

October 27, 2022

November 14, 2022 marks world diabetes day. 10% of the world's population and 14% of the Canadian population are currently living with diabetes. These numbers are expected to rise in years ahead. Diabetes is a chronic condition in which your body does not produce enough insulin, or your body is unable to effectively use the insulin produced. Insulin is a hormone that helps your body use sugar from the foods we eat for energy to help us function normally. Diabetes is a global phenomenon that can lead to serious complications including eye damage, kidney disease, mental health issues, and more.

The Canadian diabetes strategy became a part of the federal "Integrated Strategy on Healthy Living and Chronic Disease" in 2005. This strategy aims to promote health, prevent chronic diseases, and support early detection and management of chronic disease. Over the years, the evidence and technologies to prevent and manage diabetes have increased significantly allowing individuals to live healthier lives.

Under the umbrella of "Access to Diabetes Care", this year's world diabetes day theme is "Education to Protect Tomorrow". More than 95% of the time, individuals living with diabetes are managing their condition on their own. The constant developments in diabetes care make having the knowledge and skills to effectively manage diabetes essential. Unfortunately, not everyone has equal access to this knowledge; making it difficult for some people to manage their diabetes. Diabetes Education Programs are designed to help address this gap and ensure those who otherwise would not have access to such resources are provided with the knowledge and tools to support them in living healthy lives with diabetes.

To connect with Unison's Diabetes Education program:

Phone: (416) 787- 1676 Ext. 3303

Website: <http://unisonhcs.org/service/diabetes-education-program/>

*Recognized by Diabetes Canada as a "Centre of Excellence" in delivering high-quality and best practice diabetes education and services.*



Diabetes Education Program

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Engage. Empower. Enhance.

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