



Centenary of Insulin  
**Award  
Report**  
2022



The majority of the images provided in this report come from the activity reports submitted for the Centenary of Insulin Award.

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The Centenary of Insulin Award was made possible thanks to the support of Lilly Diabetes.



<https://insulinat100.org/centenary-of-insulin-award/>

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## Applications overview

### Overview

From 6<sup>th</sup> July 2022 to 31<sup>st</sup> October 2022, a total of 52 valid applications were submitted by IDF members across the seven IDF regions. The quality of submissions was extremely high. They covered a wide range of initiatives undertaken in different parts of the world to improve the lives of people living with diabetes.



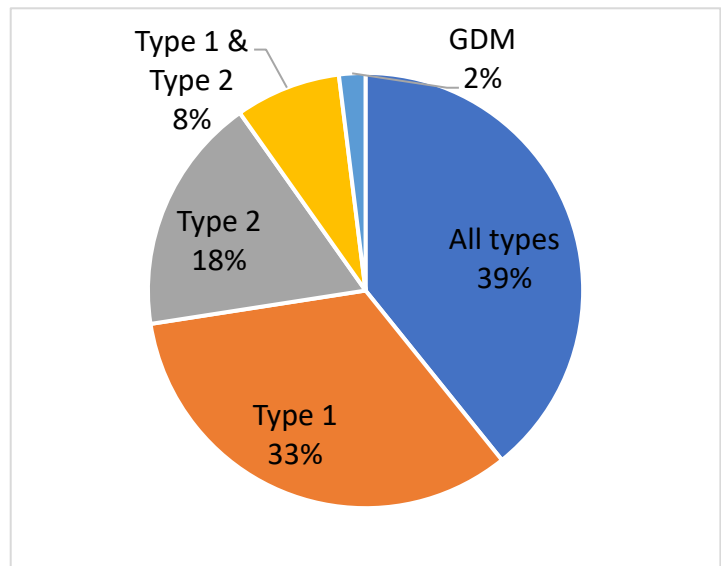
List of organisations applying for the Centenary of Insulin Award

- ALBANIAN DIABETES ASSOCIATION
- APDP - DIABETES PORTUGAL
- ARGENTINE DIABETES SOCIETY (SAD)
- ASOCIACIÓN DE DIABÉTICOS DEL URUGUAY
- ASOCIACION DE DIABETICOS JUVENILES DEL PERU
- ASOCIACION SALVADOREÑA DE DIABETES ASADI
- ASSOCIATION DES DIABÉTIQUES DU CONGO ADIC
- ASSOCIATION FOR THE CARE OF DIABETES IN ARGENTINA CUI.D.AR
- ASSOCIATION MALGACHE CONTRE LE DIABETE
- ASSOCIATION OF ENDOCRINOLOGISTS AND DIABETOLOGISTS OF SFAX
- BERMUDA DIABETES ASSOCIATION
- BRITISH VIRGIN ISLANDS DIABETES ASSOCIATION
- CHARITY UNION OF PERSONS WITH DISABILITIES AND PEOPLE WITH DIABETES MELLITUS «UMID», UZBEKISTAN
- CHINESE TAIPEI DIABETES ASSOCIATION (CTDA)
- CHRONIC CARE CENTRE
- DIABETES ASSOCIATION OF NIGERIA
- DIABETES ASSOCIATION OF SRI LANKA
- DIABETES ASSOCIATION OF THAILAND
- DIABETES ASSOCIATION OF THE REPUBLIC OF KAZAKHSTAN
- DIABETES ASSOCIATION OF ZANZIBAR -DAZ
- DIABETES AUSTRALIA
- DIABETES NEW ZEALAND
- DIABETES PHILIPPINES, INC
- DIABETES SWAZILAND
- DIABETIC ASSOCIATION OF BANGLADESH
- DIALEB – NATIONAL DIABETES ORGANISATION
- DIRECT RELIEF
- FAND ASSOCIAZIONE ITALIANA DIABETICI ODV
- FEDERACION ESPAÑOLA DE DIABETES (NOMINATED BY SOCIEDAD ESPAÑOLA DE DIABETES)
- FEDERACIÓN MEXICANA DE DIABETES, A.C.
- FÉDÉRATION FRANÇAISE DES DIABÉTIQUES
- FONDATION HAITIENNE DE DIABETE ET DES MALADIES CARDIO-VASCULAIRES (FHADIMAC)
- FUNDACIÓN FUVIDA
- GABRIC DIABETES EDUCATION ASSOCIATION
- JAPAN ASSOCIATION FOR DIABETES EDUCATION AND CARE (NOMINATED BY THE JAPAN DIABETES SOCIETY)
- JORDANIAN SOCIETY FOR THE CARE OF DIABETES
- LOS FRESNOS FOUNDATION
- MEXICAN NUTRITION AND ENDOCRINOLOGY SOCIETY
- NATIONAL OFFICE FOR PRIMARY DIABETES CARE (NORMINATED BY THE CHINESE DIABETES SOCIETY (CDS))
- RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA (RSSDI)
- RESEARCH TRUST OF DIABETES INDIA
- RWANDA DIABETES ASSOCIATION(RDA)
- TANZANIA DIABETES ASSOCIATION
- THE DANIELS HAMANT FOUNDATION
- UKRAINIAN DIABETES FEDERATION
- UNIVERSITY OF GUANAJUATO (NOMINATED BY FUNDACIÓN FUVIDA)
- YOUTH DIABETES ACTION

## Applications overview

### Types of diabetes on which the applications focused

All the main types of diabetes were covered across the 52 applications. More than a third (39%) targeted diabetes in general, irrespective of type. One in three (33%) focused on type 1 diabetes. Close to one in five (18%) focused on type 2 diabetes. Approaching one in ten (8%) targeted both type 1 and type 2 diabetes, while one application focused solely on gestational diabetes mellitus (GDM).



Types of diabetes targeted in the applications



## Applications overview

### Categories

The applications presented a variety of diabetes-related topics and demonstrated a wealth of experience in tackling the challenges presented by diabetes in different parts of the world, under diverse political, economic, and cultural circumstances.

Six main categories were identified among the applications, though sometimes one application stretched across multiple categories.

- ▶ Advocacy
- ▶ Awareness
- ▶ Education
- ▶ Diabetes in emergency settings
- ▶ Diabetes care
- ▶ People living with diabetes

In the following sections, a selection of applications is presented in each category.



