

Diabetes Discourse

Volume 6, Issue 1

November, 2015

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

- Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff.

To contact us with comments, questions or articles, phone 868)

667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org;

<http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: *This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.*

Thank You



7th Annual Diabetes in the Limelight Jamboree – A phenomenal success!

A reflection of our commitment and enthusiasm exhibited on a continuous basis. The Board of Directors of the Bovell Cancer Diabetes Foundation would like to personally thank all those who participated in the Jamboree, whether by volunteering your time, contributing your talent, donating your money or by simply attending. It would not have been a success without your involvement. We look forward to working with you again in 2016. Everything was amazingly high that day - the numbers, the enthusiasm, the screening activities and the Minister's words of encouragement. Thanks to all our volunteers and supporters for making Jamboree 2015 such a great event!

INSIDE THIS ISSUE

- 1 Thank You – Jamboree 2015
- 2 Jamboree Picture Gallery
- 4 Thank You to Our Supporters
- 5 Thank You to Our Volunteers
- 5 Diabetes News from around the World
- 7 News Briefs
- 8 BCDF 2016 Rainbow Calendar of Events
- 9 Breakfast & Diabetes Awareness Morning
- 10 Thanks to the Companies

JAMBOREE PICTURE GALLERY



Registration Booth



Weight Booth



Rest & Relaxation Booth



School Children's Arrival

JAMBOREE PICTURE GALLERY



School Children's Arrival



A Sample Screening Line



Weight Clinic - Measuring Height

JAMBOREE PICTURE GALLERY



Evaluation Booth & Challenge Trophies



Blood Sugar Testing



Cholesterol Testing



Cross-section School Children's Booth

JAMBOREE PICTURE GALLERY



Story Time



Nutrition Booth (TRHA)



Stroke Prevention Booth



Night Nurse Elderly Activity Centre (Roxborough)



Our human circle spanned the parking lot, it was an awesome instructive session; exceeded our expectations



Hon. Minister Ayana Webster-Roy interacting with some school children at the Jamboree



Hon. Minister Ayana Webster-Roy, 2015 Jamboree Speaker delivers her address

Thank You! to our supporters

The Board of Directors of the Bovell Cancer Diabetes Foundation would like to thank the companies, organisations schools, and individuals who supported the Jamboree whether financially, morally or in-kind. The event could not have been a success without your support.

Supporters

Our school children and adults were so proud to be wearing Pablo's t-shirts. Thank you Pablo!!!



Pablo's Supermarket, Argyle, Tobago for the jerseys for our school children (a community supermarket)

- | | |
|--|---|
| ✚ Lesville Guest House | ✚ Education, Youth Affairs & Sport, |
| ✚ More For Less Store | Tobago House of Assembly |
| ✚ R & R Auto Repairs Inc. | ✚ Nestlé Trinidad, Inc. |
| ✚ Moses Tent Rental | Roxborough Health Centre (Nurse Davis and Team) |
| ✚ Andy Expert Tailoring | ✚ Tobago Regional Health Authority (Dietitian and Team) |
| ✚ Tobago News | ✚ Express Optical |
| ✚ Tobago Channel 5 | ✚ Great Day Inc. |
| ✚ PCS Nitrogen | |
| ✚ Night Nurse Elderly Centre, Roxborough | |

Schools

Thanks to all the school children, teachers and Principals who helped to make this a success. BCDF is about to **ADOPT** a school! Teachers, please look out for the criteria as we put them in place!!!

THANK YOU Volunteers!

