



2023

IMPACT REPORT



National Diabetes Organization
التجمع الوطني للسكري

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Knowledge is Power when it comes to health. Having access to information that is easily understood is critical to developing health literacy.

Sylvie Maalouf Issa





MISSION

To improve the lives of people affected by diabetes and help in its prevention by promoting healthy lifestyles, addressing well-being related issues.

VISION

Stop the rise of diabetes and improve the quality of life of diabetes patients through educational awareness and information sharing.

FOUNDING MEMBERS



Jacqueline Kassouf Maalouf, Ph.D.
Founder & President



Sylvie Maalouf Issa
Founder & Managing Director



Dr. Patrick Zaarour
Co-Founder & Secretary



Maitre Michel Hannouche
Co-Founder & Public Relations Manager



Salim Andraos
Co-Founder & Advisor

BOARD MEMBERS

Jacqueline Kassouf Maalouf, Founder & President

Sylvie Maalouf Issa, Vice President

Claudette Bou Atallah, Public Relations Advisor

Dr. Patrick Zaarour, Board Secretary

Salim Andraos, Treasurer

Rita Korban, Advisor

Amin Nehme, Advisor

SCIENTIFIC COMMITTEE



Dr. Marouan El Zoghbi
Family doctor,
diabetes diploma



Dr. Labib Ghulmiyyah
Obstetrics and Gynecology



Dr. Gael Abou Ghannam
Obstetrics, Gynecology
and Infertility, BMC



Dr. Cecilio Azar
Clinical Associate, AUBMC



Dr. Roger Choueiri
Ophthalmologist, Cornea and
Refractive Surgery Specialist



Dr. Najwa El Georges
Assistant Professor, Nursing
Program Academic Advisor



Cosette Fakih
El Khoury, Ph.D.
Lecturer and Clinical
Preceptor, LAU



Amanda Aoun
Clinical Psychologist and
Psychosocial support consultant



Ninette Ghanim Andraos
Registered Nurse



Robert Maalouf
CSCS, FMSC, CPT,
CF-L1
Personal Trainer



Dr. Kaissar Yammine
Professor, Orthopedic Surgery,
Foot & Ankle Surgery, LAU



Dr. Patty El Khoury Srour
Pharmacist



FEATURED EVENT: LUNCH FOR A CAUSE

On January 14, DiaLeb held its first edition of "Lunch for a Cause", a celebratory lunch to honor advocacy & media ambassadors at Bou Melhem Restaurant, Sin el Fil.

Advocacy Ambassador awards were presented to active members including patients living with diabetes in appreciation of their contribution toward DiaLeb's mission of supporting people living with diabetes.

The Media Ambassador awards were presented to Karla Boutros, actress; Majed Bou Hadir, media professional; and the founders of Beiruting, an online lifestyle magazine, in appreciation of their contribution toward DiaLeb's mission of raising diabetes awareness.



OUR PROGRAMS

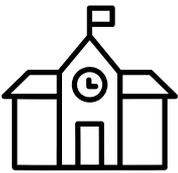
<p>Diabetes in the Classroom</p> 	<p>Diabetes in the Community</p> 	<p>Patient Education & Support</p> 	<p>Workshops - Training of Professionals</p>
<p>Volunteer Training & Internship Program</p>	<p>Sports Activities</p> 	<p>World Diabetes Day campaigns</p> 	<p>Special Initiatives</p> 

TOGETHER WE CONTROL THE RISE OF DIABETES!





DIABETES IN THE CLASSROOM



Through educational awareness and specialized training sessions, our collaboration with different schools and universities across Lebanon continues to grow.

7 EVENTS 808 BENEFICIARIES

Diabetes Awareness & Prevention at International College

DiaLeb held a diabetes awareness session for 6th grade students at International College. Dr. Jackie Maalouf highlighted the importance of a healthy and active lifestyle and focused on sharing some facts about diabetes prevention. Our youngest member, Nour Ibrahim, living with type 1 diabetes, shared her testimonial.

Diabetes & Nutrition at USEK

DiaLeb held a diabetes awareness session at the Holy Spirit University - Kaslik for third year nutrition students. Dr. Jackie Maalouf highlighted the role of nutritionists in helping people living with diabetes lead healthy nutrition choices that they can maintain in the long run. The seminar featured testimonials from people with diabetes. Educational magazines and brochures were distributed to the attendees.