Photo: CUI.D.AR

## Category 1: Advocacy

Diabetes advocacy was a top priority for many diabetes associations. Our members *Diabetes Australia*, *Diabetes Association of Nigeria*, *Gabric Diabetes Education Association* (Iran), and *Association of Diabetics of Uruguay* provided excellent examples of diabetes advocacy activities undertaken to improve the lives of people living with diabetes.

### #CGMForAll Australians with type 1

By the *Diabetes Australia*  
2020 – on going

#### Achievements

- In July 2022, after more than a decade of advocacy efforts, **#CGMForAll** became a reality for every Australian with type 1 diabetes.

#### Methods used

- A multi-faceted approach, engaging with all Australian diabetes stakeholders
- Diabetes Alliance (bringing together the leading Australian diabetes

organisations and professional bodies to provide a singular message backed by a strong evidence base)

- Utilising connections with the diabetes community
- Strong media relations (advocacy efforts were regularly seen in print and TV media)
- Consistent and constant engagement with policy makers

*“Until 2017, Australia did not have any subsidies for CGM and Flash GM. “*

*“This decade-long advocacy work is an excellent example of how bringing together multiple stakeholders and centering the lived experience of people with diabetes can bring about policy change.”*



Many Australians living with diabetes were forced to stop using continuous glucose monitoring devices because of the prohibitive cost. Picture: Hollie Adams/The Australian

## Category 1: Advocacy

### Advocacy on the amendment of section 21 of the customs, excise tariff (consolidation) act diabetes

By the Diabetes Association of Nigeria  
01. 2021 – 06. 2022

#### Achievements

- After a challenging advocacy journey, the sugary drinks tax was passed in Nigeria: For each litre of non-alcoholic, carbonated and sweetened beverages, a tax of 10 Naira will be applied. Funds generated from this tax will be channeled into the healthcare system.

#### Methods used

- Advocacy through coalition building (Formation of National Action on Sugar Reduction)

- Stakeholder engagement through webinars and consultations
- Pressure campaigns and activism
- Lobbying the National Assembly and drafting the SSB tax bill motion
- Tax defense and awareness of the benefits
- Follow up and monitoring through breakfast policy meetings

*“The best thing that happened was showcasing the perspective of those living with diabetes from the Diabetes Association of Nigeria.”*

*“When the bill was adopted by the national assembly, even those in opposition were convinced that it was pertinent to support the advocacy drive.”*

## Our Advocacy Journey





Category 1: Advocacy

**Innovative advocacy strategy for the reform of legislation on diabetes care insurance coverage, covering monitoring and education in Iran**

By the *Gabric Diabetes Education Association*  
06.2019 – ongoing

**Achievements**

- Providing diabetes self-management education and support to 30K people with type 1 diabetes
- Passing the legislation on national insurance coverage for affordable access to diabetes self-management education and blood glucose monitoring equipment

**Methods used**

- Providing structured diabetes self-management education and support (ESMES) for 30K people with type 1 diabetes nationwide to better manage their diabetes
- Providing education and support to help young individuals run advocacy campaigns and demand their rights from local authorities

*Kids learn differently ...*

*"Keepo Adventures", the most distinct diabetes education program provided for children, was developed to address the educational needs of children and their parents'.*

*Kids learn practical skills and tricks to manage their diabetes in a class where every concept has been simplified and made sweet!*



*While their parents share their experience and provide tips for other parents in "Parents Discussion Club" led by a professional psychologist.*



\*All educational services are provided free of charge for children and their parents.

- Uniting civil society to demand affordable access to standard diabetes self-management education and blood glucose monitoring equipment from healthcare authorities
- Involving insurance policy makers to take action, overcome challenges and pass legislation for proper coverage of education and SMBG in national insurance plans

*"We truly believe the innovative model of gathering a huge network of people with type 1 diabetes through integrating DSMES delivery in collaboration with MOH proved to be an effective way to involve government officials and policy makers."*



## Category 1: Advocacy

### Commitment to diabetes 2020 – 2025

By the Association of Diabetes of Uruguay  
2020 – ongoing

#### Achievements

- Creation of the National Diabetes Registry
- Extension of the age of access protocol to insulin pump with continuous monitoring (from 15-18)
- Prescription of insulin pump for women with type 1 diabetes who wish to programme their pregnancy

#### Methods used

- Interviews with the main political leaders of Uruguay who are candidates for President in the internal party and the national elections

- Maintenance of information through continuous communications regarding similar experiences carried out in the rest of the world
- Doing the same with foreign ambassadors in the country
- Having elected a new government, in March 2020, we did the same with the new national legislators, deputies and senators, as well as with the new government authorities

*“The experience gained, coupled with the first results of this campaign, have reaffirmed the importance of achieving and maintaining the approach and ongoing dialogue with political and government leaders.”*



## Category 2: Awareness

Successful awareness campaigns from different countries and areas in the world were submitted: Portugal, Lebanon, Spain, Taiwan, Ecuador, Philippines, Tanzania, Albania, Uzbekistan and Swaziland.

### Defeat diabetes campaign - A nationwide campaign to reach 100 million people in 100 days

By the Research Society for the Study of Diabetes in India (RSSDI)  
07. 2021 – 10. 2021

#### Achievements

- Reaching over 125 million people with educational material
- Over 1.1 million blood glucose tests in one day
- 101,173 - new cases identified
- Diabetes in young – 4.5% below the age of 35 years