Individuals

Our tireless volunteers who come year after year - Dr. Eastlyn McKenzie, Helen Bernard, Esla Davidson, Keturah Marcelle-Fraser, Mary Boucher-Hercules, Simona Jackson, Lisa Horsford, Simone Murray, Leah Newsam, Carla Newsam-Blake, Carlene Newsam, Alim Abdul-Hakim, Lois Alleyne, Karen Nesbitt, Kathleen Meharry, Merle John, Nurse Davis' and her team (Roxborough Health Centre), Judith Trim, Brian Nurse, Marc Anthoni Bovell-Hector, Lestel Moore, Orville Moore, Tulani Murphy, DeBorah Rowser, Lori Brown, Ashauntay Houston, Anneka Johnson Gaffney, Darius Stanley, Joan Phillips-Pierre (financial contribution too), Janice Corey, Ann-Marie Andrews, Kathleen Owens, Stephanie Green, Andy Chapman, Dianne Chapman, Lewis Friedrich, Roger Cipriani, Mrs. Melville, Yvette Wilson, Joycelyn Parks, Petronella (Ann) Allick, Sandra Bonas and the others from Night Nurse Elderly Activity Centre, Jennifer Antoine, Tessa Bruno, Justine Young, Jared B. Goldberg, Michael Ingram, Charles Gardner, Sam Atere Roberts, Paul Kelley, Kathy Moyer, Heather Dickenson, Eunice Bonsi, Ramble Ankumah, Kokoasse Kpomblekou-A, Byungjin Min, Lekan Ayanwale, Souleymane Fall, Joseph Quansah, Ntam Baharanyi, McEhenely, Peter Kanyi, Peter Gichuhi, all the medical doctors, our Jamboree Speaker (Hon. Minister Ayana Webster-Roy).



Cross-section of our screening lines

DIABETES NEWS FROM AROUND THE WORLD

Schools take the lead in the fight against diabetes...

Globally, roughly 79,000 children are diagnosed with diabetes annually. Schools play an important role in protecting the rights of children and teenagers with diabetes. However, the lack of knowledge within schools about diabetes can lead to isolation, stigma and discrimination. The International Diabetes Federation (IDF) and the International Society for Pediatric and Adolescent Diabetes (ISPAD) and Sanofi Diabetes launched the Kids with Diabetes (KiDS) project. The project addresses the lack of diabetes knowledge in schools, fosters a supportive school environment for children with diabetes and introduces all children to the importance of engaging a healthy lifestyle. *Taken from Chaney et al. (2014) Diabetes Voice 59(4).*

United Kingdom levy on sugar-sweetened (SSBs) beverages should inspire governments across EUROPE and globally

Roughly 60 million Europeans are living with diabetes today, including more than 90% with type 2 diabetes, and trends are on the rise; it is estimated that by 2040, they will be 71 million, or 11% of the adult population. The region also has the highest number of children with type 1 diabetes in the world, 140 000, with over 20 000 new cases diagnosed annually. On top of the human suffering caused by diabetes, the economic cost of the disease in the European region is estimated at 145 billion Euros annually. *Submitted by dpilleri on Thu, 03/24/2016 - 12:17*

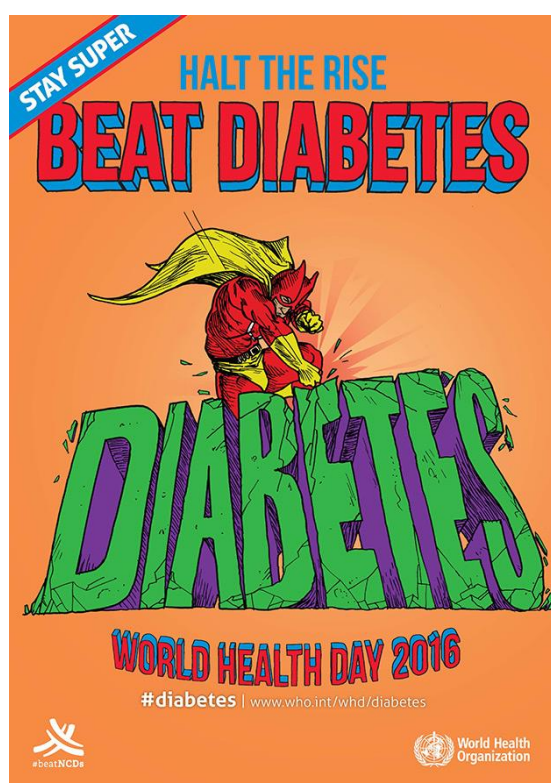
Diabetes and kidney disease

People with diabetes have an increased risk of developing many serious health problems due to consistently high blood glucose levels. Chronic kidney disease (nephropathy) is among the most frequent long-term complications of diabetes and its advanced

stage is one of the most feared causes of reduced quality of life for people with diabetes, as it entails dialysis (blood-filtering treatment) for life, or a kidney transplant. Roughly 10 to 20% of people with diabetes die of kidney failure.

