



WORLD DIABETES DAY CELEBRATION REPORT NOV.,



2024

PROGRAM DEVELOPMENT AND EXECUTION TEAM

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INTRODUCTION

Thank You!

Once again, we begin our report with gratitude because appreciation is at the heart of our culture. Simply put, without your generous support, there would be no report to share, as there would have been no program to execute. So, from all of us at The Diabetes Care Network (TDCN), thank you!

As you know, TDCN leverages technology and social media to educate individuals on effectively managing type 2 diabetes, with the ultimate goal of reversing the disease aligning with UN Sustainable Development Goals 3 and 4. Since our founding, we have grown into a global health transformation network, empowering individuals with type 2 diabetes to achieve normal blood sugar levels daily without excessive medication.

So far, our educational posts on Facebook reach over 30,000 people per month, our Facebook group has grown to over 700 members, and our WhatsApp support community, where we provide immediate and personalized diabetes support, has over 200 highly engaged participants. Through simple yet impactful lifestyle changes, we help individuals prevent complications, and the inspiring testimonials from our community continue to affirm the importance of our work. Read them [here](#).

In May 2024, we took a significant step forward by launching the inaugural Type 2 Diabetes Awareness Outreach in five secondary schools within Ogoja Local Government Area (LGA), Cross River State, Nigeria. Our goal? To establish diabetes awareness champions among young minds. In line with the 2024 World Diabetes Day theme, Breaking Barriers and Bridging Gaps, we expanded the outreach to three secondary schools in Port Harcourt.

This time, we went even further, educating teachers, offering free fasting blood sugar tests, and donating glucometers to the schools as a strategy to promote consistent blood glucose monitoring.

This report highlights the impact of this project and shares our vision for the future.

Happy reading!





MESSAGE FROM OUR FOUNDER

Dear Stakeholders,

I am thrilled to share the incredible success of our 2024 World Diabetes Day event, themed Breaking Barriers and Bridging Gaps. This year marks a major milestone for us as we launched our official website, TheDiabetesCareNetwork.com, our signature course the School of Diabetes Mastery, and our merchandise line.

To mark this year's World Diabetes Day, we took our diabetes awareness campaign a step further. In addition to creating Diabetes Awareness Champions among students, we also trained teachers and conducted free blood sugar tests for them.

This initiative went beyond education, we identified teachers who were diabetic, guided them on their next steps, and collected their contacts for ongoing follow-up and support.

Our Impact at a Glance:

- 1,000 students trained
- 1,000 copies of our SugarSmart Magazine distributed
- 45 teachers trained
- 70 teachers received free fasting blood sugar tests
- 5 glucometers donated
- 3 schools impacted across 2 states in Nigeria

These results are a testament to what we can achieve when we collaborate and leverage shared resources.

"These results are a testament to what we can achieve when we collaborate and leverage shared resources."

Why is this Initiative Important?

Current statistics show that over 11 million Nigerians are diabetic, with an estimated 90% having type 2 diabetes. Our outreach, along with future programs, is a critical response to this growing crisis.

By empowering young individuals with the right knowledge about diabetes, we create a ripple effect. They will not only pass this knowledge forward but also make healthier lifestyle choices, ultimately reducing the prevalence of diabetes in Nigeria.

Additionally, making glucometers accessible and conducting free blood sugar tests is a proof of concept that consistent blood sugar monitoring significantly improves glycemic control ([PubMed](#)).

We envision a future where regular blood sugar testing is free and accessible for all.

Join Us in This Mission

The enthusiasm and commitment shown by the students and teachers inspire us to push forward with even greater determination. But we cannot do this alone. We invite you to join us in this fight against type 2 diabetes.

Visit TheDiabetesCareNetwork.com, explore our School of Diabetes Mastery, and help us expand our reach.

Whether through partnerships, funding, or advocacy, your support can help us make blood sugar testing free and accessible to all.

Thank you once again for your invaluable support.

Warm regards,
Pharm. Margaret Wonah
Founder, The Diabetes Care Network (TDCN)

"We envision a future where regular blood sugar testing is free and accessible for all."

