

changing diabetes® in children

– Survival, wellbeing and support

Children with type 1 diabetes in resource-poor settings have high mortality rates, and in some sub-Saharan African countries life expectancy is less than one year after diagnosis .

About Changing Diabetes® in Children

- A public-private partnership initiative launched in 2009;
- Ministries of Health ensure that the programme is anchored within the existing healthcare system;
- Global partners include Roche, the International Society for Pediatric and Adolescent Diabetes (ISPAD) and the World Diabetes Foundation (WDF);
- Novo Nordisk has donated a total of USD 25 million covering 2009-2020, the World Diabetes Foundation has contributed with infrastructure and capacity building, Roche has contributed with glucometers and strips and ISPAD has contributed with technical expertise;
- Running in nine countries - Bangladesh, Democratic Republic of Congo and Uganda (2009), Cameroon, Guinea and Tanzania (2010), Ethiopia and India (2011), Kenya (2012);
- Five new countries to be included in 2017 – Cambodia, Ivory Coast, Myanmar, Senegal and Sudan.

542,000

children have type 1 diabetes worldwide¹

86,000

children are estimated to develop type 1 diabetes worldwide each year¹

13,000

children enrolled by July 2016
(ambition to enrol 20,000 children by 2020)

108

clinics have been established

7,000

healthcare professionals have been trained in diabetes care



RANJITH S
Ranjith has type 1 diabetes
and lives in Bangalore, India

What is Changing Diabetes® in Children?

The Changing Diabetes® in Children (CDiC) programme aims to improve delivery of care to children with type 1 diabetes in resource-poor settings. These children have high mortality rates, and in some sub-Saharan African countries life expectancy is less than one year after diagnosis¹.

A large number of children enrolled in the programme, are now in good control and are able to lead healthy lives. Getamesay's son, Christian, in Ethiopia is just one of these children. But it was not an easy journey.

Diabetes in children is a family affair

Treatment of type 1 diabetes involves daily injections of insulin, regular exercise, proper nutrition and emotional support. This is a huge responsibility for anyone, even more so for a young child. When a child is diagnosed, the entire family is affected as everyone must adjust to a new way of living. With the right level of support, family members can play a central role in helping their children manage their treatment with confidence.

Christian has type 1 diabetes and was diagnosed at the age of three. Getamesay has adopted his son's life style and has created a home where diet and Christian's daily treatment needs are routine. But it was not an easy journey.

At the beginning, Getamesay was concerned about the availability and affordability of insulin, test strips and glucometers to measure and monitor Christian's blood sugar level. Christian was soon enrolled in the Changing Diabetes® in Children programme at Tikur Anbessa Hospital in the city of Addis Ababa. Through the programme, he was able to get the insulin and blood glucose monitoring supplies without cost.

"We were lucky the Changing Diabetes® in Children programme, under the Ethiopia Diabetes Association, had started up," says Getamesay. "Being a minibus driver and earning a meagre income made it impossible to afford the cost of care for Christian."

There were other challenges Getamesay had to face in the early years. As a minibus driver and with sole responsibility for Christian's care, he was frequently away from home. To support the daily management of Christian's diabetes, Getamesay invited his sister to move in. When Christian started school, he had the ongoing task of informing teachers and staff about hypoglycaemia² and Christian's treatment needs.

Getting the right support

The focus was clearly on Christian and ensuring his health and wellbeing. But Getamesay was facing needs of his own, getting support to help him adjust to life as a parent to a child with type 1 diabetes.

Getamesay sought support and was fortunate to find the Parent and Child Forum at the Tikur Anbessa Hospital's Changing Diabetes® in Children clinic. At forum meetings, parents like Getamesay learn about type 1 diabetes and how to manage their children at home. But most importantly, the parents share their challenges, fears and success stories openly and learn from each other.

"It was good for me to learn that there are parents who shared the same experiences and were willing to support each other," says Getamesay. "The support given to me is significant and it would be difficult for me to deal with being there for Christian without the support."

For Getamesay the forum meetings have been a life-saver. "Without the support I've received, I do not know how I would have dealt with this situation. Christian is now eight years old, healthy and cheerful. I am so grateful to the Changing Diabetes® in Children and the Ethiopian Diabetes Association," says Getamesay.

For more information and materials go to: www.novonordisk.com/cdic

