

Diabetes Discourse

Volume 11, Issue 4

August, 2021

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)



*is a Vital Resource for Diabetes
Anyone Living with Diabetes*

s, one person at a time

lives of people living with or at risk for
diabetes by providing financial resources,
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.

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ACCESS TO DIABETES CARE



world diabetes day

14 November

November is Diabetes Awareness Month and World Diabetes Day (WDD). The theme for WDD 2021-2023 is "Access to Diabetes Care"

- Millions of people with diabetes around the world do not have access to diabetes care.
- People with diabetes require ongoing care and support to manage their condition and avoid complications
- We cannot wait any longer for:
- Medicine, technologies, support, and care to be made available to all people with diabetes who require them
- Governments to increase investment in diabetes care and prevention.

Access to Oral Medication

- Many people with diabetes need oral medicines to manage their condition. These remain unavailable or unaffordable in many low- and middle-income countries. **IF NOT NOW, WHEN?**

Access to Insulin

- 100 years after its discovery, millions of people with diabetes cannot access the insulin they need

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BCDF

BOVELL CANCER DIABETES FOUNDATION

13TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

6TH
NOVEMBER,
2021
Digital
(Online)
3:00 p.m.
EST/ TT Time

Theme
"ACCESS TO
DIABETES
CARE"

Tagline
*"IF NOT NOW,
WHEN?"*

Join us with
your Family!

- Food Demonstrations
- Foot Exercises, Info/Demos
- Diabetes Education
- Eye Doctor / Dentist
- Hang out with the Doctors
- Children's Booth
 - ⇒ Storytelling/Art/Posters
 - ⇒ Monologue Champion
- Weight Clinic
- Virtual Exercise Prize Wheel
- Stroke Information
- Entertainment

IF NOT NOW, WHEN?

100 years after the discovery of insulin,
millions of people with diabetes
cannot access the care they need.



- ⇒ Access to education and psychological support
- ⇒ Access to healthy diet and physical activity
- ⇒ Access to self-monitoring
 - ⇒ IF NOT NOW, WHEN?

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IF NOT NOW, WHEN?

Access to Self-Monitoring

- Blood glucose monitoring is a fundamental component of diabetes care
- Many people with diabetes do not have access to the equipment and supplies they need. **IF NOT NOW, WHEN?**

Access to Education & Psychological Support

- People living with diabetes need ongoing education to manage their condition
- Many do not have access to diabetes education. **IF NOT NOW, WHEN?**

Trinidad and Tobago – Diabetes Quick Facts for 2019

- **1 in 8 adults** (20 – 79 years) have diabetes
- Number of adults 20 – 79 years with diabetes in 1,000s – **121.3 (121,300)**
- Diabetes prevalence in adults 20 – 79 years – **12.3%**
- **167** children and adolescents 0 – 19 years have Type 1 diabetes
- In 2019, there were **1,191** diabetes-related deaths in adults 20 – 79
- **30%** of adults 20 – 79 years have undiagnosed diabetes. Undiagnosed are at further risk of complication
- The cost per person with diabetes (20 – 79 years) is roughly TT\$8,400.0 or US\$1,200.00/year.

Please register TODAY for our FREE 13th Annual Diabetes in the Limelight Jamboree

https://docs.google.com/forms/d/1gd6mUSDsWfm28PmzoHkuioDn_bf3ZbDlbOXMiUy_TKc/edit

DONATE TO BCDF

<https://www.paypal.com/pools/c/8DXBHdBmf5>



OF OUR MOTHER

**Mildred “Miss” Bovell
(1922-2013)**



Remembering the Matriarch of Bovell Cancer Diabetes Foundation on this our 13th Anniversary, 2021

Another day, another year, it does not matter; we miss you all the time. Gone eight years now, but definitely not forgotten. You were just very concerned about trying to make your community, island, country, and the world a better place for everyone to live in. You were not so much involved in the socialising aspect of politics, but you were very interested in the issues, what we should be doing to make the world a better place. We have your back with your vision. We are still carrying on the work of BCDF, which you envisioned would help the world to be a better place and we are having impact on many lives. We are very pleased with our efforts to continue our programme during the almost two years of the pandemic.