PROGRAM REPORT

1. List of Schools Visited

The table below details the names of the schools trained, along with the dates and times of the training sessions.

The schools provided the venues and scheduled the training times, while our team handled facilitation, logistics, and overall scheduling.

In some schools, the teachers were trained first, followed by blood sugar testing. Afterward, the students received their training, participated in a Q&A session, and received copies of the SugarSmart Magazine and glucometers



S/N	Name of school Trained	Date of Training	Time
1	Army Day Secondary School, Bori Camp	13-Nov-2024	9:00 AM - 12 Noon
2	Government Girls Sec. School Rumueme - Agip	14-Nov-2024	7:30 AM - 10:30 AM
3	Federal Govt College, Rumuokoro	15-Nov-2024	9:00 AM - 12 Noon

PROGRAM REPORT

2. Key Activities Carried Out

Four (4) major activities were conducted during each training as outlined below:

Blood Sugar Test for Teachers

Blood Sugar Testing for Teachers

As part of efforts to encourage a culture of regular blood sugar testing, screenings were conducted for 70 teachers across three schools.

Key Findings:

- 40% were known diabetics, emphasizing the need for proper management.
- 3% were hypoglycemic, indicating low blood sugar levels.
- The remaining teachers had normal blood sugar levels.

These screenings reinforced the importance of routine monitoring and early detection in maintaining optimal health.



PROGRAM REPORT

Training Session for Students

The training aimed to create diabetes awareness champions who will educate their communities, starting with their families, by sharing accurate information about diabetes.

Key Topics Covered:

- Debunking Myths About Diabetes – Addressing common misconceptions.
- Essential Facts About Diabetes – Understanding the condition and its impact.
- Risks of Neglecting Diabetes – Highlighting complications and preventive measures.
- Mindset Shift on Positive Lifestyle Changes – Encouraging healthy habits.
- Becoming a Diabetes Champion – Empowering students to advocate for diabetes awareness.
- Paying It Forward – Encouraging students to share their knowledge within their communities.

At the end of the session, students had the opportunity to ask questions, which were answered by the facilitators, ensuring clarity and deeper understanding.



PROGRAM REPORT

Training Session for Teachers

Diabetes Awareness Training for Teachers

The training featured an in-depth session on diabetes management, covering key aspects such as:

- Understanding Type 2 Diabetes and Its Complications – Recognizing the risks and long-term effects.
- Proper Medication Use – Ensuring adherence and effective diabetes control.
- Strategies for Reversal – Exploring lifestyle changes that can help manage and potentially reverse Type 2 diabetes.
- Maximizing the Benefits of Natural, Healthy Foods – Emphasizing the role of nutrition in blood sugar control.
- Dangers of Ultra-Processed Meals – Highlighting how processed foods contribute to diabetes and overall health risks.

It was an interactive session, with participants actively engaging, asking questions, and experiencing several "aha" moments as they gained new insights into diabetes prevention and management.



PROGRAM REPORT

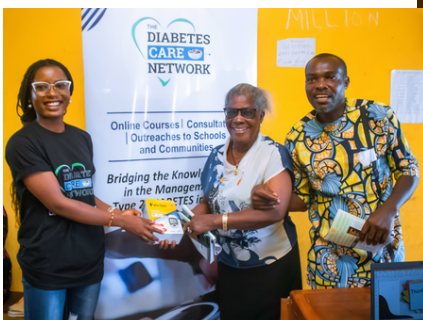
Distribution of the SugarSmart Magazine and Glucometer