WORLD HEALTH DAY 2016: BEAT DIABETES


World Health Day (WHD) is celebrated every year on 7th April. The World Health Organization (WHO) has chosen **diabetes** as its theme for WHD in 2016 – for the first time ever. Submitted by Lorenzo.Piemonte on 03/09/2016



United Nation (UN) wants greater action to stem diabetes in Caribbean



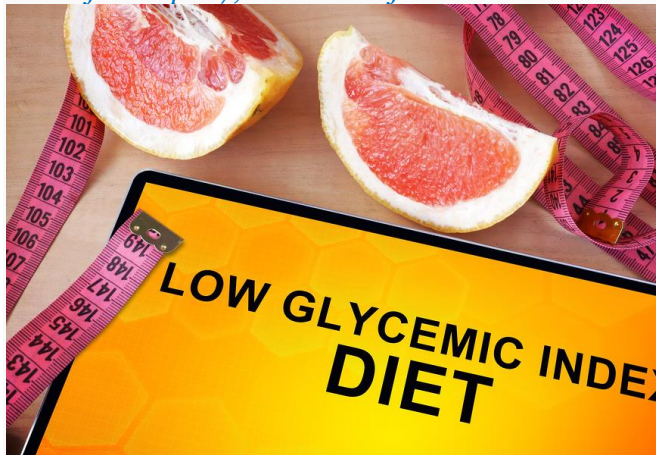
Ban Ki-Moon - let us all step up to the impact of diabetes

UN Secretary-General Ban Ki-moon says *the people of the Caribbean must take steps towards a healthy lifestyle while governments create conditions to stem the global epidemic of diabetes.* In his message to mark World Diabetes Day (WDD) 2015, Ban Ki-Moon reiterated the warning from the World Health Organization (WHO) that diabetes will be the 7th leading cause of death by 2030. *"Let us all step up to limit the impact of diabetes,"* he said. The UN said close to 350 million people in the world have diabetes. "There is much all of us can do to minimise our risk of getting the disease and, even if we do get it, to live long and healthy lives with it," said the UN chief, suggesting, for example, that *"anyone who can stand instead of sit, walks a little bit more each day, and is generally more active should do so."* WHO marked WDD 2015 by announcing that the organisation's annual World Health Day, which recognises its birthday on 7th April will focus on the issue of diabetes. "World Health Day will provide an important platform for promoting efforts to prevent diabetes and ensure optimal management of the condition for people living with one of the various forms of disease," the health agency said. Ban Ki-Moon said the world recently took a major step in adopting the 2030 Agenda for Sustainable Development, and incorporating a target to reduce by 33% the deaths attributed to non-communicable diseases, including diabetes, by 2030. "On WDD, let us recognise the progress we have made, but let us also acknowledge that it is not yet enough," he said. *"Let us all step up to limit the impact of diabetes."* In 2012, diabetes was the direct cause of some 1.5 million deaths, with more than 80% of them occurring in low- and middle-income countries, the UN said. There are two main forms of diabetes. People with type 1 diabetes cannot make insulin and require insulin injections to survive. Those with type 2 diabetes (90% of all cases), usually produce insulin, but not enough or they are unable to use it properly. People with type 2 diabetes are typically overweight and sedentary, WHO said. 

NEWS BRIEFS

Will a Glycemic Index Diet Help with Weight Loss?

Taken from April 7, 2016 issue of AICR's eNews



A food's **glycemic index (GI)** refers to how it affects blood sugars shortly after it is eaten. The amount and type of carbohydrate along with its fibre and fat in food affect how quickly the carbohydrates are absorbed, which affects blood sugar. Fibre and fat slow down carbohydrate absorption. Foods that raise blood sugars tend to be digested more quickly, and are said to have a **high GI**. An overall diet with more foods lower in GI can lead to lower levels of **insulin**, a hormone that helps control blood sugar and also promotes storage of extra calories in body fat. However, a low GI diet does not necessarily lead to long-term weight loss. In controlled clinical trials, when calorie level is kept the same, diets with an overall low GI do not lead to any greater weight loss, or body fat, than diets with an overall high GI. To lose weight, start by looking for nutrient rich food swaps to reduce your overall calories. **A food with a low GI does not mean it is a healthful or low calorie food.** There are foods low in calories and GI like leafy green vegetables and dry beans that are nutrient-rich and help create an overall healthy diet that can promote weight loss. If you want to experiment and see whether paying attention to foods' GI makes a difference for you, add that strategy to the more important steps of choosing more low calorie foods and taking smaller portions of high calorie foods.