**10258 +  
Sites Across India**



**1064989 +  
Blood Sugar Tests**



**7000 +  
Doctors have Participated**



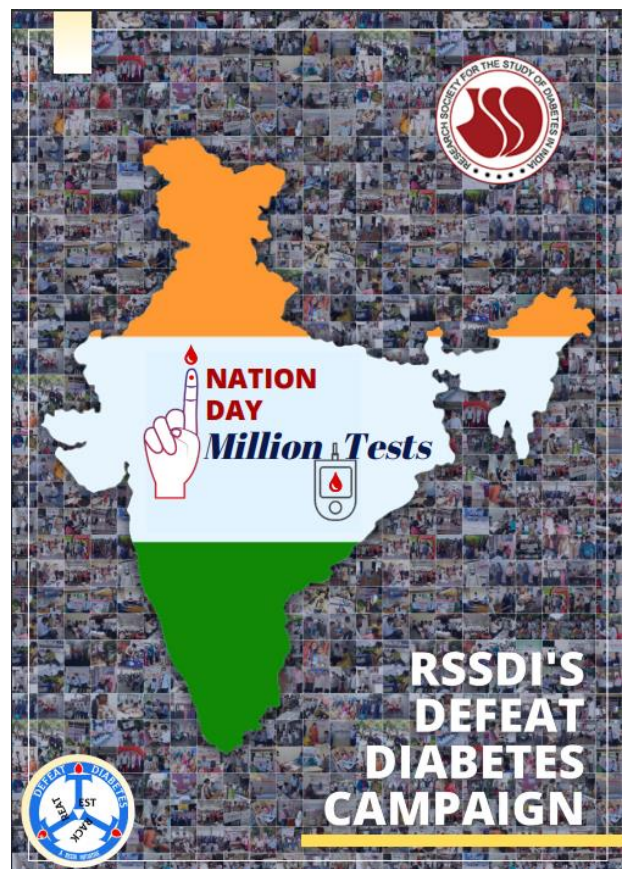
**2000 +  
Rotary or Rotaract Clubs**

#### Methods used

- Educational/Awareness material – creative content
- Daily Facebook live sessions
- Task force – ambassadors – volunteers – WhatsApp messaging
- Volunteers – social media – mass awareness

- Partnerships – NGOs, Faith-based Organisations, Industry
- One Nation – One Day – One Million Blood Sugar Tests

*“Digital tools of mass communication are flooded with misinformation. However, these same tools can be used for public awareness and health education via well-coordinated campaigns by various organisations.”*



## Category 2: Awareness

### Prevention of diabetes through religious leaders

By the Diabetic Association of Bangladesh  
06. 2018 – ongoing

#### Achievements

- 100 religious' leaders (Imams) received intensive training
- 100 diabetes corners established
- 50,000 people received screening and education services
- Female assistants included to increase participation of women and reduce gender bias
- Religious sermons (Khutbah) developed on healthy lifestyle in Bangla, Arabic, and English

- Cultural and religiously sensitive issues were considered before developing educational materials
- Besides delivering the religious sermons, each Imam also screened 300 members of the local community and discussed how healthy lifestyle choices relate to the primary prevention of diabetes
- Converting religious places (Mosques) into diabetes corners
- Signing MoUs with all 100 centers
- Using all the important days to create community awareness

*"It creates a wonderful opportunity to seek the influence of religious Leaders in creating community awareness and helping people take action for the prevention and care of diabetes and related NCDs."*



#### Methods used

- Islamic Foundation, Ministry of Religious Affairs selected Imams and their Mosques



## Category 2: Awareness

### Improving diabetes awareness and translating it into policy making

By the Jordanian Society for the Care of Diabetes  
04. 2020 – ongoing

#### Achievements

- Educational tools, including the curricula and the published book
- Individual programme reaching approximately 50 members per month; school programme reaching 35-40 schools
- Protocol under consideration by Ministries to issue a formal decree
- A dedicated hotline to support children and their families



مَعْرِفَةٌ  
ما أحسن الزمرك الذي يُصنعي إيشعاركنا  
ما أحسن الطفولة التي تُنزعج في كنف الفرح والسعادة  
أطفالنا جملهم الأعمار بماؤ فداقة مُر  
يُطل عليهم فخر كل يوم بمخاطب مختلف  
أنتز ليس لها في قلوبنا مصلحت سيوي لأطمئنان على مُلذات أُمهاتنا  
لكني بعيننا سعادة عامرة دون قلق أو حُزب  
في كُطوب ندية ووفيق سبينا لخلق بيقو داعمو تتخزل المسؤولية  
لُحُود الأُمير وُضاع وابقا أبقا لأبطال مُعززين بالتحكي. الأمل  
البراء، السعادة...  
كلمات تتساق على أكتاف مهابها لِصُغ مستقبلا مشرقا لزهور  
مُحُور لا تُفوي على رعاية نسبية  
ويُكَل عزم وُجدا، أُنذنا على عايشنا مسؤولية أبنات هذه الزهور بالفضل  
بيقو مُحيطو وداعمو.  
فَلتُكَلت حيفا لِزهور هذه الجُود وتُكَل وتكون طامة منميرة مُنجة  
وفدالة

awareness, emotional well-being and social cohesion

- Interactive education, including role play, creative writing, drawing and a variety of other activities and exercises
- Storytelling, through the creation of an integrated experience for the children

#### Methods used

- Methods rooted in the ecological model of behavior setting
- Activities were designed to address three key levels: (1) individuals, (2) communities and (3) formal institutions
- Addressing individual and social

*“We compiled the individual experiences into one story, engaging with the children’s emotions to help them learn effective emotion regulation and giving them language to express their feelings through a play they rehearsed and presented to the public.”*



Picture: ‘Kids Rights at School’ developed by JSCD

## Category 2: Awareness

### Transforming schools and policies through diabetes education

By the Association for the Care of Diabetes in Argentina CUI.D.AR  
07.2019 - ongoing

#### Achievements

- 1,933 teachers and 1,624 students trained
- 136 schools in 12 provinces supported with technical assistance
- Obtaining "Political Declarations of Interest" from different governmental bodies
- Promoting the creation of a School Action Protocol for all schools in the country

#### Methods used

- Teacher training: didactic instruction and online training
- Workshops: interactive and playful-educational activities and dynamics

- Technical assistance using empathetic communication methods
- Research surveys: digital tools and mass communication
- Advocacy/incidence actions: situation and force field analysis, decision-maker mapping
- Public policies: analytical methods with a systemic perspective for the design of public policies

*"The fact of addressing the understanding of type 1 diabetes, malnutrition, overweight, obesity and type 2 diabetes is useful not only for the inclusion and safety of children and adolescents with diabetes, but also for improving the quality of life of the entire school community, which in turn encourages healthier populations and more sustainable health systems."*



Category 3: Education

**Improve capacities and capabilities of diabetes care in primary healthcare in China**

By the National Office for Primary Diabetes Care (nominated by the Chinese Diabetes Society (CDS))  
07.2019 – ongoing

