

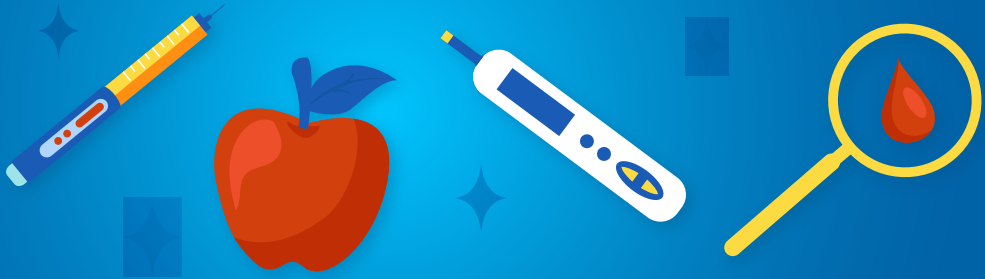


14TH NOVEMBER, 2025

WORLD DIABETES DAY



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World Diabetes Day, 14th November 2025 “Know more and do more for diabetes at work”.

At the Sir Brian Bell Foundation, our mission is clear, we focus on Health and Education to improve the lives of people across PNG. Every year, we recognise World Diabetes Day to highlight a disease that is commonly diagnosed across the country. The International Diabetes Federation estimates that there was a total of 838,000 cases of diabetes in Papua New Guinean adults in 2024, with approximately 589 million adults worldwide living with diabetes, a number predicted to rise to 853 million by 2050.

Diabetes can be managed with lifestyle changes and medication; however, left untreated, it can be fatal, which is why regular health check-ups and taking any changes in your health seriously are important.

Prevention is better than cure, take a look at your daily habits and make sure you are prioritising exercise, eating a healthy, well-balanced diet and getting a good night’s sleep. If you are experiencing any changes in your health, see a medical health professional for a check-up. Type 2 Diabetes is incredibly common in PNG. It is important to be aware of your risk, the symptoms to look out for, such as increased thirst and hunger, frequent urination, and fatigue, and start conversations with your friends and family around prevention. “Remember, while access to health care can be a challenge, equipping ourselves with the right information can help you to lead a healthy lifestyle and prevent diseases such as diabetes. Take the time for your health, it may just save your life”, commented Sir Brian Bell Foundation, Bronwyn Wright.

International Diabetes Federation

Diabetes and wellbeing is the theme for World Diabetes Day 2025. The campaign focus for November 14th is “Diabetes and the workplace”. With appropriate access to care and support for their wellbeing, everyone with diabetes has the chance to live well. Millions of people with diabetes face daily challenges managing their condition in the workplace, including stigma, discrimination and exclusion. This has a negative impact on their well-being. This World Diabetes Day, join our call on employers and employees around the world to ‘Know more and do more for diabetes at work’ and start the change for a better.

FAST FACTS

- 7 in 10 people living with diabetes are of working age.
- 3 in 4 people living with diabetes have experienced anxiety, depression or another mental health condition because of their diabetes.
- 4 in 5 people living with diabetes experienced diabetes burnout.

Learn more: <https://worlddiabetesday.org>

WHAT IS DIABETES?

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. There are different types of diabetes, the three main types of diabetes are type 1, type 2, and gestational diabetes. Diabetes can cause blindness, kidney failure, heart attacks, stroke and lower limb amputation if not managed correctly which is why regular health checks are crucial. The number of people living with diabetes rose from 200 million in 1990 to 830 million in 2022 according to World Health Organisation with diabetes and kidney disease due to diabetes causing over 2 million deaths in 2021. Leading a healthy lifestyle such as eating well, exercising regularly, avoiding tobacco and maintaining a healthy weight can assist in preventing or delaying the onset of type 2 diabetes. There is currently no cure for diabetes however those diagnosed can live a happy and healthy life when its managed correctly. If you think you may have diabetes talk to your doctor.

