

PROBLEM IDENTIFICATION

- ⦿ The momentum for SACH on Diabetes has come from growing evidence of a global epidemic of diabetes that is increasingly affecting working age people all around the world, with devastating implications for productivity and sustainable livelihoods.
- ⦿ Generally there is lack of awareness and of the serious impact of the epidemic on people's lives.
- ⦿ The Program is further motivated by the recognition that diabetes is a growing global epidemic with alarming statistics of premature death and disability.
- ⦿ Also of concern is the increasing incidence of diabetes amongst children and teenagers.

INDIAN SCENARIO

- ◉ India today leads the world with largest number of diabetics
- ◉ There were 46.5 million people in India with Diabetes; this number is expected to go up to 80.5 million by 2025

NEED ASSESSMENT

- ⦿ No holistic diabetes education under one roof
- ⦿ People affected unaware of the specifics on lifestyle changes, diet, exercise and implication on other organs
- ⦿ Lack of referrals

FACTORS : LIFE STYLE & WORK STRESS

- ⦿ No culture for exercise, leading to obesity and lethargy
- ⦿ Limited space at home and outside for exercise, walk and play
- ⦿ Unbalanced diet, overeating - due to lack of awareness and traditional practices
- ⦿ Stress due to mounting work pressures
- ⦿ 90% of employee time spent in offices

GOAL

- ◉ Worked with Project Hope to train 3000 diabetes educator in Corporate hospitals in India.
- ◉ Now our focus is on diabetes education at the Workplace.i.e Workplace Wellness Program

WORKPLACE PROGRAM ON DIABETES AND WELLNESS

- ◉ The Scope of the Problem
- ◉ What is Diabetes?
- ◉ Adaptations in India
- ◉ Adaptations in Workplace

HOW

The core group led meetings and came up with a action plan to educate community on how diabetes affects the workplace and what different actors (employers, workers, health professionals, the media, etc) can do about it.

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WHY

- Prevention and early management of the disease can have a significant impact
- Need and importance of engaging all members of the workforce to address the serious complications of diabetes and evolve strategies on informing and engaging employees to focus on health and nutrition.
- Win-Win situation for employers and employees and work output increases due to better health of employees and their family members

STAKEHOLDERS

- Persuading employers and other relevant parties that it is in their best interest to promote employee well-being and
- Providing general guidance and training for few employees (Lokshikshaks) and other interested parties on steps to take to effectively prevent manage diabetes and resulting complications in their workforce.

OBJECTIVE

- Our key objective is that the corporates should initiate a Workplace Wellness Program on prevention and management of Diabetes by training some peer educators within the workforce, whom we have called LOK SHIKSHAK. The work of these peer educators should be supervised by your medical doctor or a senior person in the human resources team.

RESOURCES

- ◉ Advisory Board of doctors from Maulana Azad
- ◉ Experience and commitment of Board
- ◉ Networking with international, Govt and premier institutions
- ◉ Six of fourteen aims and objectives of SACH relate to the proposed project

STRATEGIES

- ◉ Presentation and advocacy with Senior Management of a Corporate Group for having a Work Place Wellness program for the workforce on diabetes education.
- ◉ General orientation of the workforce/executives on diabetes prevention and control.
- ◉ Coupled with visual and educational tools
- ◉ Personal counselling and education session
- ◉ Being part of their medical team.