

## 14 November 2008 is World Diabetes Day

While you read this Caroline Wells is on leave whizzing her way around north Africa on a Moroccan motorbike safari.

The less intrepid of us wait with baited breath for her no doubt exciting and hopefully not harrowing tales when she returns.

On 20 December 2006, the United Nations General Assembly passed Resolution 61/225. This landmark Resolution recognizes diabetes as a chronic, debilitating and costly disease associated with major complications that pose severe risks for families, countries and the entire world. It designates 14 November, the current World Diabetes Day, as a United Nations Day to be observed every year beginning in 2007. Governments have acknowledged that diabetes is increasing at epidemic rates and is affecting all countries. For the first time, a non-infectious disease has been seen as posing as serious a global health threat as infectious epidemics such as HIV/AIDS.

I personally invite you all to pause and consider for a moment the difficulties that children living in third world countries face when they develop type 1 diabetes. Type 1 diabetes is a non preventable disease brought about by an auto immune response by the body, which

permanently damages the pancreas, resulting in the person's inability to produce insulin. This means the individual requires four insulin injections a day for the rest of their lives to keep them alive.

For many of these children the future is bleak. Lack of health services and limited access to the insulin they need to stay alive means that their lives will be cut short.

For more information on how you can assist these critically at risk children please visit the International Diabetes Federation at [www.idf.org](http://www.idf.org)

As you are aware diabetes is reaching epidemic proportions and the incidence of both type 1 diabetes and type 2 diabetes is escalating in younger people. Type 2 diabetes is a manageable illness but crucially it is also generally a preventable one. Diabetes TASMANIA is the peak body in this state committed to assisting Tasmanians living with both type 1 and type 2 diabetes as well as educating the broader community to the risks that poor personal health management presents.

Warmest regards,

Leanne Clark,  
**Acting CEO, Diabetes TASMANIA**



**'GET WALKING TASMANIA'  
WEEK 5 - 12 NOV 2008**  
To celebrate Diabetes TASMANIA will be holding a walk at the Botanical Gardens on the 10th of November 2008 starting at 10.30am, meeting at the top gate.

The walk is FREE and there are prizes to be won.

For more information please contact Diabetes TASMANIA on 1300 136 588.

Please forward this on to everyone you know.