

## The theme for World Health Day 2016 is diabetes

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Each year a theme is selected that highlights a priority area of public health. The day provides an opportunity for individuals in every community to get involved in activities that can lead to better health.

As per WHO, In 2008, an estimated 347 million people in the world had diabetes and the prevalence is growing, particularly in low- and middle-income countries. India had 69.2 million people living with diabetes (8.7 percent) as per the 2015 data. Of these, it remained undiagnosed in more than 36 million people.

### **Goal of World Health Day 2016: Scale up prevention, strengthen care, and enhance surveillance of diabetes**

The main goals of the World Health Day 2016 campaign aims to:

Increase awareness about the rise in diabetes, and its staggering burden and consequences, in particular in low-and middle-income countries;

Trigger a set of specific, effective and affordable actions to tackle diabetes. These will include steps to prevent diabetes and diagnose, treat and care for people with diabetes; and

Launch the first Global report on diabetes, which will describe the burden and consequences of diabetes and advocate for stronger health systems to ensure improved surveillance, enhanced prevention, and more effective management of diabetes.

There are two main forms of the diabetes. People with type 1 diabetes typically make none of their own insulin and therefore require insulin injections to survive. People with type 2 diabetes, the form that comprises some 90 percent of cases, usually produce their own insulin, but not enough or they are unable to use it properly. People with type 2 diabetes are typically overweight and sedentary, two conditions that raise a person's insulin needs. It may also be seen during pregnancy.

**World Health Day 2016: Key messages**

The diabetes epidemic is rapidly increasing in many countries, with the documented increase most dramatic in low- and middle-income countries.

A large proportion of diabetes cases are preventable. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet can reduce the risk of diabetes.

Diabetes is treatable. Diabetes can be controlled and managed to prevent complications. Increasing access to diagnosis, self-management education and affordable treatment are vital components of the response.

Efforts to prevent and treat diabetes will be important to achieve the global Sustainable Development Goal 3 target of reducing premature mortality from noncommunicable diseases (NCDs) by one-third by 2030. Many sectors of society have a role to play, including governments, employers, educators, manufacturers, civil society, private sector, the media and individuals themselves.