

Combating the Rise of Diabetes in Africa

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“Without a major breakthrough in preventing and treating diabetes, the number of cases in sub-Saharan Africa is projected to double, reaching 24 million by 2030.”
-International Diabetes Federation (IDF)

Tanzania



- Population: 36 million
- Affected by diabetes: about 450,000
- Percentage undiagnosed: over 80%
- Diabetes-related deaths per year: 15,408
- Percent of diabetic adults living in towns: 6%
- Number of diabetologists in the country: 6
- Average income per person: \$256

Type 2 Diabetes Overview

How does it happen?

- Not enough insulin produced or insulin not recognized
- Sugar builds up in blood- cells can't function

Causes

- Overweight/obesity
- Lack of physical activity
- Unhealthy lifestyle choices

Symptoms

- Fatigue
- Thirst/frequent urination
- Unexplained weight loss

Diagnosis

- A fasting blood glucose test
- An oral glucose tolerance test

Treatments

- Diet and exercise/weight loss
- Medications (insulin if needed)



Need

Our need is to improve the education and diagnosis of Type 2 diabetes to combat the projected rise in this disease in Tanzania, Africa.

Approach

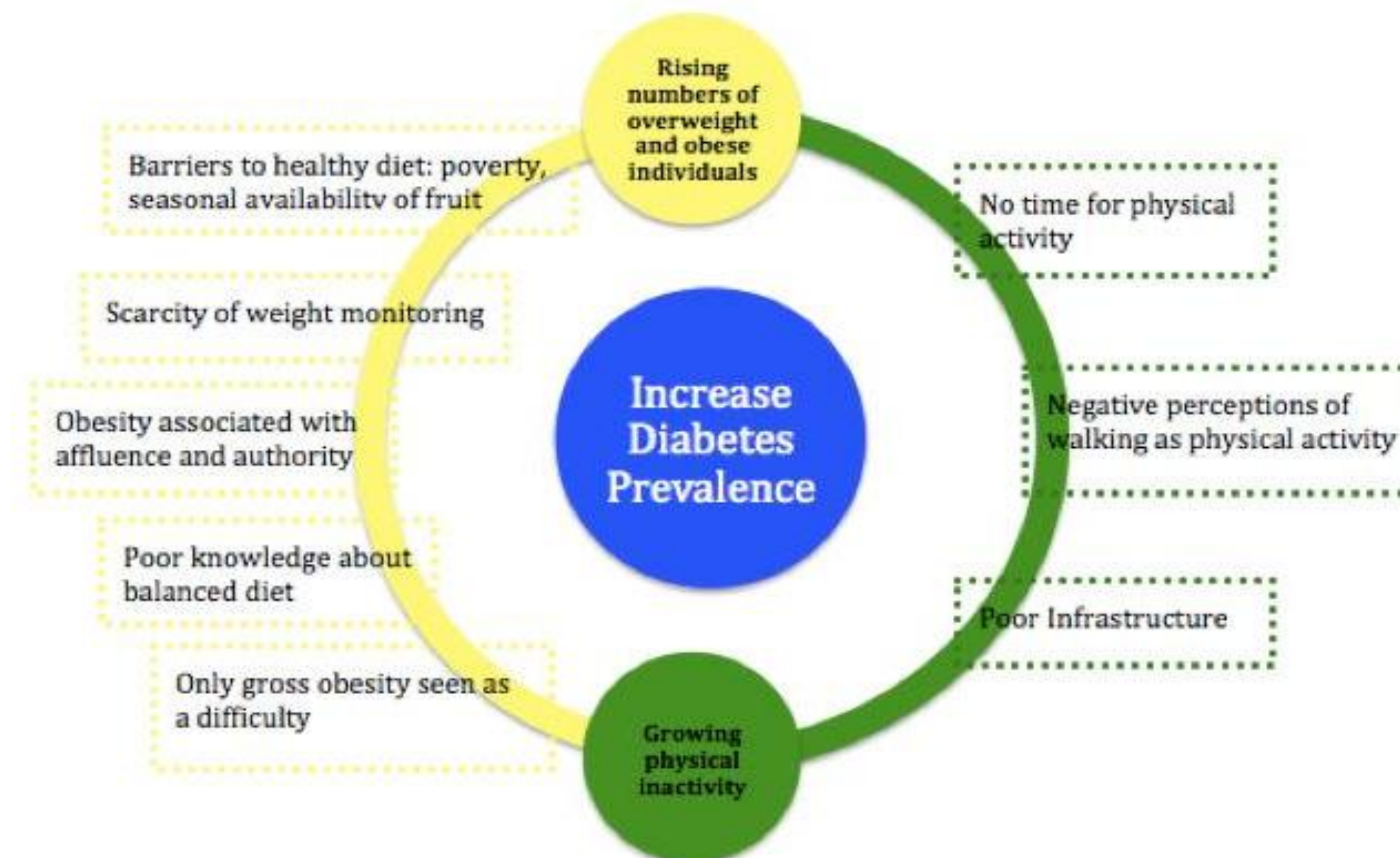
Educate patients/doctors on:

- How to test and record your blood glucose
- What to eat and when
- How to take medications, if needed
- How to recognize/treat low and high blood sugar
- How to handle sick days
- Where to buy diabetes supplies and how to store them (if affordable)
- Role of family members/support system

How:

- Utilize an educational pamphlet for doctors
- Utilize a separate, illiterate-friendly pamphlet for patients
- Distribute pamphlets in local clinics

Reasons for Increase in Diabetes Prevalence



Breaking Down Barriers

- Belief in health benefits/fear of consequences
- Empowerment/Self-confidence
- Locus of control
- Debunk myths about diabetes
- Address illiteracy issues



Urbanization

- Experiencing fastest rate of urbanization worldwide
 - More people moving to urban areas
- Obesity as a sign of wealth
 - Increased consumption of high-fat and energy dense diets
 - High rates of obesity
 - Increased marketing from unhealthy restaurants
- Decrease in physical activity
 - Increased technology and transportation

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