**Achievements**

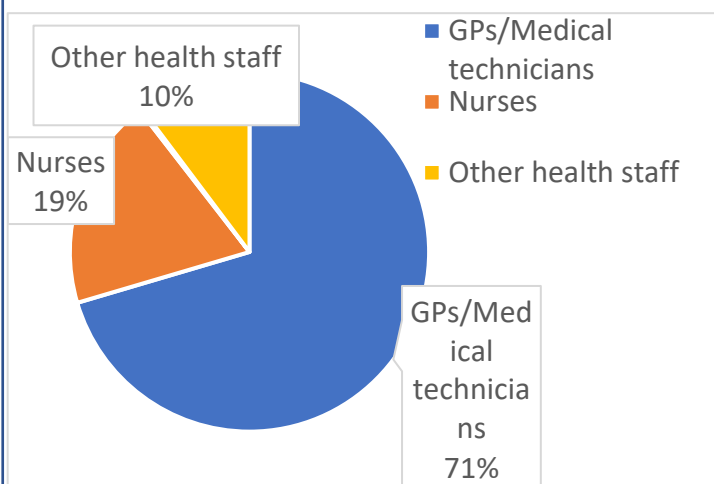
- National guidelines for the prevention and control of diabetes in primary care
- Around one million primary healthcare staff received online training, with a total pass rate of 81.8% (online registration: 984,000; completions 860 000; 805 000 passed the examination)
- On-site trainings were implemented in more than 20 provinces

**Methods used**

- Two national guidelines for the prevention and control of diabetes in primary care (2018 and 2022), and a book of Chinese Diabetes Management Standards (2020) were published

- Lectures were recorded by experts nationwide
- A website was developed to provide free online training to primary healthcare staff
- A hierarchical management system including 3,351 staff was established.
- The on-site training sessions were conducted with the collaboration of local diabetes societies and government offices in each province

*“The low quality of primary healthcare has been a factor affecting the improvement of diabetes control. Limited workforces, unavailable basic technologies and resources in rural areas, fragmented delivery of care, and lack of interoperable information systems have led to the low quality of primary healthcare in preventing, treating and controlling diabetes in China.”*



Category 3: Education

**Diabetes educator training diploma**

By the Mexican Federation of Diabetes  
07.2001 – ongoing

**Achievements**

- 2,400 Diabetes Educators were trained
- The training was provided online in 2020 due to the pandemic situation
- Providing access to education for people living with diabetes through their regular interaction with doctors and health professionals

**Methods used**

- Six modules addressing the seven self-care behaviors: eating healthily, staying active, following medical treatment, constantly monitoring glucose levels,

reducing risks, facing daily challenges, and adopting a positive attitude

- Participants learning to develop educational tools to transfer knowledge in simple language
- Evaluation: Participants to demonstrate that they can identify the right moment and tool to choose the right treatment and attend to a patient in a cordial and empathetic manner

*“The health professional with the greatest interest in diabetes education is the nutritionist, however, in recent years there has been an increased interest in doctors, psychologists and nurses. A multidisciplinary team with educational skills offers a comprehensive approach to this condition.”*





Category 4: Diabetes in emergency settings

**Increasing access to diabetes care in war-torn Ukraine**

By the Direct Relief  
03. 2022 – ongoing

**Achievements**

Securing and delivery of

- 1.5 million insulin quick-injection pens
- 2.8 million insulin-filled pen and vials
- Nearly 25,000 glucose meters with over 4 million test strips
- Over 4.4 million oral diabetes tablets
- Equivalent to almost 1.5 million daily defined doses

*“Managing diabetes becomes even more challenging during humanitarian crises, when medical care and food supplies are interrupted, along with essential medications like insulin.”*

**Methods used**

- In the immediate aftermath of the invasion, Direct Relief began to work with the Ukrainian Ministry of Health, and its long-term local partners to determine real-time needs across the country’s health system, and to determine and coordinate logistics in order to meet as many needs as possible

*“Identification of priority health needs, a focus on chronic disease maintenance to maximise hospital capacity for the seriously ill, generous donations of key medicines from pharmaceutical donors, ability to navigate complex and unpredictable logistics, and investment in healthcare providers committed to continuing care for their patients, even in the most challenging circumstances.”*



Category 4: Diabetes in emergency settings

**FHADIMAC outreach programme**

By the Haitian Foundation for Diabetes and Cardiovascular Diseases (FHADIMAC)  
09.2021 – ongoing

**Achievements**

- Visits to areas affected by earthquake including awareness, screenings, clinics, training and the distribution of medicine
- 2,000 families benefited
- 75 physicians and nurses trained
- 8 people with type 1 diabetes saved

**Methods used**

- Contact with the communities to identify where services were needed
- Mobilisation of the team to prepare the mission, collect materials and medicines, and recruit volunteers



- Radio interviews and community communication to inform the population of the date and time of the mission
- Organisation of different groups:
  - Awareness: on radio and via megaphone by young leaders with diabetes
  - Screening: by social workers
  - Education: by nurses
  - Training: by physicians and nurses (train the trainers)
  - Clinics: by our physicians with special attention to youth with type 1 diabetes
  - Distribution of medicine and materials by nurses and social workers



*“Provide access to care to a vulnerable population, in the aftermath of an earthquake in the South of Haiti. They couldn’t relocate as they didn’t have the means and there were no facilities to receive them. They were left to their own devices.”*

Category 4: Diabetes in emergency settings

**Unsung heroes of #SaveALifeCovid-19**

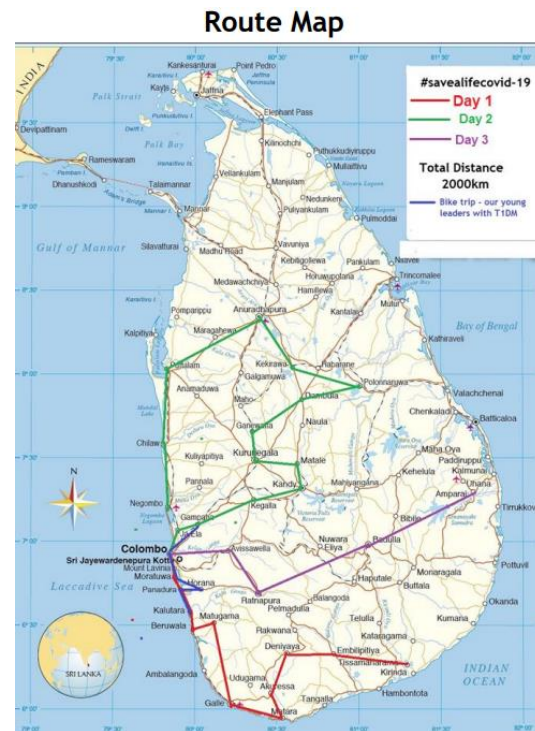
By the Diabetes Association of Sri Lanka  
04.2020

**Achievements**

- Lives of 103 people living with type 1 diabetes who requested emergency supplies saved
- Provision of continuous supply of insulin, glucose-meters, strips, lancets, syringes, pens and pen needles to needy registrants during a critical time
- Regular monitoring ensured

