

## EXPECTED RESULTS

Increased awareness and knowledge of T2D prevention and management among adults aged 18 and older.

Improved self-management skills in older adults, leading to better glycemic control and reduced diabetes-related complications.

Higher rates of early detection and intervention for T2D, particularly in high-risk populations.

Development of evidence-based guidelines and educational materials tailored to the needs of older adults with diabetes.

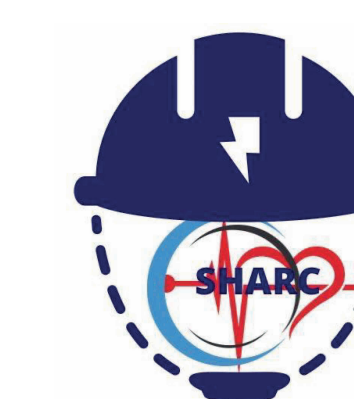
Enhanced collaboration between community organizations, healthcare providers, and policymakers in supporting diabetes management and prevention.

## For further information

**Visit:**  
[sharc4all.org](http://sharc4all.org)

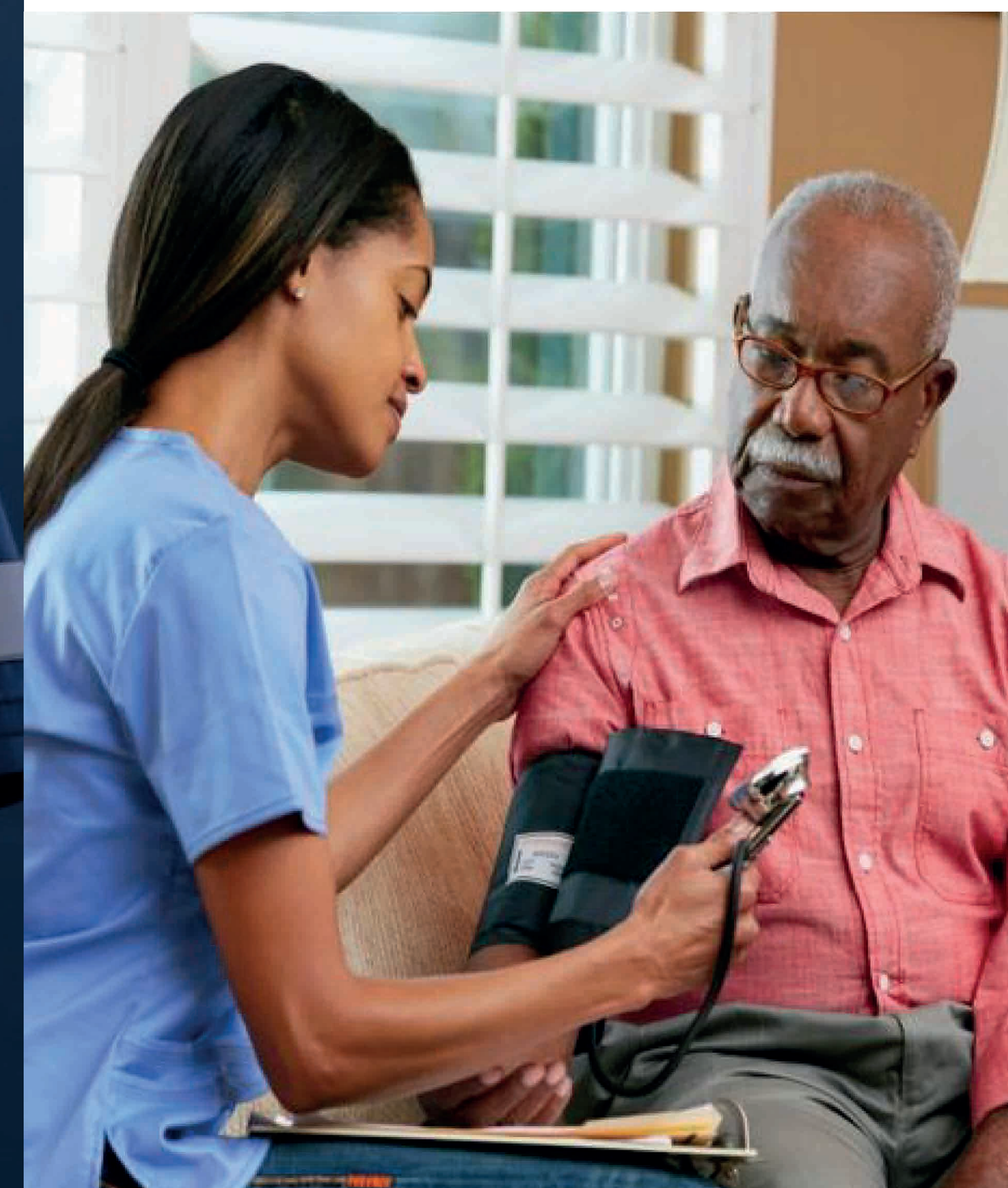
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**Project period:**  
September 2024 -  
September 2027



