

# ON WORLD DIABETES DAY THIS YEAR WE CELEBRATE THE FAMILY!

Because when it comes to diabetes early detection, prevention and care, we know that...

## “IT’S A FAMILY THING”



FAMILY IS THE BEST TEAM YOU CAN HAVE IN LIFE!

### A POWERFUL ALLY

Managing diabetes requires...



DAILY TREATMENT



REGULAR MONITORING



A HEALTHY LIFESTYLE



ONGOING EDUCATION

EACH FAMILY MEMBER HAS A UNIQUE, KEY ROLE TO PLAY.  
BECAUSE DIABETES CARE STARTS FROM HOME!

In every family, each member can...



HELP RAISE AWARENESS THAT DETECTING DIABETES EARLY IS CRITICAL TO PREVENTING COMPLICATIONS LATER IN LIFE



ENCOURAGE AND SUPPORT ONE ANOTHER IN EATING HEALTHY MEALS AND EXERCISE TOGETHER



PROVIDE EMOTIONAL SUPPORT TO THOSE WITH DIABETES IN THE FAMILY, HELPING TO REDUCE THE DISEASE-RELATED STRESS AND FEAR



ENSURE COMPLIANCE TO THE TREATMENT



PROVIDE ACCESS TO PROPER AND ONGOING EDUCATION

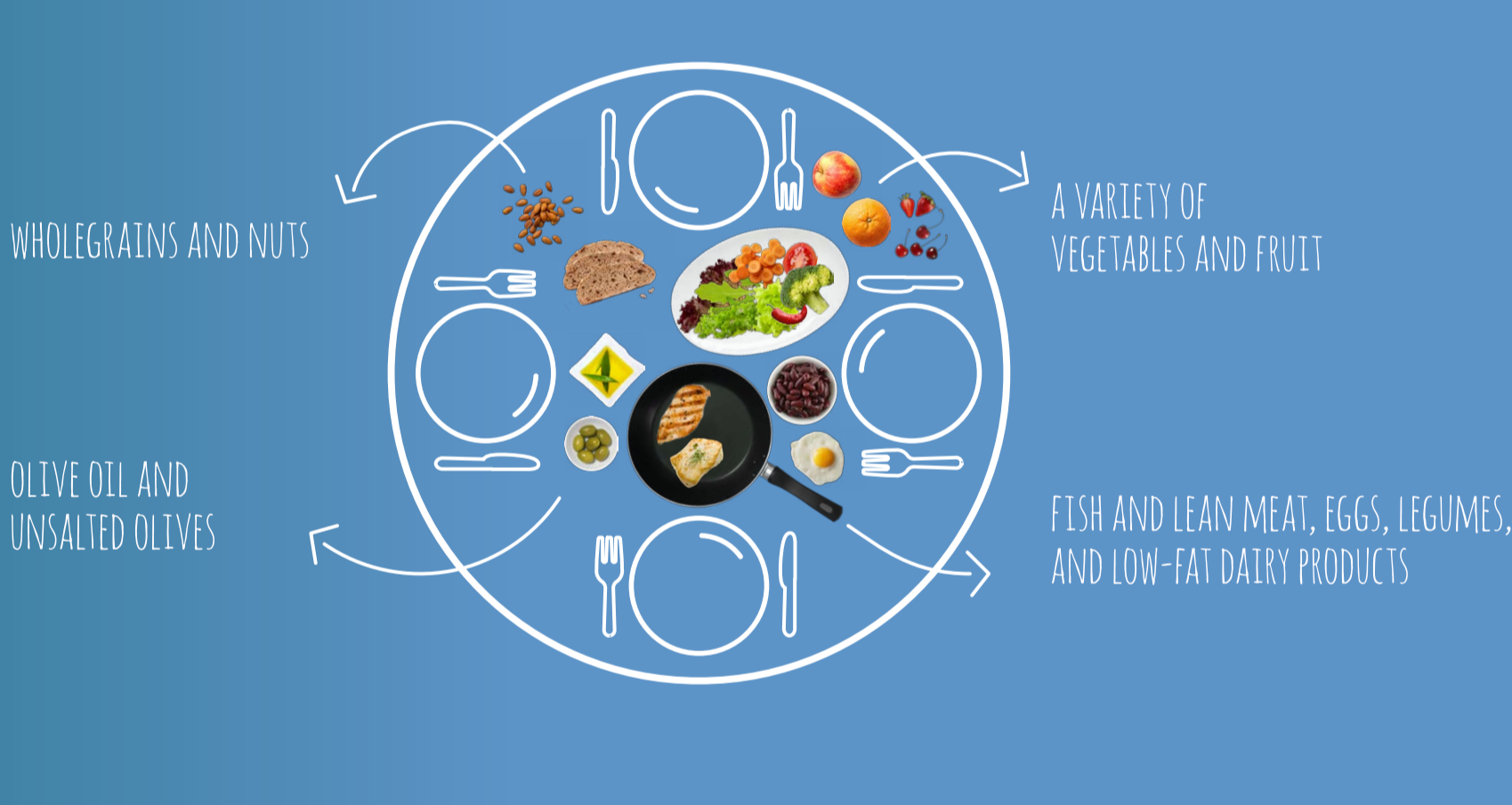
## BUT FAMILY LIFE NEEDS TO BE FUN TOO!



GO FOR A WALK, A RIDE, A SWIM, OR ANYTHING ACTIVE THAT YOU ALL ENJOY DOING TOGETHER AS A FAMILY!

REMEMBER, THERE IS NO PARTICULAR “DIABETES DIET”. THE RIGHT DIET FOR DIABETES IS SIMPLY A HEALTHY FAMILY DIET WITH SOME ADJUSTMENTS TO THE INDIVIDUAL’S NEEDS.

A HEALTHY FAMILY DIET IS BASED ON HOME-PREPARED FAMILY MEALS INCLUDING...



AND LESS OF:



RED MEAT AND OVERALL FAT



SALT AND OUT-OF-HOME FOOD



SUGAR, CANDIES AND SUGARY DESSERTS



BUT LIFE CAN STILL TASTE “SWEET” WITH DIABETES... SHARE YOUR FAVOURITE DESSERT WITH A FRIEND OR FAMILY MEMBER, AND LOW CALORIE SWEETENERS CAN HELP YOU KEEP ENJOYING SOME OF YOUR FAMILY’S FAVOURITE TREATS WITH LESS SUGAR AND FEWER CALORIES.

## SOME DIABETES FACTS

FROM THE INTERNATIONAL DIABETES FEDERATION (IDF):

425 MILLION ADULTS HAVE DIABETES

1 IN 11 ADULTS

1 IN 2 REMAIN UNDIAGNOSED

< 1 IN 4

FAMILY MEMBERS OF PEOPLE WITH DIABETES HAVE ACCESS TO DIABETES EDUCATION PROGRAMMES

BUT...



80% OF TYPE 2 DIABETES CASES IS PREVENTABLE BY ADOPTING A HEALTHY LIFESTYLE

&



FAMILY SUPPORT IS KEY!

SO, DO IT FOR YOU AND FOR YOUR FAMILY!

BECAUSE “IT’S A FAMILY THING”!



www.sweeteners.org

In support of



world diabetes day

14 November

With the scientific support of the European Specialist Dietetic Network for Diabetes of the European Federation of the Associations of Dietitians (EFAD)

#WDD2018 #ISA4WDD