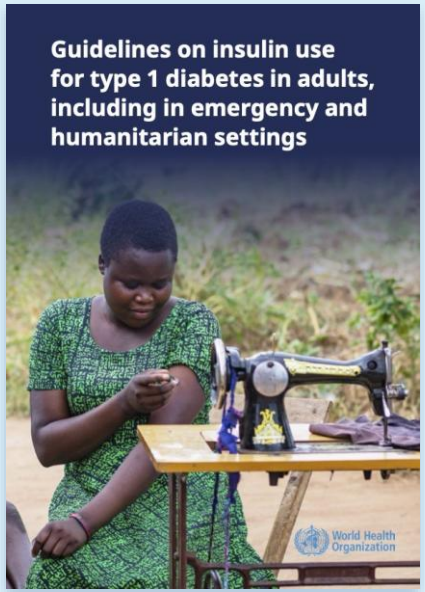
New social media tiles

across WHO platforms, informed by WHO's annual lived experience engagement event



WHO's first-ever guidelines

on insulin use for type 1 diabetes in adults, including in emergency and humanitarian settings



WHO Global Diabetes Compact

World Health Organization

Commemorating World Diabetes Day at WHO

Narrative photo exhibit



Hosted at HQ and now viewable online!
'Beyond the numbers: Living with type 2 diabetes in Jordan'

HQ diabetes awareness booth



HbA1c testing + interactive, educational activities
10 and 11 November 2026

Regional and country office activities



Health promotion activities, webinars hosted by regional and country offices

WHO Global Diabetes Compact

World Health Organization

Thank you

(contact: gdc2030@who.int)

Visit the WHO World Diabetes Day campaign page

Subscribe to the WHO GDC newsletter

Visit the WHO GDC webpage

WHO Global Diabetes Compact

World Health Organization



EARLY ACTION ON DIABETES SAVES LIVES

A mother’s perspective: Early Action on type 1 diabetes



Savita Chavan,

IDF Blue Circle Voice, India

A story that begins with a small child

At two years old, a child cannot always explain what feels wrong !!!

- A change in drinking, wet nappies, appetite, energy or weight may be the first clue.
- Parents know their child's usual behavior—but may not know these changes can signal type 1 diabetes.

The purpose of this presentation is to turn uncertainty into recognition, questions and timely action.



Why early action matters



Protect against DKA

Earlier recognition can reduce the chance that a child's first diagnosis is a life-threatening emergency.

Start the right care

Prompt diagnosis allows timely insulin, hydration, monitoring and specialist support.

Prepare the family

Education helps parents recognise patterns, respond confidently and know when to seek help.

Type 1 diabetes can develop at any age – including infancy and toddlerhood.

Type 1 diabetes can progress quickly in young children. Do not wait for every classic symptom to appear.

DKA = diabetic ketoacidosis, a medical emergency caused by severe insulin deficiency.

A simple message to teach every family

TOILET

Passing urine more often / heavier nappies

THIRSTY

Drinking much more than usual

TIRED

Unusually tired or lacking energy

THINNER

Losing weight or not growing as expected

If you notice one or more of these signs—especially together—seek medical advice urgently and ask for a blood glucose check.

Other changes

Blurred vision, recurrent urine infections or sudden behavior change

When symptoms become an Emergency

Possible signs of diabetic ketoacidosis (DKA):

- Vomiting or abdominal pain
- Deep, rapid or difficult breathing
- Fruity-smelling breath
- Marked dehydration, drowsiness or confusion
- Collapse or reduced consciousness
- Excessive Diaper leak

Emergency action

Seek emergency medical care immediately. DKA can be life-threatening.

Do not try to manage suspected DKA at home.

Why diagnosis can be difficult at age two

- Toddlers cannot reliably describe thirst, blurred vision, nausea or feeling unwell.
- Frequent urination may be mistaken for normal toddler behavior or a change in toilet habits.
- Tiredness, irritability, vomiting and weight changes can resemble common childhood illnesses.
- Symptoms may develop over days or weeks and then worsen rapidly.
- Parents may not know that type 1 diabetes can occur in very young children.



