

World Diabetes Day 2022: Celebrating using multisectoral approach in Tumpat communities

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ABSTRACT

The prevalence of diabetes in Malaysia is increasing in trend based on the National Health and Morbidity Survey 2019. It was estimated about 3.9 million of Malaysian adult populations have diabetes. In conjunction with the World Diabetes Day on 14 November, the Diabetes Malaysia Association collaborated with the Tumpat District Health Office to organize the World Diabetes Day on 17 December 2022. Hospital USM, the Tumpat Dental Office, and the Pasir Mas Health Office also participated in the celebration. The aim of this event was to raise awareness regarding the importance of healthy diet, footcare and proper exercise among participants. There was also demonstration of proper insulin injection techniques and health promotion on diabetes. The event was attended by 74 diabetic patients from 10 health clinics in Tumpat. The event was held at the Tumpat Unity Hall and began at 8:00 a.m. with registration of participants and ended at 12:30 p.m. Activities started simultaneously with a traditional game and an exercise session led by a group of physiotherapists and occupational therapists. A talk entitled 'Empowering yourself with diabetes self-management' was delivered by a Family Medicine Specialist from the Clinic Kesihatan Wakaf Bharu,. There was also a welcoming speech by Dr Mohamad Hafiz Harun, from Tumpat District Health Office and Dr Mohd Sukarno Saud as the Chairman of Diabetes Malaysia Association of Tumpat Branch. The event was inaugurated by the Honorable Dato' Dr Izani Hussin, as the Kelantan Local Government, Health, and Housing Committee Chairperson. There was also an exhibition from various disciplines, including health screening, health promotion, diet and nutrition, dentistry, and pharmaceutical booths. A short play to give more understanding on the myth and fact on diabetes was also organized by the Diabetes Malaysian Association. A closing ceremony was held, which included lucky draws for participants, prize-giving awards for diabetic patients who achieved their targeted HbA1c, sharing of clinical experiences in diabetes to the public and the presentation of tokens of appreciation to invited guests. The World Diabetes Day celebration is focused in educating and care for people living with diabetes. It is an opportunity to raise awareness for diabetes and the impact to a person and a good platform to introduce healthy lifestyle and diet control. Using multi-sectorial approach, the World Diabetes Day 2022 celebration in Tumpat had successfully raised the awareness for diabetes among participants and carers. Diabetes is a complicated disease with multifactorial aetiology and consequences; hence, a multi-sectoral approach is required to combat diabetes and its risk factors.