**Methods used**

- Communication
  - Verifying emergency with MOH
  - Making emergent plan to provide insulin/accessories for registrants
  - Contacting registrants and preparing district-specific packs
  - Mobilising staff and YLDs for emergency response
- Logistics management
  - Packing, labelling and maintaining cool chain for insulin and accessories
  - Organising private transport for island-wide deliveries
  - Planning efficient routes through districts and provinces



- Obtaining permits
  - DASL contacted Secretary to President for approval from MOH and police
- Transportation and home deliveries
  - Personal and hired vehicles were used for entire programme

*“I am a young person living with type 1 diabetes. During Covid-19, I was very worried about my illness and how to get more insulin as the country shut down without notice. I am very much thankful to the kind staff of the Diabetes Association of Sri Lanka for thinking about us at this critical moment, contacting us and arranging delivery of insulin and other requirement to our door step.”*



Category 5: Diabetes care

**Sustainable care for youth living with type 1 diabetes in Rwanda**

By the Rwanda Diabetes Association  
10. 2020 – ongoing

**Achievements**

- Electronic diabetes management registry system
- 2,398 people living with type 1 diabetes registered and followed
- Decentralise type 1 diabetes care services
- 173 training sessions reaching 4,968 people

**Methods used**

- Clinical visits are conducted quarterly by RDA’s team (1 coordinator+ 2 nurses) across the country to provide care services to patients

- Patients’ data management through an electronic diabetes management registry system (EDMRS)
- Build and increase hope and self-confidence among youth with type 1 diabetes through diabetes camps
- Community education and awareness raising
- Advocacy meetings with policy makers and opinion leaders for easy access to diabetes care services

*“Diabetes clinical outcomes are directly or indirectly affected by other parameters such as life style, nutrition, socioeconomic conditions, psychological status, etc. This has been an eye-opener for other areas of interventions to complement and sustain our initiative's outcomes.”*



Category 5: Diabetes care

**A nationwide diabetes self-management programme and network system to improve the standard of care for type 1 diabetes in Thailand**

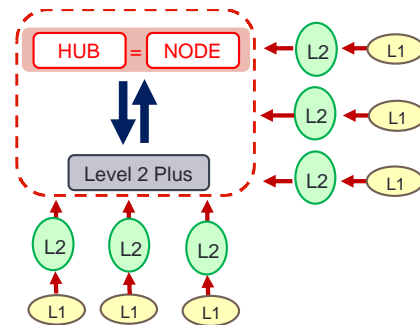
By the Diabetes Association of Thailand  
2015 – ongoing

**Achievements**

- Capacity building: a full package of educational materials
- Networking system: 84 hospitals
- Clinical outcomes: from 17.3% to 46.3% glycemc target achieving
- DSMP-NS being accepted as a universal coverage payment for Thai people living with type 1 diabetes by National Health Security Office in 2022

**Methods used**

- Enhanced self-management skill: All people with type 1 diabetes learned a minimum of 5 basic DSME modules with further modules provided as needed
- Capacity building of diabetes care team: The DSME training, teleconsultation, and regular online meeting were provided
- Network strengthening: hospitals categorised by facilities as Hub, Node, Level 1, and Level 2



- Provision of insulin and monitoring equipment for all people with diabetes in the project
- Diabetes registry and auditing system: RedCAP (Vanderbilt University, Nashville, TN, USA) programme was used for registry and research purposes, as part of T1DDAR-CN. Data audit was performed by two independent paediatric endocrinologists through the programme
- Research: a two-year cohort study was carried out to explore the effectiveness of the programme

*“A sustainable data registry system must be further developed in coalition with health care providers, academic institutions, and government budgeting for monitoring and evaluation, and finally a surveillance system for type 1 diabetes.”*



Category 5: Diabetes care

**National type 1 diabetes registry in Mexico**

By the Mexican Nutrition and Endocrinology Society  
10.2016 – 10.2022

**Achievements**

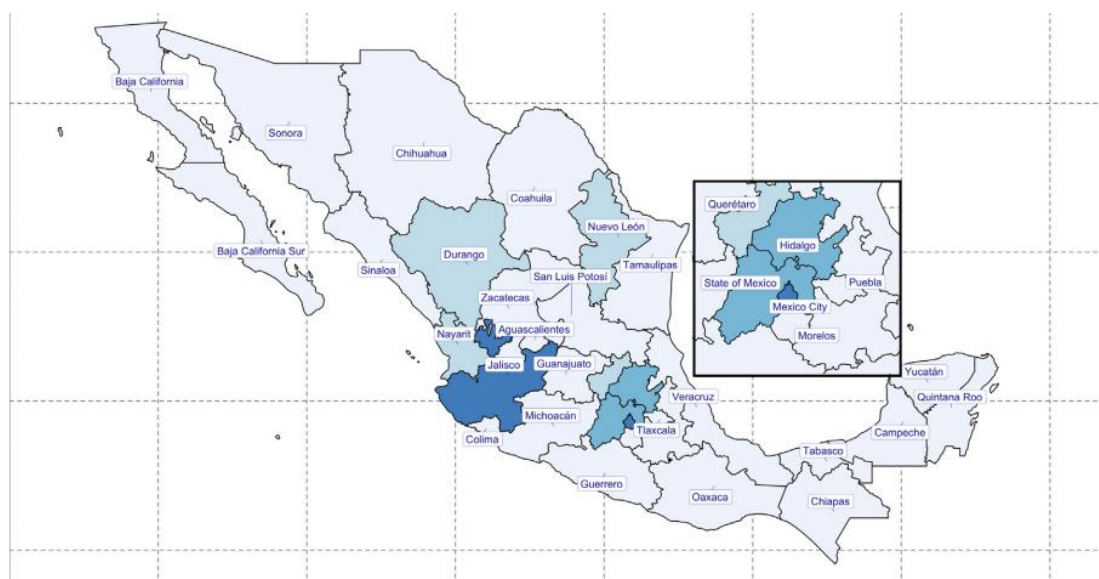
- Understanding the socio-demographic context of the rising prevalence of type 1 diabetes
- Recording longitudinal real-life data on type 1 diabetes
- Findings: Patients in the public setting had higher HbA1c; diabetes knowledge was a mediator between type of healthcare setting. Results have been presented at the Mexican Legislative Congress