18th Jun 2012



2nd July 2012



15th July 2012

Admitted in ICU with DKA on 6th Aug. 2012

Barriers between the first concern and diagnosis

Symptom overlap

Symptoms may be attributed to infection, stomach illness, teething or routine changes.

Missed opportunity

Glucose may not be checked promptly when symptoms are reported.

Low awareness

Parents, childcare staff and first-contact clinicians may not recognize the pattern.

Access and referral

Travel, cost, appointment delays or fragmented care can slow specialist review.

Communication gaps

Families may leave without a clear safety-net plan or instructions on when to return.

What happens to parents?

- Shock, fear, guilt, grief and the question: **“How did we not know?”**
- Exhaustion from round-the-clock glucose checks, insulin, food planning and night-time vigilance.
- Pressure on work, finances, childcare arrangements and time with other family members.
- Parents may experience anxiety about hypoglycemia, illness, school and the child’s future.
- The child or the parents may feel socially isolated. Friends, extended family, and neighbours often do not understand the extreme precision required for daily management.
- The immense stress can disrupt traditional family roles, limit time spent with partners, and create friction with siblings who may feel neglected, further narrowing the parent's immediate support circle.

What families need

Empathy, Compassion, clear explanations, practical training, psychological support and a diabetes care team they can reach.

Support the whole family—not only the blood glucose number.

How education makes early action possible

Parents and caregivers

Recognise the signs, keep track of changes and know when to seek urgent help.

Healthcare professionals

Ask about symptoms, check glucose promptly and explain the next steps clearly.

Childcare and schools

Know the warning signs, respond to concerns and communicate with parents.

Education should be repeated, practical, culturally accessible and available in local languages—not limited to a leaflet at diagnosis.

KiDS
Kids and Diabetes in Schools

Find educational resources for parents, teachers and children on the KiDS website: kids.idf.org









Awareness is not fear. It is the power to act.

Early action = Educate

A mother’s message to other parents



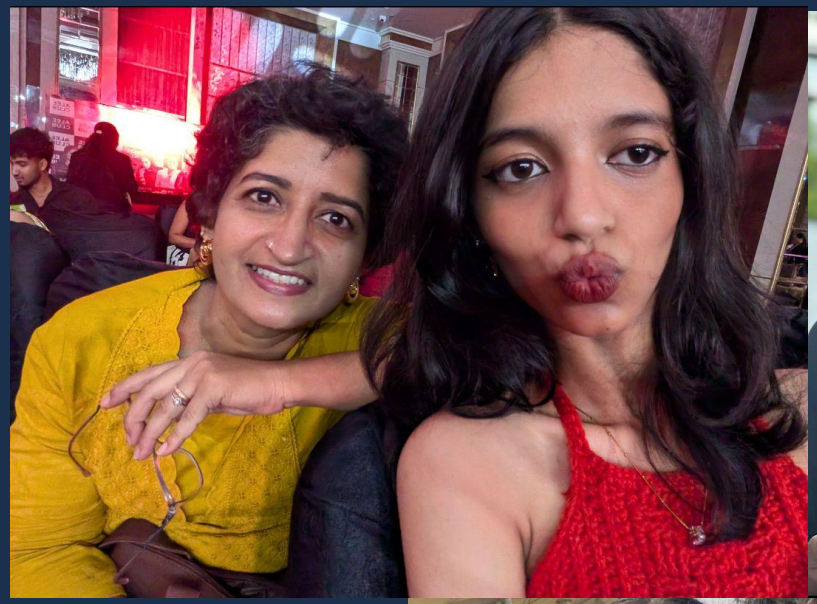
“You know your child. If something feels different, keep asking questions.

Do not dismiss unusual thirst, frequent urination, weight loss or tiredness as just a phase.

