



# World Health Day 2016: Beat Diabetes



World Health Day is observed on 7th April each year and the theme for year 2016 is "Beat Diabetes". According to World Health Organization (WHO) figures, 23 million people in India have diabetes, more than in any other country in the world. By 2025, this number is expected to increase to over 57 million. International Diabetes Federation projects 8.6% prevalence of diabetes in India.

United Way Mumbai (UWM) has been working on key community health challenges of Hepatitis and Diabetes with focus on high risk populations by eliciting active community participation and facilitating public-private partnerships. This advisory is part of our initiatives to spread awareness on Diabetes.

## Signs and Symptoms



Other symptoms include: Increased hunger, blurred vision, numbness in hands and feet & slow healing of wounds

## Risk Factors



Other factors include: Alcohol and smoking, Poor nutrition during pregnancy, increased age (>40 years), High blood pressure and stress

## Prevention and Management



## Balanced Diet

More..	Less..
<ul style="list-style-type: none"> <li>Wheat, Corn, Bajra, Ragi, Non-polished rice</li> <li>Sprouted grams</li> <li>Green leafy vegetables, Eggplant, Bottle gourd, other salads</li> <li>Apples, Oranges, Pomegranate, Peaches, Guava</li> <li>Milk, Curd, Buttermilk</li> <li>Egg white, occasionally chicken or fish</li> </ul>	<ul style="list-style-type: none"> <li>Polished rice, Bakery products,</li> <li>Deep fried and oily dishes</li> <li>Vegetables growing underground e.g. Potatoes, yam etc.</li> <li>Mangoes, Banana, Custard Apple, Chikoo, Jackfruit</li> <li>Ghee, Cottage cheese, Lassi, Butter, Ice cream</li> <li>Egg yolk, Mutton</li> </ul>

### UWM's community project for education & prevention of Diabetes:

This program targets teachers from municipal schools, aanganwadi sevikas and workers from unorganized sectors for extensive training on Diabetes, blood glucose testing, referral of suspected cases, patient & family management of diabetics through home visits and follow-up.

### Outcomes:

<b>2000</b> School teachers trained and tested	<b>2000</b> ICDS workers trained and tested	<b>10501</b> Unorganized sector workers trained and tested
--	---	--

**109** school teachers, **85** aanganwadi sevikas and **683** unorganized sector workers found at risk of developing Diabetes and referred. Home visits and follow up for treatment compliance.

Issued in public interest by United Way Mumbai

United Way Mumbai: 309, Nirman Kendra Premises Co-Op. Soc. Ltd., Dr. E. Moses Road, Mahalaxmi Estate, Mumbai – 400 011, India.

Website: [www.unitedwaymumbai.org](http://www.unitedwaymumbai.org) Email: [contact@unitedwaymumbai.org](mailto:contact@unitedwaymumbai.org)

Phone: Tel +91 22 24937676/79/80/81/82/83/85