**Methods used**

- Data was collected and registered from 43 volunteer endocrinologists who take care for patients across all 32 Mexican States
- The attending endocrinologist or an assistant, collected the data at each office visit, as an adjunct to the medical record

- HbA1c concentration and other laboratory test results were also registered on each visit
- Treatment, access to diabetes education, hypoglycaemia and diabetes ketoacidosis episodes are recorded
- The presence of microvascular complications was determined by the attending physician, an ophthalmologist, and laboratory analysis undertaken according to the 2017 ADA Standards of Care
- All data is downloaded, de-identified, manually cleaned, and analysed by a statistician/epidemiologist

*“The objectives were to help people have a better follow-up of their condition, registering data such as HbA1c, time in range, treatment, the last visit with the endocrinologist, last eye exam, foot exam, regardless of where they were taken care of and other variables.”*



Category 5: Diabetes care

**Hong Kong childhood diabetes registry**

By the Youth Diabetes Action

2016 – ongoing

**Achievements**

- Active registry of children and adolescents diagnosed with type 1 and type 2 diabetes under 18
- Yearly longitudinal follow up
- Retrospective registry of the old cases and a prospective registry on all subsequent new cases
- Several published papers highlighting the increase of diabetes in children and its association with DKA

**Methods used**

- Site investigators submit a list of people with diabetes. A research assistant retrieves the clinical information from the Hospital Authority Clinical Management System. Data entry is undertaken every year in July and August

- Retrospective registry
- Multi-centre Prospective Registry on all subsequent new cases on the following areas
  - a. Trends on the incidence and prevalence
  - b. Prevalence, incidence, and risk factors of acute and chronic complications
  - c. Clinical outcome and quality of care received when compared to international standards, and the degree of which process of care impact glycaemic, blood pressure, lipid control and diabetes-related complications
  - d. Quality of life of the patients and their family and the impact on glycaemic control

*“Working in partnership with healthcare professionals is key to ensuring people with diabetes receive the care and support they need.”*



## Category 5: Diabetes care

### Slow diabetes - My daily life

By the French Federation of Diabetes  
04.2022 – 05.2022

#### Achievements

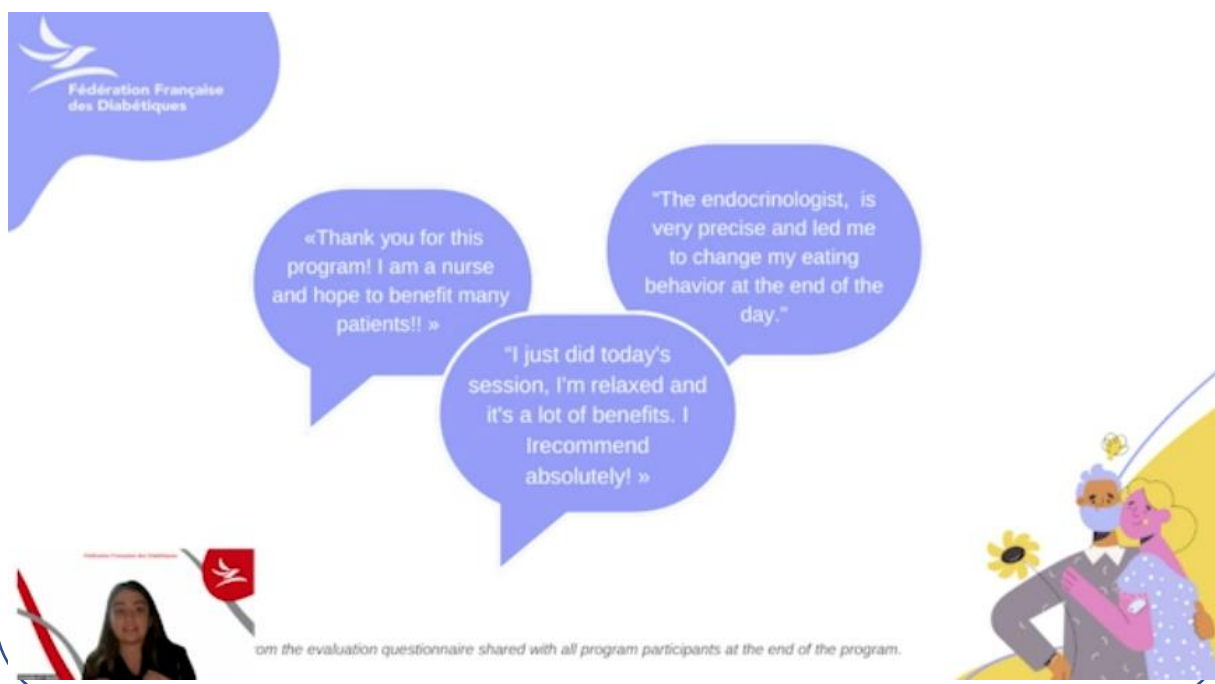
- More than 15,000 participants in the programme
- 21 audiovisual resources shared. A dozen experts involved

#### Methods used

- The *slow diabetes* programme was entirely co-constructed with its participants
- Focus group workshops and individual interviews

- The *slow diabetes - My daily life* programme was developed over 21 days during which a daily resource was distributed by email
- Each day was dedicated to a theme of daily life that was popular with people living with diabetes: sexuality, food, treatment, administrative procedures, etc.

*“Illness is part of life and is no longer synonymous with death, but a companion of life (cf. Cynthia Fleury): accepting and taming it requires learning, time, and work on all aspects of daily life! In view of its evaluation, which appears extremely positive (cf. Slow Diabetes 2022 Evaluation), and the requests from the public, this scheme is likely to be renewed and developed.”*





Category 6: People living with diabetes

**Virtual camp for children with type 1 diabetes**

By the *Japan Association for Diabetes Education and Care* (nominated by the *Japan Diabetes Society*)

2020 – ongoing

Due to the spread of COVID-19 that began in 2020, contact with people was severely restricted, and the childhood diabetes summer camp had to be canceled for the first time in its 50-year history.