DIABETES IN THE COMMUNITY

Through our Community Awareness Program, we partner with municipalities to host educational events and health days to spread diabetes awareness and promote better lifestyle choices and healthy habits. Free diabetes testing, educational material, and other services are provided to the attendees free of charge.

9
EVENTS
3000
GLUCOSE TESTS
3664
BENEFICIARIES



Free Medical Campaigns (FMC) in collaboration with LeMSIC

Through its ongoing partnership with Lebanese Medical Students International Committee (LEMSIC), DiaLeb participated in 7 of FMC days that were held in Zahle, Saadnayel, Mazraa, Sour, Dahye, Hasbaya, Tripoli. The FMC is a national collaborative initiative by medical students aimed at increasing health coverage for all individuals with no exceptions by providing free consultations, health awareness, screening tests (such as free blood glucose testing), medications, and facilitated follow-up.

Awareness Event at LAU

On December 1, DiaLeb in collaboration with Mariam Foundation, LAU Alumni Association School of Pharmacy Chapter, LAU Nutrition and Food Science Club, and the LAU Premedical society organized a diabetes awareness activation at the LAU Beirut Campus. Free blood glucose testing was offered, educational material, nutrition games and more.





PATIENT EDUCATION AND SUPPORT



Our WhatsApp patient support group continues to grow reflecting an increasing recognition of its value within the community. Through word-of-mouth recommendations and online outreach, the group has attracted a diverse range of individuals seeking support and camaraderie in navigating their health challenges.



WOMEN AND DIABETES

For the 5th year in a row and on the Occasion of International Women's Day, DiaLeb hosted its annual Women & Diabetes panel. An informative, empowering session that combines Women from different fields with the purpose of spreading diabetes awareness featuring guest speakers Ghada Ballane, MD; Cosette Fakh El Khoury, PhD, LD; Perla Harfoush Orfali, MS; and Leila Alfares and moderated by President and Founder of DiaLeb, Jackie Kassouf Maalouf, PhD.

Women & Diabetes 5th Edition
 THURSDAY MARCH 2 | 8:00PM GMT +2
 LIVE ON DIALEB'S FACEBOOK PAGE

Jackie Maalouf, PhD | Moderator
 Founder & President of DiaLeb, VP, International Diabetes Federation

Ghada Ballane, MD
 Endocrinology and Metabolism, DiaLeb Scientific Committee Member

Cosette Fakh El Khoury, PhD, LD
 Clinical Dietitian & Nutrition, DiaLeb Scientific Committee Member

Leila Alfares
 Graduate Student, Pharmacist, Diabetes Educator

Perla Harfoush, MS
 Clinical Dietitian & Nutrition, Diabetes Advocate

DiaLeb
 International Diabetes Federation Middle East and North Africa

SPORTS ACTIVITIES



The role of maintaining an active lifestyle in both preventing type 2 diabetes and managing diabetes cannot be highlighted enough. To continuously raise public awareness on the benefits of physical activity in preventing diabetes, DiaLeb organizes and participates in various sports activities.

2 EVENTS
350 GLUCOSE TESTS
450 BENEFICIARIES

IC Walkathon/Bikeathon for a Cause

On June 3rd, 2023, International College's 6th graders organized a fundraising walkathon and bikeathon to promote diabetes awareness. Georges Wadih, 2022 Lebanese Cycling Champion, was leading the way as the children walked and biked.



Diabetes screening at Beirut Marathon

DiaLeb in collaboration with LeMSIC (Lebanese Medical Students' International Committee) participated in the annual Beirut Marathon race on November 12. Glucose testing was performed and educational materials were distributed to all those who visited DiaLeb & LeMSIC's booth.

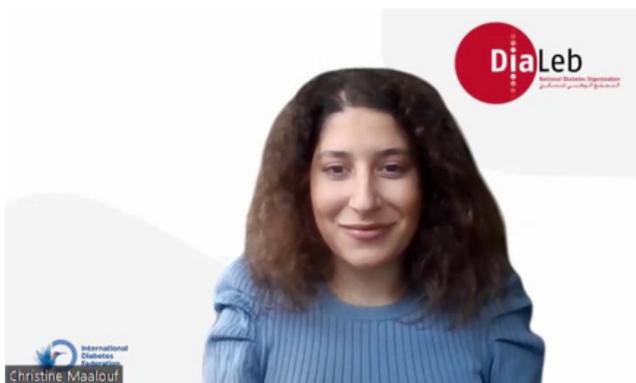


WORLD DIABETES DAY

Annually on November 14, the world unites to celebrate World Diabetes Day. During the month of November, and under the theme of *Know Your Risk, Know your Response*, DiaLeb organized several health days, workshops, and awareness campaigns in collaboration with many institutions to shed light on and spread awareness about diabetes. Knowing your risk and what to do is important to support prevention, early diagnosis and timely treatment.



