



**Commonwealth International Conference on
Non-Communicable Diseases – Diabetes, Obesity and Healthy Living
December 15–17, 2011 Sarova Panafric Hotel, Nairobi, Kenya**

PROVISIONAL PROGRAM

DAY 1: DECEMBER 15, 2011

Registration of Participants
Official Opening; President, Kenya Medical Association
President, Commonwealth Medical Association
Representative of Commonwealth Secretariat
Minister for Health/Rep, Kenya

Session 1

Non-communicable diseases – The profile and impact in the Commonwealth

Session 2

Diabetes Mellitus – An overview of the disease
An overview of the problems and challenges caused by Diabetes
Early detection of Diabetes
Country Reports by selected National Medical Associations

Session 3: Special session

Strategies for Strengthening NMAs

DAY 2: DECEMBER 16, 2011

Session 4

Management of Diabetes – Diet and exercise and weight loss; OHAs; Insulin
The diabetic foot – Prevention, Surveillance, Podology, Treatment,
Prosthetic limbs and 'walking again'
The diabetic eye – Surveillance by Ophthalmologists, strategy for treatment of complications
Surveillance for comorbidity in Diabetic patients – Peripheral vascular Disease,
Cardiovascular disease:
– Monitoring and following up patients – How and when to test blood sugar
– Surgery in Diabetic patients
– Therapeutic Lifestyle Change, Alcohol and NCDs

DAY 3: DECEMBER 17, 2011

Session 5 (Group Workshop)

Conference participants will be divided into 4 working groups

Group 1; Obesity

- Size of the problem
- Strategy to increase awareness of the dangers of obesity?
- Marketing campaigns? Who should be targeted and how? Will it work?
- Designing an effective and cost-effective marketing campaign
- Introducing obesity awareness at all Health points of contact
- Introducing obesity awareness in schools

Group 2; Smoking

- Size of the problem
- Strategy to increase awareness of the dangers of smoking?
- Marketing campaigns? Who should be targeted and how? Will it work?
- Designing an effective and cost-effective advertising campaign
- Introducing smoking awareness at all Health points of contact
- Introducing smoking awareness in schools
- Legislation and its enforcement
- Fiscal incentives – taxes on cigarette sales
- Smoking cessation clinics

Group 3; Physical exercise

- Are people having less exercise than ever before?
- Strategy to increase awareness of the benefits of physical exercise
- Marketing campaigns? Who should be targeted and how? Will it work?
- Designing an effective and cost-effective advertising campaign
- Introducing awareness of the benefits of Physical exercise at all Health points of contact
- Integrating physical exercise in school programmes
- Encouraging physical exercise by traffic calming techniques and decreasing parking facilities
- Fiscal disincentives – encouraging people to walk and use bicycles rather than driving

Group 4; Alcohol abuse

- Size of the problem
- Strategy to increase awareness of the dangers of alcohol abuse?
- Marketing campaigns? Who should be targeted and how? Will it work?
- Designing an effective and cost-effective advertising campaign
- Introducing awareness of the dangers of alcohol abuse at all Health points of contact
- Introducing alcohol abuse awareness in schools
- Legislation and its enforcement
- Encouraging self-help groups

Session 6

Reporting Back; Presentation of Group Reports

Adoption of Recommendations

Closing