**Achievements**

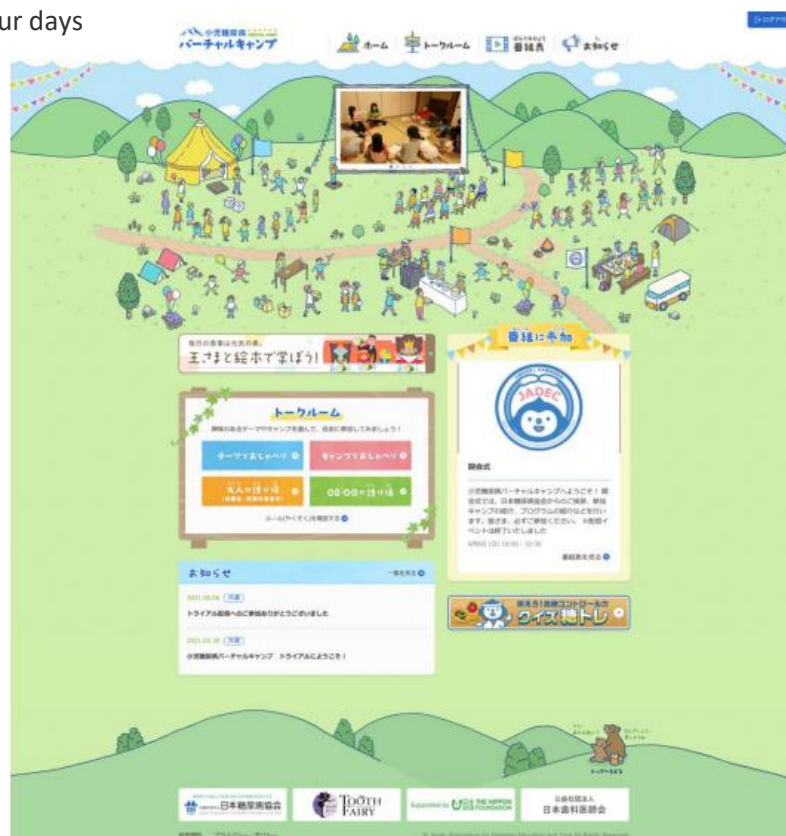
- A virtual camp was held four times on October 9th, 17th and 24th, 2021
- The site was accessed a total of 952 times over the four days

- Hospitalised children were able to participate and interact with peers from all over the country

**Methods used**

- Site construction: The theme of the site was "Even if you can't go outside, you can attend your camp online."
- Six children's diabetes camps were invited to conduct trial camps. Then, the actual event was held reflecting the points pointed out by the participants in the trial
- Recruitment of participants

*"Going forward, we would like to utilise the advantages of face-to-face and online to continue supporting children with diabetes who need insulin."*



Category 6: People living with diabetes

**Artistic expression of young people with diabetes during the centenary of insulin: Creativity and therapy**

By the Association of Endocrinologists and Diabetologists of Sfax  
09. 2021 – 10.2021

**Achievements**

- The therapeutic artistic approach allows young people with diabetes to speak, listen, exchange, create and thus re-create themselves
- They overcame difficulties in expressing themselves and externalised anything that was exhausting, confusing and frustrating

**Methods used**

- Artistic expression workshops
- Seven girls and two boys living with type 1 diabetes were invited to the two-month course to express themselves about the theme: "Centenary of Insulin: express yourself!"



- Communication favouring an exchange of experience and knowledge about diabetes and the importance of treatment
- Therapeutic approach from interaction to graphic expression based on the tools of daily diabetes care (the syringes, the strips, the lancets, the needles, etc.)

*"The art therapy and artistic expression workshops allowed young people with diabetes to express themselves in a different way, promoting a better understanding, affirmation and appreciation of themselves."*



Award ceremony at a glance



[Click here](#) to watch the video of the IDF Centenary of Insulin Award Ceremony.

## List of applications

We greatly appreciate the effort behind all the initiatives and are grateful to our members for sharing their experiences. In addition to the initiatives featured in this report, many other creative and inspiring projects were submitted.

All the applications received are listed below. Please get in touch if you are interested to learn more or join forces with any of the associations listed.

Organisation	Title of application
ALBANIAN DIABETES ASSOCIATION	Insulin makes easy
APDP - DIABETES PORTUGAL	A visit to the diabetes history in the centenary of the insulin discovery
ARGENTINE DIABETES SOCIETY (SAD)	Education of healthcare providers and patients with diabetes to improve patient care and wellbeing
ASOCIACIÓN DE DIABÉTICOS DEL URUGUAY	Commitment to diabetes 2020 – 2025
ASOCIACION DE DIABETICOS JUVENILES DEL PERU	Pilot project for the control of gestational diabetes at the primary health level (GEIDI PROJECT)
ASOCIACION SALVADOREÑA DE DIABETES ASADI	How to prevent and control diabetes, achieving quality of life and preventing complications
ASOCIACIÓN SALVADOREÑA DE DIABETES ASADI	Continuous education in diabetes through diabetes educators trained in ASADI
ASSOCIATION DES DIABÉTIQUES DU CONGO ADIC	The effects of self-medication of type I diabetes in certain young specific case of Christophe Kahungu
ASSOCIATION FOR THE CARE OF DIABETES IN ARGENTINA CUI.D.AR	Transforming schools and policies through diabetes education
ASSOCIATION MALGACHE CONTRE LE DIABETE	How A.MA.DIA have faced covid-19 issues and generated activities from 2020 to 2022
ASSOCIATION OF ENDOCRINOLOGISTS AND DIABETOLOGISTS OF SFAX	Artistic expressions of young people living with diabetes throughout the centenary of insulin: Creation and therapy
BERMUDA DIABETES ASSOCIATION	Ensuring the financially disadvantaged people with diabetes in Bermuda have access to diabetes care
BRITISH VIRGIN ISLANDS DIABETES ASSOCIATION	Continuous glucose monitor availability programme
CHARITY UNION OF PERSONS WITH DISABILITIES AND PEOPLE WITH DIABETES MELLITUS «UMID», UZBEKISTAN	Improving the quality and life expectancy of people with diabetes
CHINESE TAIPEI DIABETES ASSOCIATION (CTDA)	GOAL 50-Initiative for improving blood glucose control and organ protection awareness in people living with diabetes
CHRONIC CARE CENTER	Prevention of diabetes: an employer responsibility- wellness programme
CHRONIC CARE CENTER	Comprehensive care to type 1 diabetes during Covid 19
DIABETES ASSOCIATION OF NIGERIA	Advocacy on the amendment of section 21 of the customs, excise tariff (consolidation) act
DIABETES ASSOCIATION OF SRI LANKA	Unsung Heroes of #savealifecovid-19
DIABETES ASSOCIATION OF THAILAND	A nationwide diabetes self-management programme and network system (DSMP-NS) to improve standard of care for type 1 diabetes in Thailand
DIABETES ASSOCIATION OF THE REPUBLIC OF KAZAKHSTAN	Improving the quality and increasing the life expectancy of people with diabetes in Kazakhstan
DIABETES ASSOCIATION OF ZANZIBAR -DAZ	Community outreach screening for diabetes and hypertension
DIABETES AUSTRALIA	#CGMFORALL Australians with type 1 diabetes