Safety and Health  
Awareness for a  
Resilient Community

# Diabetes Awareness And Management in Older Adults in The Tole Community



**Associated partner**

One Green Africa.

## BACKGROUND

## AIM

## WORK PACKAGES.

The aim of the **"Diabetes Awareness and Management (DAM) in Older Adults"** campaign is to improve diabetes self-management and prevention among adults aged 18 and older. The campaign seeks to enhance awareness, provide tailored education, and implement effective management strategies to reduce the incidence and complications of T2D in this age group.

## OBJECTIVES

**D**iabetes, particularly Type 2 Diabetes (T2D), is a growing global health concern. More than half of the world's population is at risk of developing T2D, with key risk factors including obesity, physical inactivity, and poor dietary habits. Among older adults, the prevalence of diabetes is even more pronounced, with approximately 27% of individuals aged 65 and older living with the condition. Despite the significant impact of diabetes on this age group, there is a lack of targeted research and evidence-based guidelines to effectively support their self-management of the disease. Older adults often face unique challenges, such as physical, cognitive, and social changes, which can hinder their ability to manage diabetes effectively. This project aims to address these gaps by focusing on diabetes awareness and management in adults aged 18 and older.

- **Raise Awareness:** Increase public awareness about the risks, prevention, and management of T2D, with a focus on adults aged 18 and older.
- **Enhance Knowledge:** Provide targeted diabetes education, focusing on lifestyle changes and self-management strategies that are tailored to the needs of older adults.
- **Promote Early Detection:** Encourage regular screenings and early detection of T2D in high-risk populations to prevent complications.
- **Support Self-Management:** Develop and implement evidence-based self-management programs specifically designed for older adults, considering their unique physical, cognitive, and social needs.
- **Evaluate Impact:** Assess the effectiveness of the educational and management interventions on diabetes outcomes and quality of life in older adults.

**WP1:** Project management/training of participants.

Train participants, translate protocols to local community.

Baseline assessment to identify the current level of diabetes awareness, knowledge, and management practices among adults aged 18 and older.

Engage with community leaders, healthcare providers, and stakeholders to promote the campaign and encourage participation.

**WP2:**

Create age-appropriate, culturally sensitive educational materials on diabetes prevention, self-management, and lifestyle modifications.

Develop both individual and group-based educational programs, incorporating behavioural guidance tailored to older adults.

**WP3:**

Organize community-based screening events

Promote regular health check-ups and early detection.

**WP4:**

Self-management programs (dietary guidance, physical activity plans, and strategies for monitoring blood sugar levels).

Provide personalized support and follow-up for older.

**WP5:**

Share results with healthcare providers, policymakers, and other stakeholders.

Develop plan to scale up successful interventions to other communities and regions.