NEWS BRIEFS

Diabetes Country Profile

Taken from World Health Organization(WHO) – Diabetes country profiles, 2016

Mortality

	Number of Diabetes Deaths	Number of Deaths Attributable to High Glucose	
		Males	Females
Ages			
	30-69	490	340
	70+	490	520
		600	400
		580	630

Prevalence of diabetes and related risk factors in Trinidad & Tobago

	Males (%)	Females (%)	Total (%)
Diabetes	10.9	14.1	12.5
Overweight	56.9	69.1	63.1
Obesity	24.9	39.5	32.3
Physical inactivity	29.9%	53.1	41.7

Basic Technologies Available in Health Centres in Trinidad and Tobago

Blood glucose measurement	●
Oral glucose tolerance test	●
HbA1c test	●
Dilated fundus examination	○
Foot vibration perception by tuning fork	●
Foot vascular status by Doppler	DK
Urine strips for glucose and ketone measurement	●

○ = not generally available; ● = generally available; and DK = country responded "don't know"

Download our BCDF Android App. We have made an Android application to help you keep up to date with our activities. The app works with Android 4.0+. Check out our website <http://www.bovellcancerdiabetesfoundation.org/> for our app, and to donate - help us stamp out diabetes!



BCDF 2016 RAINBOW CALENDAR OF EVENTS

November 2015 - June 2016	Complimentary Foot Care Training of Lay Foot Care Attendants <i>"So in Love with my Feet" Project</i>
January - December	Life for a Child Project Patterned after the International Diabetes Federation's program, this project meets the immediate needs (testing strips, assistance and support for doctors' visits, monitoring and education) of a child with diabetes.
18 th January	Application for First Quarter Funding Deadline - Completed Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
February	Diabetes Discourse (Not completed - Late Issue) Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation Diabetes Share-Line begins (Postponed)
March	Small Group Workshops (Begin April, 2016) Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. New round of "So in Love with my Feet" Project begins
11 th April	Application for Second Quarter Funding Deadline
5 th – 6 th April 23 rd April	"So in Love with my Feet" Project Breakfast and Diabetes Awareness Dialogue Morning – Market Square, Scarborough, Tobago
May	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.
June	"So in Love with my Feet" Project Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management "So in Love with my Feet" Project
18 th July	Application for Third Quarter Funding Deadline "So in Love with my Feet" Project
August	Diabetes Discourse "So in Love with my Feet" Project
17 th October	Application for Fourth Quarter Funding Deadline
October/November	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its sixth annual primary school poster competition for the occasion of World Diabetes Day 2016.
November	Diabetes Discourse
11 th November	Eighth Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention New round of "So in Love with my Feet" Project begins



3RD ANNUAL BREAKFAST MORNING & DIABETES AWARENESS DIALOGUE

Saturday 23rd APRIL, 2016

Market Square, Scarborough

6:00 a.m.—12 Noon

TRADITIONAL TOBAGO BREAKFAST... +++

**Choose from: Buljol, herring, eggs, sausage,
black pudding. Cassava bread, chocolate
“tea”**

Bargain Table - Everything under the sun



THANKS TO THE OUR SUPPORTERS!!!

Moses Tent Rental

R & R Auto
Repairs



Andy Expert Tailoring, Inc.



Tobago
Regional
Health
Authority

More for Less Store



Lesville Guesthouse



Central Administrative Services Tobago

Pablo's
Supermarket



Great Day Inc.



Tobago House of Assembly

Education, Youth Affairs & Sport

ROXBOROUGH HEALTH CENTRE

NIGHT NURSE ELDERLY ACTIVITY CENTRE