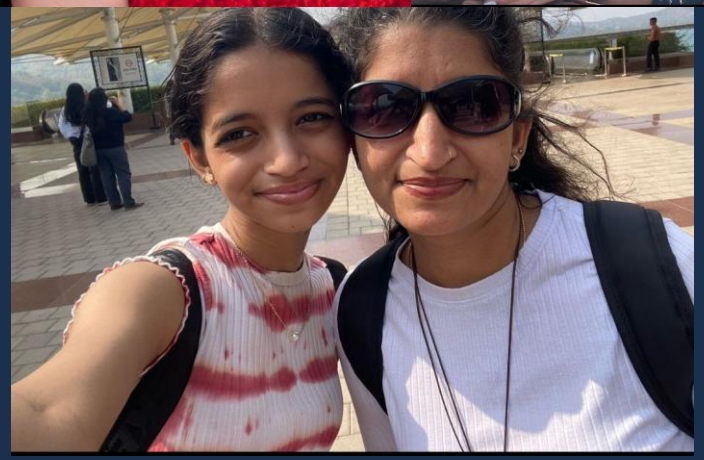
Ask for a blood glucose check.

Early action can change the way the story begins.”

Diabetes is not a choice, but living well with it is !!







Thank you

Discussion panel Q&A





EARLY ACTION ON DIABETES SAVES LIVES

Meet our panellists



Prof Lysandro Borges
IDF Blue Circle Voice
Associate Professor, Federal University of Sergipe (UFS),
Brazil



Savita Chavan
IDF Blue Circle Voice
India



Heather Koga
IDF Blue Circle Voice
Regional Advocacy Consultant- Sub Saharan Africa, T1International
Zimbabwe

