



WORLD DIABETES DAY SINGAPORE 2016

FOCUS ON DIABETES: PREVENTION, DETECTION & SCREENING

World Diabetes Day (WDD) is commemorated around the world on 14 November. The annual event in Singapore is organised by the Diabetic Society of Singapore (DSS). This year, WDD Singapore was held on Sunday, 13 November 2016 at Suntec Singapore Convention & Exhibition Centre.

In line with our government's efforts to stem the rise of diabetes, our theme this year was "Focus on Diabetes", with the tagline—"Prevention, Detection and Screening". The event was officiated by the Guest of Honour, Mr Gan Kim Yong, Minister for Health.

In his speech, Mr Gan reminded that there are about 400,000 Singaporean residents with diabetes and if we do not take action today, estimates show that there will be one million Singapore residents with diabetes by 2050. He also highlighted how the War on Diabetes is a whole-nation effort which requires the commitment of everyone in Singapore.

Mr Gan also launched a new television commercial as part of the "Let's Beat Diabetes" campaign, encouraging viewers to make positive lifestyle changes as a step towards preventing the onset of diabetes.

Mr Benson Lu, a youth member of DSS, was on stage to share his experience living with Type 1 diabetes. Also on stage was a healthy cooking demonstration by Chef Law Chin Chin. Chef Law prepared an easy-to-make dish called 'Crispy Tofu Stack with Fruity Dip'.

Participants learnt about prevention of diabetes through making smart food choices and reading food labels. Nurse educators were on hand to share with participants about diabetes management through the diabetes conversational map. Eye and foot screenings were also available.

A few rounds of talks were held on the topic close to the hearts of many Singaporeans: food. The talks, titled "Let's Eat Right to Beat Diabetes!" were engaging and interactive. The invited speakers took the opportunity to remind participants on the importance of knowing what goes into our bodies and eating right.

As in previous years, one of the main draws for WDD was the exhibition and sale booths by pharmaceutical and industry partners. Booths came prepared with exciting activities, goodies and attractive promotions, keeping the hall abuzz right till the end of the day.

For more information on DSS events, workshops, health screening, mobile clinic, talks and programs, please check out our website: www.diabetes.org.sg

DSS BUZZ

DSS would like to thank all volunteers, partners and sponsors for their participation, contribution and support in making WDD 2016 a great success.

Partners & Sponsors

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- Roche Diabetes Care Asia Pacific Pte Ltd
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Partner Organisations

- Association of Diabetes Educators of Singapore
- Health Promotion Board
- Lions Community Service Foundation Singapore
- Lions International
- Podiatry Association (Singapore)
- Singapore Heart Foundation
- Singapore National Eye Centre
- Singapore Nutrition And Dietetics Association
- Singapore Physiotherapy Association
- Temasek Polytechnic

OUTREACH PROGRAMS OCTOBER & NOVEMBER 2016



4 October 2016
Lunchtime Health Talk @ Seiko Instruments Singapore Pte Ltd



15 October 2016
Outreach at KDF Public Forum



20 November 2016
Outreach at Healthy Minds, Happy Lives Carnival @ Jurong Spring



26 November 2016
Outreach at Eye Care Day For The Family by Singapore National Eye Centre (SNEC)