Distribution of SugarSmart Magazine and Glucometers

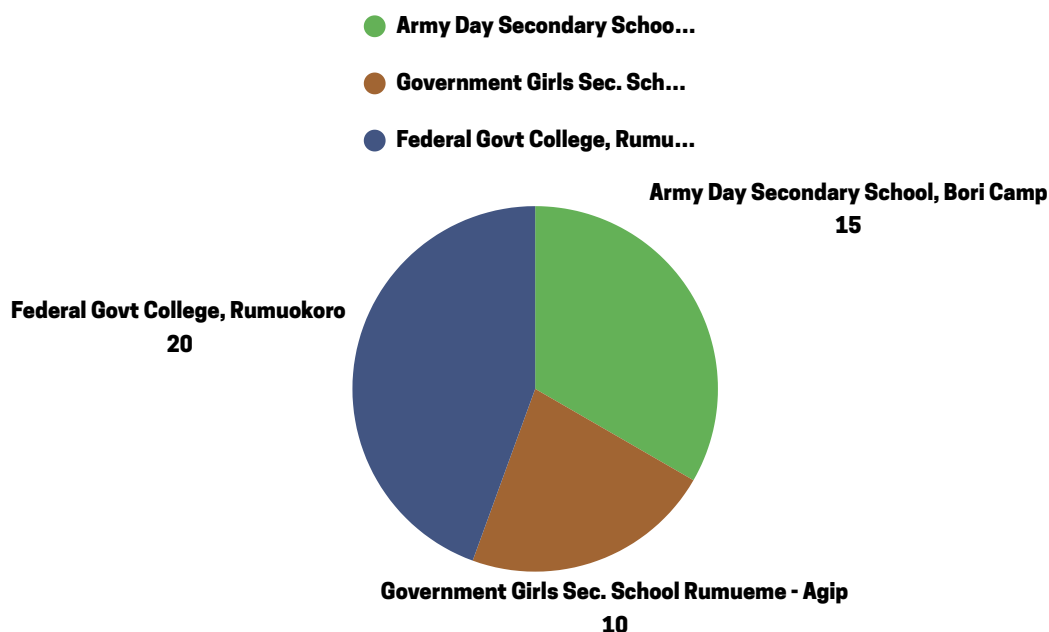
As part of the diabetes awareness initiative, 1,000 copies of the SugarSmart magazine were distributed across the three schools, ensuring that both teachers and students received a copy.

Additionally, five glucometers were provided to support regular blood sugar monitoring and encourage proactive diabetes management within the schools.

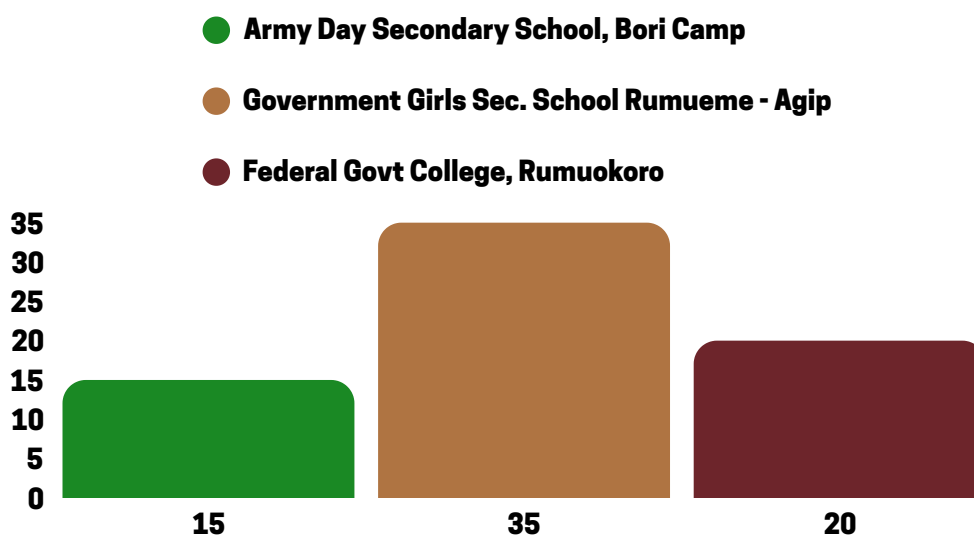
This distribution aimed to reinforce the knowledge shared during the training sessions and promote a culture of diabetes awareness and prevention.