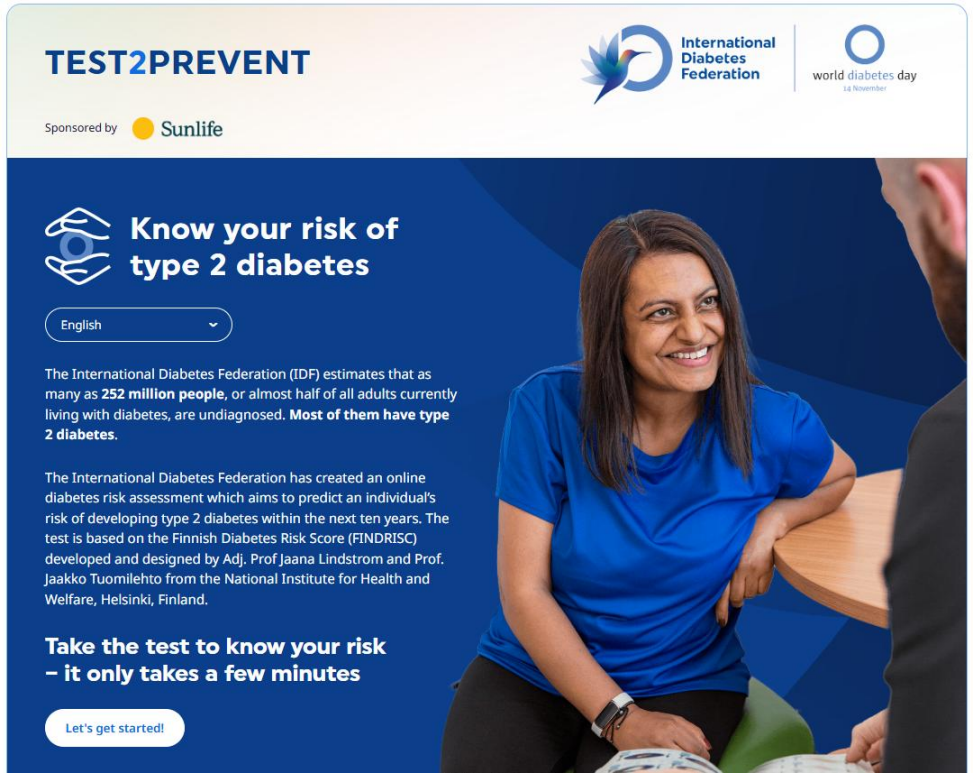
World Diabetes Day calls to action



Early action on diabetes saves lives – World Diabetes Day 2026

Learn your risk of type 2 diabetes

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

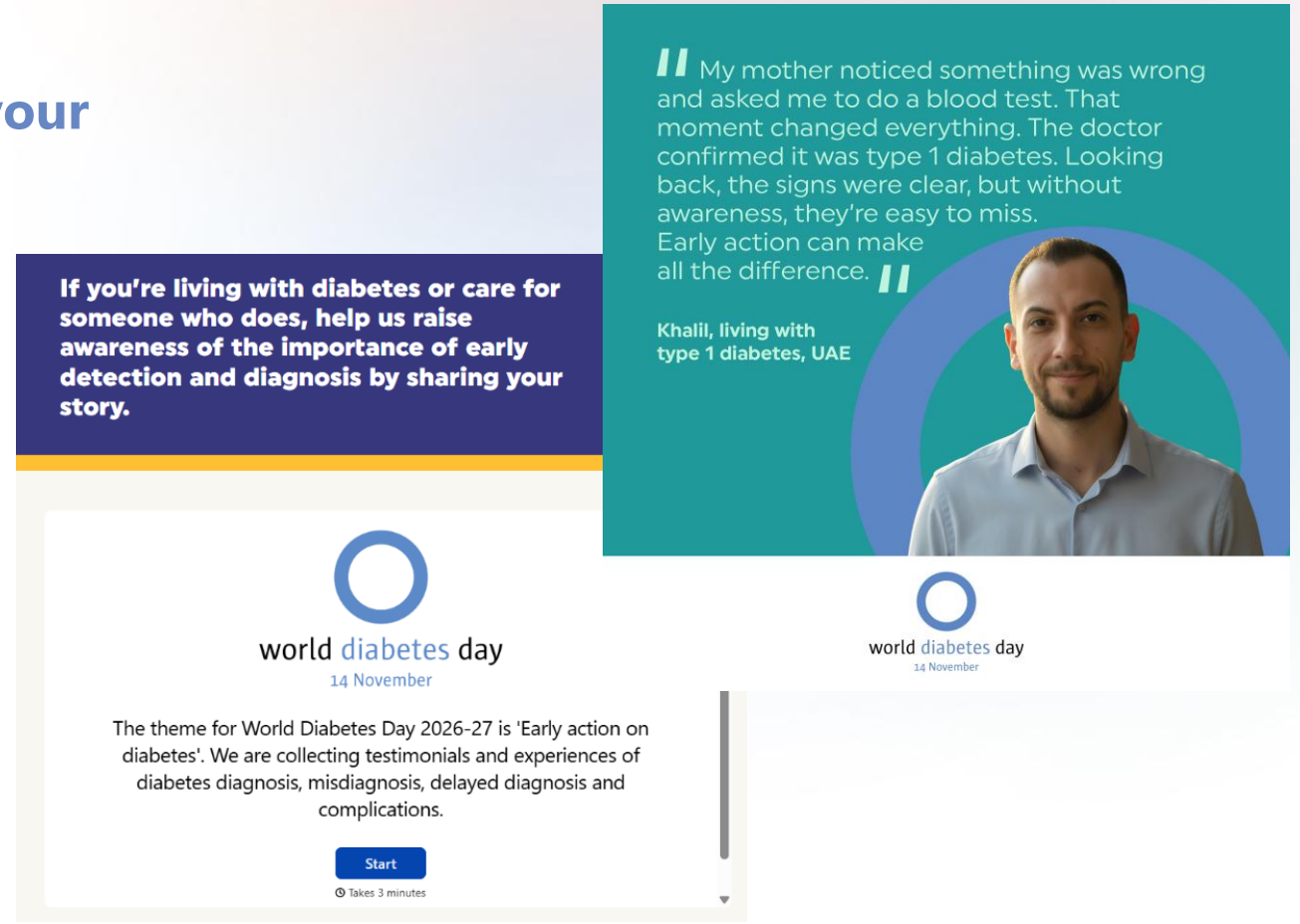


Take and share the test with your network!