## CENTENARY OF INSULIN AWARD REPORT

### List of applications

<b>DIABETES NEW ZEALAND</b>	Merging spaces: Reaching and supporting the community in partnership
<b>DIABETES PHILIPPINES, INC.</b>	100 insulin lectures
<b>DIABETES SWAZILAND</b>	Diabetes mellitus awareness campaign
<b>DIABETIC ASSOCIATION OF BANGLADESH</b>	Prevention of diabetes through religious leaders
<b>DIALEB – NATIONAL DIABETES ORGANISATION</b>	Insulin is life
<b>DIRECT RELIEF</b>	Increasing access to diabetes care in war-torn Ukraine
<b>FAND ASSOCIAZIONE ITALIANA DIABETICI ODV</b>	Diabetic guide online course - 2022
<b>FEDERACION ESPAÑOLA DE DIABETES (NOMINATED BY SOCIEDAD ESPAÑOLA DE DIABETES)</b>	100 years with insulin
<b>FEDERACIÓN MEXICANA DE DIABETES, A.C.</b>	Diabetes educator training diploma
<b>FÉDÉRATION FRANÇAISE DES DIABÉTIQUES</b>	Weberie - My Insulin / In an ideal world, I would like to ...
<b>FÉDÉRATION FRANÇAISE DES DIABÉTIQUES</b>	Our local contributory workshops
<b>FÉDÉRATION FRANÇAISE DES DIABÉTIQUES</b>	Slow diabetes - my daily programme
<b>FONDATION HAITIENNE DE DIABETE ET DES MALADIES CARDIO-VASCULAIRES (FHADIMAC)</b>	FHADIMAC outreach programme
<b>FUNDACIÓN FUVIDA</b>	Overcoming obstacles to treat type 1 diabetes in Ecuador through diabetes camps
<b>GABRIC DIABETES EDUCATION ASSOCIATION</b>	Innovative advocacy strategy for the reform of legislation on diabetes care insurance coverage, covering monitoring and education in Iran
<b>JAPAN ASSOCIATION FOR DIABETES EDUCATION AND CARE (NOMINATED BY THE JAPAN DIABETES SOCIETY)</b>	Virtual camp for children with type 1 diabetes
<b>JORDANIAN SOCIETY FOR THE CARE OF DIABETES</b>	Improving diabetes awareness and translating it into policy making
<b>LOS FRESNOS FOUNDATION</b>	Educating the population on issues of promotion, prevention and treatment of diabetes
<b>MEXICAN NUTRITION AND ENDOCRINOLOGY SOCIETY</b>	National type 1 diabetes registry in Mexico.
<b>NATIONAL OFFICE FOR PRIMARY DIABETES CARE (NOMINATED BY THE CHINESE DIABETES SOCIETY (CDS))</b>	Improve capacities and capabilities of diabetes care in primary healthcare in China
<b>RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA (RSSDI)</b>	Defeat diabetes campaign - A nationwide campaign to reach 100 million people in 100 days for creating of awareness regarding diabetes
<b>RESEARCH TRUST OF DIABETES INDIA</b>	Optimizing type 1 diabetes care in resource limited settings
<b>RWANDA DIABETES ASSOCIATION(RDA)</b>	Sustainable care for youth living with type 1 diabetes mellitus in Rwanda
<b>TANZANIA DIABETES ASSOCIATION</b>	Diabetes in Tanzania: Enhancing community awareness and patient empowerment
<b>THE DANIELS HAMANT FOUNDATION</b>	Taking action to increase access to diabetes care
<b>UKRAINIAN DIABETES FEDERATION</b>	Emergency response to war crisis for affected people with diabetes in Ukraine
<b>UNIVERSITY OF GUANAJUATO (NOMINATED BY FUNDACIÓN FUVIDA)</b>	Diabetes therapeutic education diploma course
<b>YOUTH DIABETES ACTION</b>	Hong Kong childhood diabetes registry
<b>YOUTH DIABETES ACTION</b>	CGM support programme

## Postscript

The Centenary of Insulin Award was designed for organisations rather than individuals. However, we received many nominations on behalf of individuals who have made significant contribution to improving the lives of people living with diabetes. One of the most impressive examples is that of Dr. Gilberto Mauricio Leguízamo in Mexico.

### Dr. Gilberto Mauricio Leguízamo



#### Activities of Dr. Gilberto Mauricio Leguízamo

- Founder of the “Monthly Conference Programmes” in the Mexican Diabetes Association in Jalisco for people with diabetes and their families since 1990
- Founder of the “Diabetes Educators Course in Jalisco” since 1993
- 1<sup>st</sup> Diabetological Education Course for people with diabetes (an achievement of considerable national importance)
- Established June 2<sup>nd</sup> as “Diabetes Education Day” in Guadalajara, Jalisco, Mexico, in 2003, officially enshrined in law by the State Government in 2002
- Promoter and advisor for the creation of the first Education and Care Centre for Children and Adolescents with Type 1 Diabetes

- Professor of the Diploma in Therapeutic Education in Diabetes since 2012

*“Dr. Gilberto Mauricio has dedicated 30 years to therapeutic education in diabetes. His work has always been focused on people who lives with diabetes and their families so they can live a life with the quality to which they are entitled.”*

*“It is necessary to recognise the perseverance and tenacity of Dr. Gilberto Mauricio. First, for highlighting the need of therapeutic education in diabetes in our local and national scope. Second, because of his concern for therapeutic education in diabetes to be the catalyst for the acquisition of knowledge and development of skills, and for empowering people in the management of their disease. As his slogan says: **‘Learn not to do, but to be.’**”*

The nomination was supported by the Mexican Association of Diabetes in Jalisco, A.C., the Jalisco Health Services, the University of Guanajuato, and the Government of Jalisco.

A collage of five photographs from an award ceremony. The top photo shows a woman in a white headscarf and a man in a suit. The middle photo shows a woman in a dark top speaking at a podium. The bottom-left photo shows a man in a suit speaking into a microphone. The bottom-right photo shows a man in a suit and glasses smiling while holding a microphone. The background of the collage is a large, dimly lit conference hall with a stage and audience.

Centenary of Insulin  
Award  
**Report**  
2022

## Centenary of Insulin Award Report

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