NUMBER OF TEACHERS TRAINED VS SCHOOLS VISITED



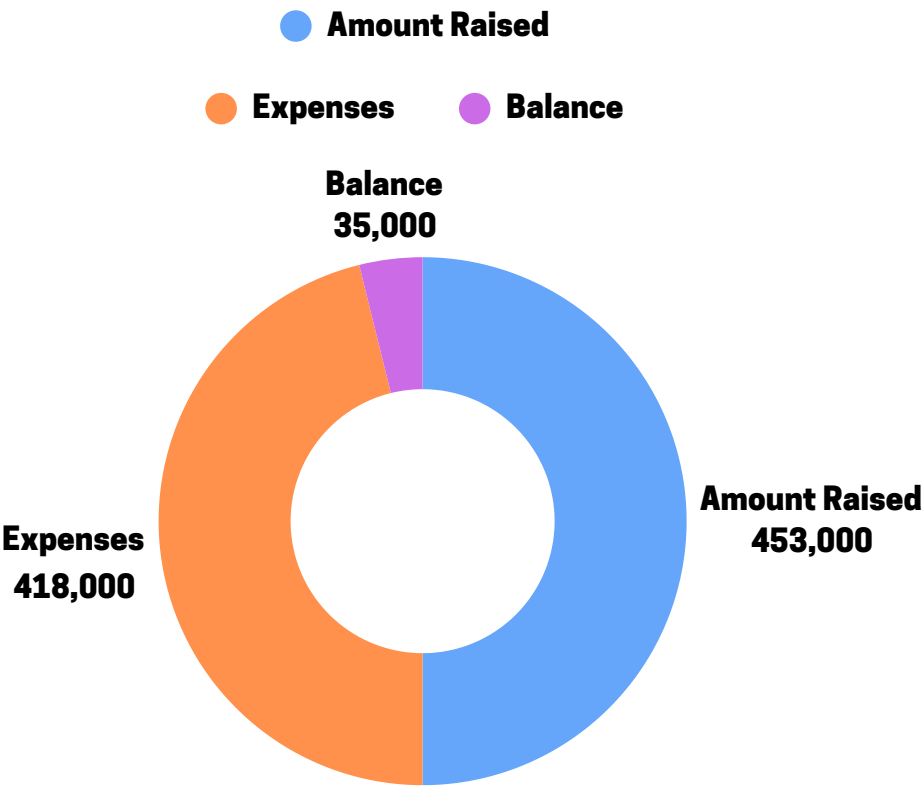
NUMBER OF TEACHERS TESTED VS SCHOOLS VISITED



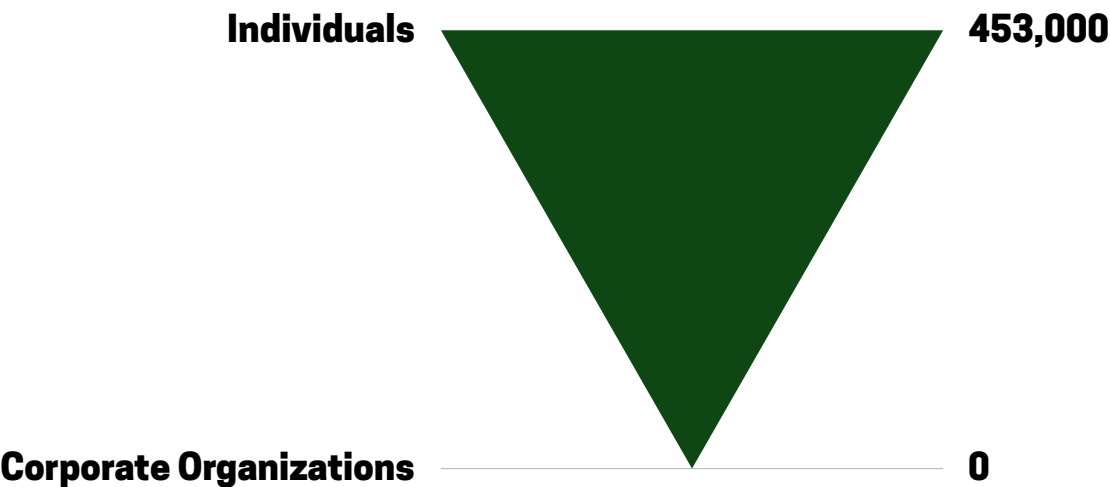
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participants trained of which 1000 were students aged 12 - 18 and 45 were teachers aged 45 - 60. However, FBS test was conducted for 70 teachers

