



**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**