Recommendation made on behalf of IDF by Diabetes Association of Sri Lanka

Dr. Mahen Wijesuriya  MD (Cey), FRCP (Lond), FCCP (Cey),
Secretary – Diabetes Association of Sri Lanka
Hony. Director – National Diabetes Centre
Why diabetes should be brought to the Forefront

• Diabetes is the illness with the highest prevalence rates in SEAR
• Age of onset decreasing affecting the young
• Institute Primary Prevention by targeting the modifiable aetiological factors early in the life course (life circle)
Consensus on the Aetiology of Type 2 Diabetes Mellitus

- Diabetes Association of Sri Lanka (DASL) with the support of the International Diabetes Federation (IDF) convened a landmark conference in Colombo, July 2002
- 350 Senior opinion leaders from 32 countries participated
- 13 resource persons in expert panel
- Unanimous consensus
- Published in Diabetes Voice May 2003, Volume 48

Please refer **Attachment 1** for full article
Aetiology of T2DM -1

- Genetics – was recognized as playing an important role – non modifiable – genetic engineering or counseling not possible at present as details are not available

- Foetal Origins – Nutrition of the mother affecting the metabolic outcome of the offspring accepted with post natal over nutrition aggravating same.
Aetiology of T2DM - 2

- **Life Style** – Obesity and decreased physical activity are associated with insulin resistance – lifestyle modification can decrease progression.

- **Stress** - Correlation between stress and insulin resistance accepted as an important factor throughout life.
Kathmandu Declaration – IDF
United Nations Resolution 61/225
Implementation Strategy

• Convened at the Diabetes in Asia Study Group Conference, October 2008 – in Kathmandu - formulated by the DASL

• Chaired by the IDF President Prof Martin Silink Co-Chair – Prof Jean Claude Mbanya President Elect

• Published in Journal of Diabetes Research and Clinical Practice 2009
Kathmandu Declaration

"Life-circle" approach to prevention & care benefits people at all stages of life

Preconception

Adult life

Pregnancy

Infancy and Childhood

Please refer Attachment 2 for full article
Recommendations

• Start preventive procedures from **Preconception**

• Importance of the health of the **Girl Child** emphasized

• **Pregnancy** is an important period of risk.

• Include **Stress Control** as an essential component at all stages in the Life Course/Circle together with lifestyle modification

• **Individual behaviour** – the key to prevention to be an integral part of governmental and non governmental action