FINANCIAL SUMMARY OF PROJECT (NAIRA)



BREAKDOWN OF THE CATEGORIES OF FUNDERS (NAIRA)



BREAKDOWN OF EXPENSES

S/N	Item	Quantity	Unit Cost ₦	Amount ₦
1	SugarSmart production	1,000	193	193,000
2	Glucometer	5	18,000	90,000
3	Flier	1	3,000	3,000
4	Tshirt production	3	3650	10,950
5	Equipment and Supplies	-	-	32,050
6	Photography	-	-	25,000
7	Transportation	-	-	30,000
8	Stationaries	-	-	7,000
9	Volunteer	2	7,500	15,000
10	Miscellaneous	-	-	12,000
	TOTAL			418,000

PROGRAM REPORT

Challenges & Lessons Learned

- Limited funding impacted outreach plans – Originally, we planned to conduct the outreach in two states, Cross River and Rivers State, reaching five schools and three schools, respectively. Letters were sent, and principals were expecting our visit. However, due to insufficient funding, activities in Cross River State were put on hold, and we had to focus solely on Rivers State, covering only three schools.
- Shortage of glucometers – While we distributed glucometers, 50% of the teachers who needed one could not receive it due to limited supply. It was heartbreaking to witness the demand outweigh the available resources.
- High demand for future sessions, showing the need for continuous engagement and expansion.



MEDIA



MEDIA



THE FUTURE

What's Next?

It's often said that the reward for excellent work is more work. With the success of this project, we are inspired to expand our reach even further.

Here's what to expect by the 4th quarter of 2025:



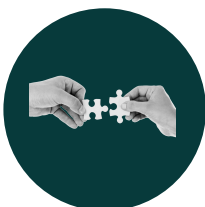
01— Strategic Partnerships

By Q3 2025, we aim to establish partnerships with at least three leading pharmaceutical companies to secure funding and resource support for our diabetes awareness campaigns. These partnerships will facilitate the provision of free glucose monitors, educational materials, and medication subsidies for at-risk communities.



02 — Increase Reach / Impact

We will expand the Diabetes Awareness Outreach to two additional states in Nigeria, directly engaging at least 5,000 students across secondary schools and tertiary institutions. Our goal is to improve diabetes literacy and encourage early detection through structured awareness sessions and interactive health screenings.



03 — Empowerment

By the end of 2025, we will train 100 teachers and lecturers using a structured diabetes education module, equipping them to serve as peer educators in their communities. Additionally, we will conduct baseline health screenings and distribute 100 glucometers to diabetic teachers and lecturers to promote self-monitoring and improved diabetes management.

MEET OUR SPONSORS

- Mr First Baba Isa (FBI)
- Mr Kenneth
- Mr and Mrs Ikenna
- Mr Chuckwma Okwoli
- Timeyin Arueyingho
- Mrs Ijeoma Bammeke
- Mr Shadrach Nzomisaki Ali
- Mr Okeke Okechukwu
- Mr Komola Ife
- Mrs Iroro Stanley
- Anonymous



This outreach would have been impossible without your support. Words can't express how deeply grateful we are. As Mahatma Gandhi once said, 'The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.' You have shown kindness to these communities, and we sincerely thank you for your generosity



ACKNOWLEDGEMENTS

We remain grateful to the following persons who served in various capacities in ensuring the success of this project:

- Cecilia Wonah - Editor of the SugarSmart Magazine
- Pharm Anderson Osayerie - Web Developer / Technical Lead
- Serena Francis - Consultant
- Pharm Chinyere Chima - Volunteer
- Pharm Jennifer Obiakor - Volunteer