RIP!!

**From your children, grandchildren,
great grandchildren, friends and
your BCDF Family** ♥

Bovell Cancer Diabetes Foundation (BCDF)

<http://www.bovellcancerdiabetesfoundation.org>

Phone: WhatsApp: 334) 590-3073

E-mail: bovellcancerdiabetesfoundation@gmail.com

<http://www.facebook.com/pages/Bovell-Cancer-Diabetes-Foundation/109253079221608>



VIRTUAL Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is hosting its 12th Annual Poster Competition among school children 6 to 15 years to help raise awareness and educate about diabetes prevention and management.

Create a poster! WIN prize money! Help PREVENT diabetes!

First Prize—\$700; Second Prize—\$400; Third Prize—\$300; and Merit prizes

Three categories, open to all school children between the ages of 6 and 15 years

- Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces
- At present there is no cure for diabetes, but the good news is that it could be prevented

Compete for the ...
Most innovative poster
Theme *"Access to Diabetes Care"*

Tagline: *"IF NOT NOW, WHEN?"*



www.bovellcancerdiabetesfoundation.org

Facebook, Twitter, Email, Call

Your Teacher for more information

2021 Theme:
"Access to Diabetes Care"



Bovell Cancer Diabetes Foundation



Virtual Poster Competition 2021 Diabetes Education & Prevention

COMPETITION DESCRIPTION

The Bovell Cancer Diabetes Foundation announces the 12th annual poster competition among school children to help raise awareness and educate about the seriousness of diabetes and its complications, the importance of improving access to diabetes care, and highlight the need for more action to prevent diabetes and its complications. All the submissions – whether humorous, serious, figurative or abstract, drawing or otherwise should transmit **an important message** that reflects some aspect of **"ACCESS TO DIABETES CARE"** (2021 World Diabetes Day Theme) and/or Tagline **"IF NOT NOW, WHEN?"**

ELIGIBILITY

Any child between the ages of 6 and 15 years is eligible to participate.

Two age groups : **6-9 years; 10-15 years**

HOW TO ENTER

1. Each entry form must be signed by a teacher / principal / parent / guardian
2. There may be no more than one poster entry from each student; individual entries only!
3. Posters must have the category you are competing under (Drawing, Colourful or Open)
4. Each poster must have a **title** and must address **"Access to Diabetes Care"** (the 2021 focus).
5. Keep it simple — To submit your poster digitally take a photo or scan your poster and send to us by email or WhatsApp. Be sure to keep the original, it will be needed if you win the contest

JUDGING PROCESS

1. Posters must focus on **"Access to Diabetes Care/ If Not Now, When?"**
2. Appearance: attractively displayed in colour
3. Demonstrate effective use of art materials
4. Original design or innovative concept
5. Adhere to the rules of the competition
6. Be suitable for reproduction
8. Winners will be announced 6th November, 2021 at the 13th "Diabetes in the Limelight Jamboree",

POSTER CATEGORIES

Entries will be judged under the following categories:

1. Drawing
2. Colourful
3. Open

PRIZES

Individual Prizes in Each Category and Age Group

- **First Prize** value TT\$700 /USD 100
- **Second Prize** value TT\$400 /USD 60
- **Third Prize** value TT\$300 / USD 50

Merit prizes will be awarded (\$100 each)

Prizes

Special prize for the most innovative depiction of the theme **"Access to Diabetes Care / If Not Now When?"**

Entries close 27th October, 2021

Email: bovellcancerdiabetesfoundation@gmail.com

WhatsApp: 334) 590-3073

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DIABETES IN THE LIMELIGHT JAMBOREE

12TH SCHOOL POSTER COMPETITION

VIRTUAL POSTER COMPETITION ENTRY FORM 2021

Thank you for participating in our poster competition. This year's theme for World Diabetes Day is ***"Access to Diabetes Care"*** and the tagline is ***"If not now, when?"*** Please be creative and make a poster that will remind us of access to diabetes care.