TYPES OF DIABETES:

Type 1 diabetes: Type 1 diabetes is a chronic condition in which the pancreas produces little or no insulin. As the body needs insulin to survive, people with type 1 diabetes must replace this insulin every day. Symptoms for type 1 diabetes can come on suddenly such as excessive excretion of urine and thirst, constant hunger, weight loss, vision changes, and fatigue. Management of type 1 diabetes requires insulin injections several times a day or using an insulin pump. Leading a healthy lifestyle such as following a healthy diet and exercising regularly is also recommended to reduce the risk of diabetes related complications. Regular health check-ups are crucial to ensure diabetes is being managed well to minimise risks of complications.

Type 2 diabetes: Type 2 diabetes accounts for

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most cases of diabetes globally. It is a progressive condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin in the pancreas. Risk factors for type 2 diabetes include being overweight or obese, those with low levels of physical activity, unhealthy diet, previous gestational diabetes, or a family history of diabetes. Many people with type 2 diabetes only display mild symptoms or none at all and is most commonly diagnosed at a later age. Symptoms can include excessive thirst and dry mouth, frequent urination, lack of energy, slow healing wounds, blurred vision, tingling and numbness in hands and feet. There is currently no cure for type 2 diabetes; however, it can be managed through lifestyle modifications, medication, and regular health check-ups with your doctor.

Gestational diabetes: Gestational diabetes can occur during pregnancy and usually goes away after the baby is born. It is usually managed with a healthy diet and regular physical activity; however, some women may need medication. Effective management of gestational diabetes will reduce the risk of complications during pregnancy and the birth of your baby. Studies suggest that women who develop gestational diabetes have an increased risk of developing type 2 diabetes in life, so regular testing after the pregnancy is also recommended. Talk to your doctor about your diabetes risk.

Pre-diabetes: Pre-diabetes is a condition in which blood glucose levels are higher than average however is not high enough to be diagnosed with type 2 diabetes. There are two pre-diabetes conditions which don't cause symptoms including impaired glucose tolerance (IGT) where blood glucose levels are higher than normal but not high enough to be diagnosed as type 2 diabetes and impaired fasting glucose (IFG) where blood glucose levels are escalated in the fasting state but not high enough to be classified as diabetes according to Diabetes Australia. Risk factors for pre-diabetes are similar to those for type 2 diabetes and include being overweight, being physically inactive, having high triglycerides and low HDL-C (good cholesterol), and/ or high total cholesterol, high blood pressure or a family history of type 2 diabetes and/or heart disease. Treatment for those diagnosed with pre-diabetes involves the same lifestyle changes that are recommended for people diagnosed with diabetes which includes regular physical activity,

medical checks, healthy eating and weight loss if required. We will be posting more health information on diabetes tomorrow. Check back soon. Our World Diabetes Day Health Information brochure is now available on our website to view or download. Visit www.sirbrianbellfoundation.org.pg

REDUCING YOUR RISK OF DIABETES

Type 1 diabetes cannot be prevented; however, evidence has shown that Type 2 diabetes can be prevented or delayed with preventative measures including.

Weight management: Being overweight greatly raises the risk of developing type 2 diabetes, with obesity increasing the risk 20 to 40 times compared to someone with a healthy weight range. If you are above a healthy weight losing weight can help, talk to your doctor.

Exercise regularly: Walking at a fast pace for just half an hour a day can reduce your risk of developing type 2 diabetes and has a range of other health benefits as well. If you are new to exercise, talk to your doctor be and start slowly.

Eat a healthy diet: Eat plenty of healthy foods such as fruits, vegetables, legumes, whole grains, lean meats, fish, eggs, milk, cheese, yoghurt, and high fibre foods and limit processed and packaged foods as they can contain salt, sugar, and unhealthy fats.

Quit smoking: Smokers are 30–40% more likely to develop type 2 diabetes than non-smokers according to the CDC as the cigarette smoke can damage cells, cause inflammation, and make insulin less effective. If you are having trouble quitting smoking talk to your doctor.

Manage blood pressure: Making healthy changes to your lifestyle can lower blood pressure, ensure you are exercising regularly, maintaining a healthy weight, eating a balanced diet, and always take medications as advised by your doctor.

Talk to your doctor: Take note of any changes in your health and schedule regular check-ups with your doctor.

**Early Diagnosis reduces the risk
of diabetes related complications.**

If you suspect you may have diabetes
talk to your doctor to get tested.