Available in 16 languages

Share your diabetes diagnosis experience

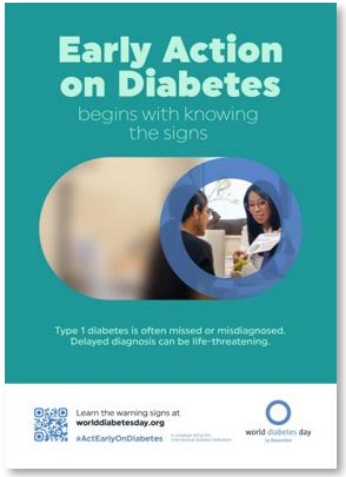
Help us raise awareness by sharing your story!

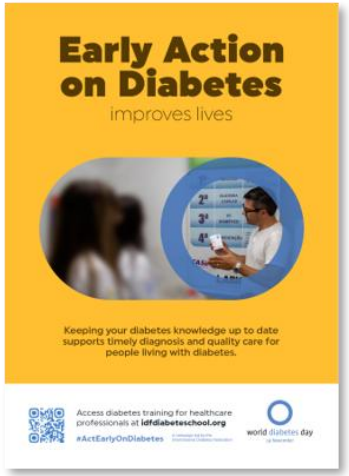


Download and share our resources

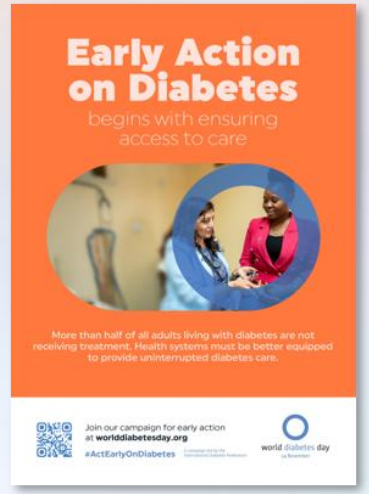




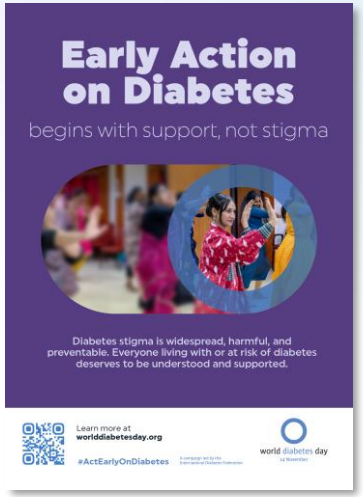


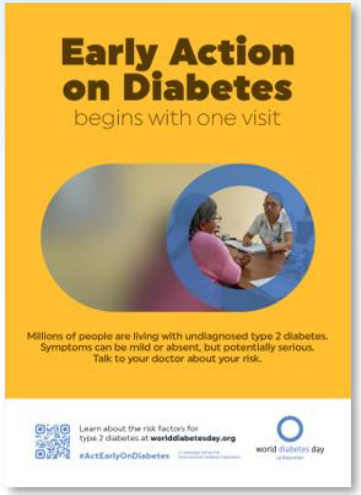


Visit the Resource Hub

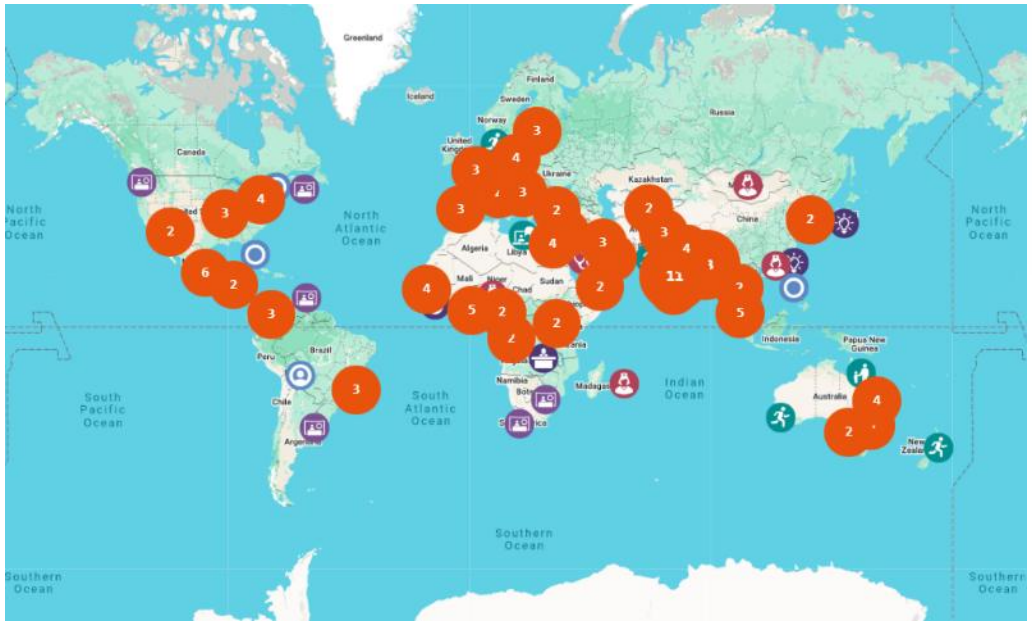








Share your WDD activity!