GENERAL DETAILS	
Name:	
Age Group	
6 – 9 years <input type="checkbox"/>	10 – 15 years <input type="checkbox"/>
Poster Categories	
<input type="checkbox"/> Drawing	<input type="checkbox"/> Colourful <input type="checkbox"/> Other
E-mail:	
WhatsApp Phone Number:	
How did you hear about this competition?	
DRAWING DETAILS	
Describe how your poster demonstrates <i>"Access to Diabetes Care"</i>	
Please check this box:	
<input type="checkbox"/> My poster is original; I created all the work in it and permission has been granted from my parent, guardian, or teacher to enter my poster (if aged under 18). Parent/guardian/teacher: Printed Name: _____ Signature..... Date:	

Please email or WhatsApp us this Form with your Poster **before or on 27th October 2021**.
If you have any question, please email us at bovellcancerdiabetesfoundation@gmail.com or
WhatsApp: 334) 590-3073 or contact us on FB, Twitter, or our website.

EXTENDED DEADLINE: 1ST NOVEMBER 2021



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Video Monologue Contest BCDF Monologue Champion

World Diabetes Day 2021

Are you attending Secondary School?

⇒ **Send a 3-minute video with your monologue for a chance to win
TT\$1,000 /USD**

Theme:
"Access to Diabetes Care"

Tagline:
"If Not Now, When?"

Hurry! Deadline: 27 October, 2021

E-mail : bovellcancerdiabetesfoundation@gmail.com

WhatsApp: 334) 590-3073

Be creative with your speech!

**BCDF
Monologue
Champion
2021**



A century after its discovery, insulin and other fundamental components of diabetes care remain beyond the reach of many who need them
(IDF, 2021)





Bovell Cancer Diabetes Foundation

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BCDF MONOLOGUE CHAMPION 2021

VIDEO MONOLOGUE CONTEST In Honour of World Diabetes Day

Write and perform your 3-minute monologue on video expanding the topic “Access to Diabetes Care” with tagline “If Not Now, When?” to compete for TT\$1,000 /USD 150+ BCDF Monologue Champion 2021 Title

Video Monologue Contest 2021 - Rules and Guidelines

The Guidelines for this Contest are as follows:

- ◆ All monologues must be **limited to a maximum of three minutes in length.**
- ◆ Videos which exceed this limit will not be eligible for consideration as finalists.
- ◆ The monologue must be prepared **by the student**
- ◆ Effective Monologues will address the theme “Access to Diabetes Care” and/or “If Not Now, When?”
- ◆ No costumes. Students should dress in a manner appropriate for their presentations, and preferably use the **light blue colour**, which is the universal colour for diabetes.
- ◆ Simple set pieces such as a table and chair could be used in the monologue. No additional set pieces will be permitted.
- ◆ Creativity and artistic risk-taking are encouraged, although students are encouraged to choose material judiciously. Monologue material should be suitable for people of all ages. If the judges deem material to be salacious or inappropriate, students may be ineligible for consideration.
- ◆ Winners will be chosen by a panel of judges. All judges’ decisions are final.
- ◆ Student with the highest scores will be recognized at the 13th Annual Diabetes in the Limelight Jamboree on 6th November 2021 and will be deemed “*BCDF Monologue Champion 2021*”

- ◆ Entry into the Video Monologue Contest gives BCDF the right to use the pictorial likenesses and/or biographical information of the contestants for publicity purposes as deemed fit by the BCDF at no cost of recompense to any party.

Each contestant MUST:

1. Be a registered student in any secondary/high school
2. Complete and submit an entry form (title/registration screen on video) signed by a teacher, parent, or guardian if you are less than 18 years. Deadline for application entry is 27th **October 2021.**
3. All entries must be digital videos.
4. The length of the video should not exceed three minutes, not including the 10 second title / registration screen.
5. All entries should begin with a 10 second full screen “title / registration screen” that includes the following information:
 - a. Student’s name
 - b. Student’s Age
 - c. Student’s Email
 - d. School name and country
 - e. **Title of video**
 - f. Total running time (not including the 10 second title screen)
6. Students will present their monologues on video and submit the video to bovellcancerdiabetesfoundation@gmail.com or WhatsApp 334) 590-3073
7. Videos could be submitted via Google Drive (remember to share) or uploaded to You Tube and link sent