9
EVENTS
650
GLUCOSE TESTS
1,850
BENEFICIARIES



WHO Webinar: Celebrating the diabetes community and progress towards 2030

On November 13, diabetes advocate and a member of IDF's Blue Circle Voices, Christine Maalouf represented DiaLeb, Lebanon and the region and gave an intervention. Christine discussed her sister's diagnosis with type 1 diabetes, how they overcame the fear, the importance of community awareness, and the need for insulin accessibility and affordability.



World Diabetes Day at St. Georges School

On November 14, St. Georges School students learned about diabetes and presented the posters they created. Dr. Myriam Mikhael, DiaLeb's advocacy ambassador, joined the class virtually from France, and shared her story with type 1 diabetes.



Throughout the month, DiaLeb collaborated with many partners around the country to host World Diabetes Day activities which included:

- 31/10/2023: Perspectives of Sustainable Health, Diabetes & Nutrition, USEK
- 7/11/2023: Diabetes Community Awareness with MUMC, Semkanieh
- 10/11/2023: National Ayurveda Day, Indian Embassy, Beirut
- 11/11/2023: Diabetes Screening & Awareness at Beirut Arab University, Tripoli
- 21/11/2023: Health day at MUBS, Aley
- 01/12/2023: Let's Not Sugar Coat it, awareness event at LAU, Beirut





DIABETES AND LIVER HEALTH



In 2023, DiaLeb became a member of Global Liver Institute's Nonalcoholic Steatohepatitis (NASH) council. Since then, Dr. Jackie Maalouf participates in the monthly NASH policy workgroup to discuss advancements in NASH drug development, International NASH day plans and promotes the focus on the inter-relationship between diabetes and NASH.

Partnership with International NASH Day

Diabetes & NASH: Perspectives of Prevention & Management

For the third year, DiaLeb partnered with Global Liver Institute to shed light on the relationship between diabetes and liver disease through a health day and lecture under the high patronage of H.E Minister of Public Health, Dr. Firas Abiad at the Issam Fares Auditorium, American University of Beirut.

In collaboration with IDF MENA, LEMSIC, AUB's Faculty of Agriculture and Food Sciences (FAFS), and the Lebanese Order of Dietitians the day consisted of free blood glucose testing, free HbA1c testing, nutrition consultations, body composition and lipid profiles and more.

Audience included medical students, dietitians, media personalities, people living with type 2 diabetes, and the general public.



LOCAL AND INTERNATIONAL EVENTS

In 2023, DiaLeb participated in **over 30** local and international events including symposiums, conferences, forums, embassy engagements and more.



Skoll World Forum, Oxford, UK - April 2023: Dr. Maalouf was a speaker on the Catalyst 2030 updates and collaboration panel



First International Conference of the Lebanese-Brazilian Medical Association - September 2023: Dr. Maalouf moderated the panel “Diabetes and Obesity panel”



Arab Foundations Forum, Cairo, Egypt - September 2023: Dr. Maalouf discussed successful collaborations and implementation of the SDG goals.



88th Scientific Conference on Diabetes (SCAD), Saudi Arabia - December 2023: Dr. Maalouf moderated the panel “

National Conference on Non-Communicable Diseases (NCDs)

On October 4 and 5, the Lebanese Ministry of Public Health in collaboration with the American University of Beirut (AUB), and World Diabetes Foundation organized the National Conference on Non-Communicable Diseases.



On the first day of the conference, Dr. Jackie Maalouf presented a talk on “A Journey of Awareness, Prevention, and Management of Diabetes”, highlighting the impact of DiaLeb's work to date and the importance of ensuring sustainability for the NGO sector.