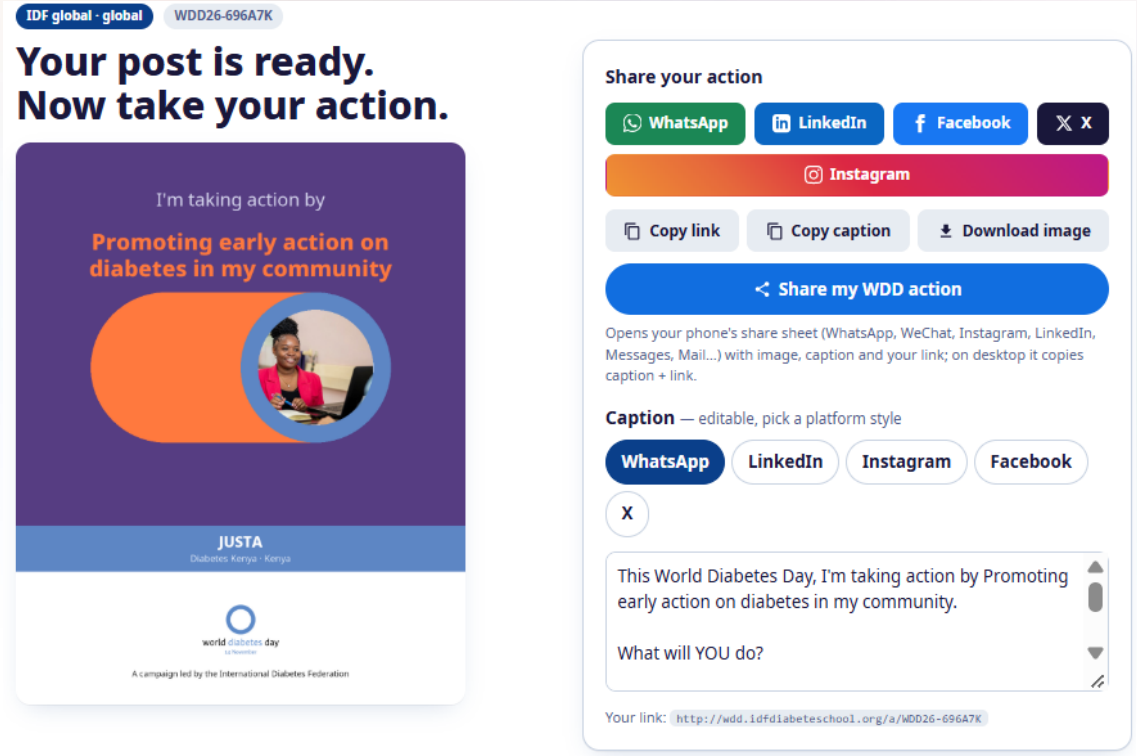
Add your activity to the world activity map!

Anyone can submit an event!

Amplify the campaign on social media

Join the #ActEarlyOnDiabetes campaign on social media!

Customise our campaign visual and share it on your channels.



Thank you to our 2026 partners















Closing remarks

- 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.

Get in touch

worlddiabetesday.org | wdd@idf.org

Thank you for joining us!

