

World Diabetes Day

Each year, on World Diabetes Day 14th November.2018 features a number of diabetes awareness campaigns, both in the physical world and online. And while it's always possible to get involved in some way at the last minute, if you'd like to take on any sort of organizing role or plan ahead for an event, it's crunch time!

World Diabetes Day was created in 1991 by the [International Diabetes Federation \(IDF\)](#) and the [World Health Organization \(WHO\)](#) to raise awareness in response to rising diabetes rates worldwide, and it was made an official United Nations holiday in 2006. It's recognized on November 14 because that's the birthday of Sir Frederick Banting, who discovered insulin along with Charles Best in 1922.

For World Diabetes Day in both 2018 and 2019, the theme is [The Family and Diabetes](#), to highlight how diabetes affects not just an individual, but spouses and children.

Diabetes and the Family

In the family



Diabetes may run in the family.

The World Health Organisation now advises that the relations of people with type 2 diabetes should take precautions. The dietary and exercise advice really apply to every person (whether related to people with diabetes or not), but regular sugar checks are not usually necessary for relations of type 1 diabetics. Some of the genes that are passed on from parents to children have been found.

A recent study found that losing weight, and having a healthy diet with regular exercise, can reduce the risk of type 2 diabetes by more than 50%.

A healthy lifestyle can delay and even prevent diabetes, even if it is your family and you have inherited the 'diabetic' genes.

- Regular exercise such as swimming, cycling, or walking helps to delay or prevent diabetes: 30 minutes a day is the recommended minimum, but 90 minutes a day is needed to lose weight. Exercise is proven to prevent diabetes. Gaining weight increases the risk of diabetes 2-3 times at least.
- A healthy diet helps to delay or prevent diabetes (see below).
- Smoking is harmful; it damages the arteries and can double the problems that diabetes can itself cause.
- Smoking doubles the risk of developing type 2 diabetes. Even passive smoking increase the risk.
- For the relations of type 2 diabetics, the World Health Organisation recommends a fasting blood sugar test every 3 years.
- Sunlight also prevents diabetes, mainly type 2, but also to a lesser degree type 1. Thus Bangladeshi immigrants to the UK are thought to be very prone to type 2 diabetes partly because they get too little vitamin D or sunlight exposure (lack or exercise and unhealthy diets are other risk factors).
- Stress increases the risk of diabetes.
- Keep your blood pressure down.
- Television viewing increases obesity, so children should not watch too much. Being overweight doubles the risk of death.
- avoiding risk factors and sticking to a healthy lifestyle reduces problems to 20%. A high risk lifestyle is 5 times more like to cause medical problems. a driving job increases the risk of diabetes
- New antipsychotic drugs increase the risk of diabetes, as does osteoarthritis.
- Cycling keeps you fit.
- Linked to urban poverty and communities etc .
- High blood pressure (in people who are not diabetic) increases the risk of diabetes.
- metformin for those at highest risk nearly halves the risk of developing diabetes.

If you have high blood pressure, the author suggests your relations should also have their blood pressures checked. The World Health Organisation previously recommended a fasting blood sugar every 3 years for all those at risk, and addressing risk factors as below.

Risk factors include:

- being **overweight**.
- first degree blood **relative** with adult onset diabetes
- certain **ethnic groups** such as African-Americans, Hispanics, certain Native American groups, and Asians
- delivery of a baby weighing more than **9 lbs** or a history of diabetes during pregnancy ("gestational diabetes")
- **smokers**
- over **45y**
- less than 2 hours exercise a day
- are you pre-diabetic?



A healthy diet

1. **vegetables/fruit:** 7-9 x 100gm portions a day. This is not as hard as it sounds (e.g. a salad with lunch & supper, and an apple/orange/banana is 9).
2. As little animal fat or fat from dairy food as possible. This includes red meat. Vegetarian have lower blood pressures and healthier lipid levels, and live longer, see. Green leaf vegetables prevent cancer. **Transfats are harmful**. There are recent reports that saturated fats are not that harmful to the heart, but there is no dispute that the amount of fat is harmful; transfats are harmful; and red meats increase the risk of bowel cancer.
3. much of the energy you need should be in the form of **potatoes, rice, pasta, brown bread**, rather than refined foods such as those with sugar
4. **salt:** generally use should be limited: 70% of our salt comes from processed food. (Such as crisps and convenience foods.)
5. Avoid becoming overweight: exercise regularly and eat less. Being **overweight** is now believed to cause pancreas damage. Pancreas, the gland behind your stomach, normally makes insulin, is damaged when fat accumulates.
6. Also, when you are overweight the insulin that is made is not effective; you need a lot more insulin for the same effect. This is because the body's fat cells become '**resistant**' to insulin if they have a lot of fat in them.
7. Processed **meat** increases the risk of diabetes by 91%, & red meat also by 41%. Cinnamon may decrease risk.
8. Fibre prevents heart disease.
9. **Fish** twice a week is very helpful, protecting the circulation.

10. Higher sugar...more heart and stroke problems.