



**International  
Diabetes  
Federation**



world **diabetes** day  
14 November

Please join the Lions Clubs of District F in observing World Diabetes Day on November 14, 2020. The theme this year is “Nurses Make the Difference” in recognition of the crucial role nurses play in supporting people living with diabetes.

Currently, there are 27.9 million nurses worldwide and they account for 59% of health professionals. As the number of people with diabetes continues to rise around the world the role of nurses is becoming increasingly more important in managing the impact of the condition. They play a key role in diagnosing diabetes early to ensure prompt treatment, providing self-management training and psychological support for people with diabetes to help reduce incidence of complications and tackling the risk factors for type 2 diabetes.

Do you and your loved ones know your risk factors for developing type 2 diabetes? Now is the time to learn these by going to: [www.worlddiabetesday.org](http://www.worlddiabetesday.org) and take the “Know Your Risk of Type 2 Diabetes”. Click on the “Get Involve” tab on the top of the main page and scroll down

to “HERE ARE SOME IDEAS ON HOW YOU CAN GET INVOLVED.”  
Below that click on the “online quiz” link. This short quiz will  
help you determine your risk and provide resources to help  
lower this risk.

**MULTIPLE DISTRICT NINETEEN**



**LIONS CLUB**