



World Diabetes Day 2024


November 14, 2024

World Diabetes Day, observed annually on November 14, serves as a crucial platform for raising global awareness about diabetes, a significant public health challenge impacting millions worldwide. This observance spotlights the urgent need for comprehensive action in diabetes prevention, early diagnosis, effective management, and equitable care access. The theme for this year **‘Breaking Barriers, Bridging Gaps,’** highlights the collective commitment to overcoming obstacles in diabetes care and ensuring that every individual diagnosed has access to high-quality, affordable treatment.





In 2024, “Breaking Barriers, Bridging Gaps” encourages a focus on inclusivity in healthcare, emphasizing collaboration among governments, health organizations, and communities to address disparities in diabetes care. This theme calls for a unified approach to not only reduce diabetes risk factors but also provide sustained support to those living with the condition. Observances,

World Diabetes Day

14 November



Risk factors of Diabetes

- **Physical Inactivity**
- **Obesity**
- **Unhealthy Dietary Habits**
- **Family History**






educational programs, and campaigns aim to inspire both communities and individuals to take proactive steps toward a healthier future, aiming to close the treatment gap and uplift the lives of millions affected by diabetes.

Diabetes is a chronic condition resulting from either insufficient insulin production by the pancreas or the body's inability to use insulin effectively. Insulin is essential for regulating blood glucose levels, and without proper insulin function, blood sugar can rise uncontrollably, a condition known as hyperglycemia. Uncontrolled diabetes, particularly over time, can damage various body systems, especially the nerves and blood vessels. As per Indian Council of Medical Research – India Diabetes (ICMR INDIAB) study published in 2023, the prevalence of diabetes is [10.1 crores](#).

Symptoms of Diabetes

Diabetes symptoms can appear suddenly, though in type 2 diabetes, they may develop gradually, sometimes taking years to notice. Typical signs include increased thirst, frequent urination, blurred vision, fatigue, and unexplained weight loss. If untreated, diabetes can damage blood vessels in critical organs like the heart, eyes, kidneys, and nerves. It raises the risk for severe health issues, including heart attacks, strokes, kidney failure, and in some cases, permanent vision loss due to damaged retinal blood vessels. Diabetes can also lead to nerve damage and poor circulation in the feet, resulting in ulcers and, potentially, amputations.

Symptoms of Diabetes

- **Polydipsia (Excessive thirst), Polyuria (Frequently urination)**
- **Tiredness, Weakness**
- **Weight Loss**
- **Delayed Wound Healing/ Infection**
- **Recurrent Urogenital Infections**

How to Prevent Diabetes?

Adopting healthy lifestyle changes is the most effective way to prevent or delay type 2 diabetes. Recommendations for prevention include maintain a healthy weight, stay physically active with at least 30 minutes of moderate exercise daily, follow a balanced diet low in added sugars and saturated fats and avoid tobacco use. Through proactive lifestyle management, individuals can reduce their risk of developing type 2 diabetes and its related complications.

Government of India's Diabetes Prevention Initiatives

The Government of India has launched several proactive measures to tackle diabetes as part of the broader National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD) under the National Health Mission (NHM).

- The Government of India, under the NP-NCD, provides technical and financial assistance to states and UTs through the National Health Mission (NHM).
- Support is allocated based on state and UT proposals with a focus on prevention and management of diabetes and other non-communicable diseases.
- 743 District NCD Clinics and 6,237 Community Health Center NCD Clinics have been established across India to ensure local-level care and accessible services.
- Emphasis is on training healthcare personnel, strengthening healthcare infrastructure, and facilitating early diagnosis and referral.
- Implemented a population-based initiative that offers screening and control for common NCDs like diabetes, hypertension, and certain cancers. Targeting individuals over 30, screenings are a core part of the healthcare services provided at Ayushman Arogya Mandirs.
- These centers promote preventive health practices, conduct screenings, and engage in community-based wellness initiatives.
- Public awareness on diabetes is promoted through observance of national and international health days.
- A range of media, including print, electronic, and social platforms, is used to ensure consistent community awareness and education.
- Healthy lifestyle promotion includes guidance from the Food Safety and Standards Authority of India (FSSAI) on nutrition.
- The Fit India Movement, led by the Ministry of Youth Affairs and Sports, and yoga programs from the Ministry of AYUSH encourage active and healthy lifestyles.
- Under NP-NCD, states receive financial support for diabetes awareness programs as per their Program Implementation Plans.
- In addition to preventive measures, the NP-NCD also offers financial assistance for purchasing glucometers and diabetes medications, as requested by states and UTs. The NHM's Free Drugs Service Initiative provides free essential medicines, including insulin, to economically vulnerable groups.
- Through the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), quality generic medications, including insulin, are made available at affordable prices with state collaboration to ensure wider accessibility.

Conclusion

World Diabetes Day reminds us of the growing impact of diabetes on global health and the urgent

need for collective action to prevent, diagnose, and manage this chronic condition. In 2024, the theme 'Breaking Barriers, Bridging Gaps' underscores the critical importance of accessible, high-quality diabetes care, especially for underrepresented communities. The Government of India's initiatives reflect a proactive, multi-faceted approach to diabetes prevention through enhanced healthcare access, awareness programs, and lifestyle promotion programs. By fostering awareness, providing resources, and encouraging healthy living, these initiatives aim to reduce the prevalence of diabetes and alleviate its long-term complications, contributing to a healthier future for all citizens.

References

<https://www.who.int/campaigns/world-diabetes-day/2024>

[Rajya Sabha Unstarred Question No. 1864 Dated 19th December, 2023](#)

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