

WORLD DIABETES DAY 2015

Beat the Bulge!

Healthy lifestyle the Way to Go!

Noor Adzilah and Melvin Goh

World Diabetes Day (WDD) 2015 was held on 15 November at Suntec Singapore Convention & Exhibition Centre, with Senior Minister of State for Health and Environment & Water Resources, Dr Amy Khor, as the Guest-of-Honour.

In her speech, Dr Amy Khor echoed the theme of this year's WDD, "Beat the Bulge! Healthy Lifestyle the Way to Go! Act to change your life today". She urged everyone to "act now and take charge of your health today" through regular exercise, a balanced diet and regular health screening for early detection of diabetes. Diabetes can be managed better with early detection.

World Diabetes Day first started in 1991 by the International Diabetes Federation and World Health Organisation (WHO), in response to great concerns about the escalating burden of diabetes. Two decades have passed and the burden has not been reduced.



According to WHO, there are 347 million people worldwide with diabetes and the disease is projected to become the seventh leading cause of death globally by the year 2030.

WDD 2015, as in previous years, provided a platform to raise awareness about diabetes, its complications and management.

Activities included complimentary eye, foot and health screenings, exercise and healthy cooking demonstration, educational talks, Q&A sessions with dietitians, nurse educators and physiotherapists. There was an array of exhibits and products on sale by pharmaceutical and industry partners as well as fun activities organised by the Diabetic Society Singapore (DSS).



This year, a group of student teachers from National Institute of Education (NIE) volunteered their services as part of their Group Endeavour Service Learning programme. Volunteering for different roles for WDD, they began their learning journey a few months before the event.

As ambassadors for WDD, they equipped themselves with knowledge about diabetes by visiting the DSS HQ and DSS Mobile Diabetes Education & Care Centre as well as attending educational talks.

To raise awareness about diabetes, the team had a fundraising and awareness booth on NIE campus on 28 October and 4 November 2015.



“ Before volunteering for the Diabetic Society of Singapore, I thought diabetes is a chronic disease which affects only blood sugar levels but it is actually a metabolic dysfunction which causes other health conditions. The good news is that it is treatable if detected early, by managing diet and having a healthy lifestyle, even with the option of bariatric surgery. The old saying, ‘Prevention is better than cure’ still holds a whole lot of truth.

Rahayu Haris

“ It’s an eye opener for all of us as we get to work and learn alongside the volunteers and staff from the Diabetic Society of Singapore. We are more than glad to be given the opportunity.

Cyril Matthew Philix, NIE Volunteer

DSS wishes to thank all partners, sponsors and organisations for their participation and support, and making WDD 2015 a great success:

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