On the second day of the conference, Dr. Maalouf moderated an inspirational panel with patient advocates, Cyrine Farhat and our young leader in diabetes, Fatima Barakat. The speakers shared powerful insights on living with diabetes, the critical roles of NGOs and the importance of patient support groups, and shed light on the challenges patients face with regards to the availability and affordability of insulin and other medications.

SPECIAL INITIATIVES: #DIABETESMEDICATION4ALL

People living with diabetes need an uninterrupted supply of medication, monitoring equipment and education. In response to the economic crisis and the COVID-19 pandemic, DiaLeb launched a special initiative, #DiabetesMedication4ALL, to help those living with diabetes get access to the diabetes medication they need.

Thanks to your donations, in 2023 we were able to help:



45 People



**2,250 strips
(45 packs)**



**5 glucose
meters**



**118 insulin pens
(24 boxes)**



**10 boxes of oral
medication**





INTERNATIONAL DIABETES FEDERATION



**International
Diabetes
Federation**
Member

International Diabetes Federation Virtual Congress

On December 4-7, the International Diabetes Federation held its 2023 Virtual Congress. Dr. Maalouf moderated the session “Wartime Disaster Care: Ethiopia, Palestine, Ukraine and Sudan” and ended with a call to action asking for governments, healthcare professionals, NGOs, INGOs, and advocates to collaboratively work together to make insulin and diabetes medication available in times of wars and disasters. Dr. Kaissar Yammine, member of DiaLeb’s scientific committee presented 3 posters during the virtual Congress.

International Diabetes Federation Board and MENA Meetings

As Vice President of global board of IDF, Dr. Jackie Maalouf attended multiple regional and global meetings held throughout the year.

- March: IDF Global and MENA Board meeting, Cairo Egypt
- November: IDF Global Board meeting, India
- December: IDF MENA meeting, Saudi Arabia

IDF CONGRESS
2023
VIRTUAL

**Wartime Disaster Care:
Ethiopia, Palestine,
Ukraine and Sudan**

Dr Jackie Maalouf

5 December 2023
10:00- 10:05 CET





Young Leaders in Diabetes (YLD)

The IDF YLD program aims to empower young people living with diabetes to become advocates for themselves and others living with diabetes worldwide.

In 2023, DiaLeb worked closely with two new YLD candidates Fatima Barakat and Andrew Saliba to advance their knowledge and train them to become leaders in the field. Both Andrew and Fatima excelled in their advocacy journey as they continue to find their voice and represent those living with diabetes in Lebanon.



Blue Circle Voice (BCV)

BCV is an IDF initiative that aims to represent the interests of people living with, or affected by, diabetes, through a worldwide network of members and stakeholders.

Our BCV members, Christine Maalouf and Bachir Nasr, continue to be a voice in the field, representing DiaLeb and Lebanon in global webinars and more.



MEMBERSHIPS & AFFILIATIONS

Our nonprofit and foundation partners play a vital role in the operations of our programs, helping us reach more people every year.



United Nations
Global Compact



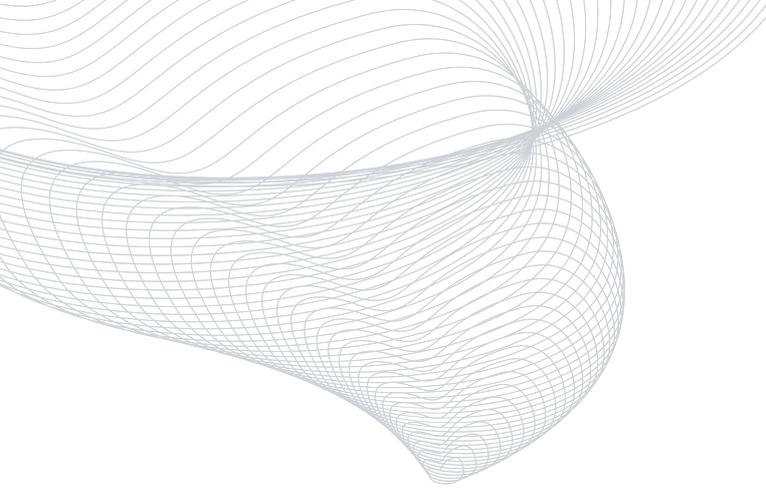
We would like to thank Roche for contributing with testing materials for our events.





I don't let diabetes define me,
I define diabetes!

Fatima Barakat, Young leader in diabetes,
living with type 1 diabetes



2023