

WORLD DIABETES DAY 2020

14th
NOVEMBER

WORLD DIABETES DAY IS THE WORLD'S LARGEST AWARENESS EVENT. IN 2020, THE PURPOSE IS TO PROMOTE THE ROLES AND FUNCTIONS OF NURSES IN COMBATTING DIABETES.

NURSES DO AN OUTSTANDING JOB BY ASSISTING PERSONS LIVING WITH A VARIETY OF HEALTH CONCERNS, THIS INCLUDES PERSONS FACED WITH DIABETES RELATED CHALLENGES.

ROLE OF THE NURSE:

- ❖ Advocates for Individuals, Families & Communities
- ❖ Provides Patient Care & Support
- ❖ Provides Counselling
- ❖ Promotes Awareness

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NURSE

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TAKE THE QUIZ

Courtesy the International Diabetes Federation

Tips

HOW TO LOWER THE RISK OF DIABETES

AVOID THE CONSUMPTION OF PROCESSED AND SUGARY FOODS

AVOID THE CONSUMPTION OF ALCOHOL & CIGARETTES

CONSUME AT LEAST 8 (8OZ) GLASSES DAILY

CONSUME RECOMMENDED FRUITS AND VEGETABLES

EXERCISE 30 MINUTES DAILY

FOR FURTHER INFORMATION CLICK ON LINKS

United Nations – [World Diabetes Day 2020](#)
World Health Organization - [Diabetes](#)
American Pregnancy Association - [Gestational Diabetes](#)

Royal College of Nursing - [Important Role of Nurses](#)
International Diabetes Federation – [Discover Diabetes](#)
PAHO - [NCD at a Glance](#)

