

Diabetes and Obesity- World Diabetes Day 2011

by Rodiah Hashim



In his opening speech, Dr Kevin Tan, Chair of the World Diabetes Day 2011 Organising Committee and Vice President of the Diabetic Society of Singapore, pointed out that the latest obesity rate of 10.8% compared to 6.9% six years ago is a clear sign that obesity is on the increase. Hence, the clarion call of World Diabetes Day 2011 - 'Reduce Weight, Prevent and Control Diabetes'.

Held at the Suntec Singapore International Convention & Exhibition Centre on 13 November 2011, World Diabetes Day 2011 was graced by Guest of Honour, Mr Gan Kim Yong, Minister for Health, who emphasised the need to raise awareness of diabetes in Singapore.

The current figure of 11.3% of Singaporeans having diabetes looks set to grow as the population ages. Raising awareness of Singaporeans about diabetes will allow us to play a part in addressing this challenge as firstly, diabetes can be prevented. Secondly, complications can be minimised with



good diabetes control and, lastly, even after the complications of diabetes have occurred, we can still work together to help people with diabetes take control of their health problems to stop them from getting worse. He thanked the Diabetic Society of Singapore, all partner agencies, as well as health professionals and patient advocates, for tirelessly championing diabetes awareness and good diabetes management in Singapore.

With the Health Promotion Board's support, a Quick 6 Strength Exercise, Healthy Qigong and the Great Singapore Workout using the new restrictive bands made it to the stage, with eager participation from the sporting crowd, both young and old.

Indeed for participants of the complimentary health screenings, eye check, public forums by medical

experts, physical exercises, podiatry services and diabetes education with conversational maps by the Association of Diabetes Educators of Singapore, it was a day of education and meaningful learning. In addition, industry partners at the exhibition offered good bargains while new members walked away happily with their lucky draw prizes.

DSS would like to thank our Guest of Honour, Mr Gan Kim Yong, for his presence, plus all our volunteers both from and outside the Diabetic Society of Singapore, the Lions' Club of Singapore, nurses from SingHealth Polyclinics, Singapore General Hospital, NUS Medical Students and other medical institutions, all supporting organisations, partner companies and all our kind sponsors without whom World Diabetes Day would not have been possible.

DSS would like to thank the following for their sponsorship and support:

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