

Action4Diabetics – Saves and transforms lives

A4D saves and transforms the lives of young people with Type 1 Diabetes in South-East Asia by providing essential medical supplies and support.



**ACTION4DIABETICS
WHAT WE DO**

A4D develops and delivers support programmes across South-East Asia which enable young people with Type 1 Diabetes (T1D) to live a full and productive life.

WHY SOUTH-EAST ASIA?

Thousands of young people suffering from T1D die in the region every year due to under diagnosis and lack of access to treatment.

TYPE 1 DIABETES FACTS

Type 1 Diabetes is an incurable condition that strikes indiscriminately normally between the ages of 5-15 years old.

Type 1 Diabetes, if untreated, leads to serious nerve damage in the extremities, deterioration of sight, kidneys, heart and general circulation, and ultimately a premature death.

People with Type 1 Diabetes require up to 240 insulin injections and blood sugar tests per month as well as a controlled lifestyle allowing them to live a full and active life.

Out of pocket costs for life saving medical treatment in South East Asia ranges between US \$500 – US \$1000 per year.

PROGRESS IN 2017



**KEYS TO SURVIVAL
TYPE 1 DIABETES**

	INSULIN INJECTIONS 2-4 times daily		DIET & NUTRITION Strict control
	BLOOD GLUCOSE TESTING 4 times daily		DIABETES EDUCATION On-going
	EXERCISE 30 min daily		FINANCIAL \$500-\$1000 Annually

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HOW ACTION4DIABETICS PROVIDE SUPPORT

Clinic Support Programme - Through collaboration with local health professionals, we supply insulin, blood glucose testing and HbA1c tests to those who need it most. We focus on improving local capability and establishing sustainable solutions.

Diabetes Family Camp - 2 to 3 day interactive family camps provide young people with Type 1 Diabetes and their families with education and inspiration on how to effectively manage the condition.

Sponsor a Doctor Programme - Fund and train committed healthcare professionals about Type 1 Diabetes so they can provide enhanced support to the young people suffering from T1D and their families.

Sponsor a Child Programme - An opportunity for donors to contribute directly to a child with Type 1 Diabetes care, supporting their daily medical treatment and helping to save and transform their life.

2017 ACHIEVEMENTS

- Enrolled a further 125 young people with Type 1 Diabetes on to the Clinic Support Programme, bringing the total to 225.
- Organised 3 A4D Family Camps in Thailand and Myanmar, attended by over 200 people.
- Enrolled 20 T1D onto the newly established A4D Sponsor a Child Programme across Thailand, Myanmar and Laos.
- Initiated the Clinic Support Programme in Hanoi, Vietnam, enrolling 28 T1D.
- Launched the Clinic Support Programme in Phnom Penh and Siem Reap, Cambodia enrolling 18 T1D.
- Raised over USD 150,000 through fund raising activities in Asia and Europe.

THE ACTION4DIABETICS TEAM



JERRY GORE – CO FOUNDER

An internationally renowned mountain athlete with T1D, Jerry is a Global Blue Circle Champion of the International Diabetes Federation, who inspires young people with T1D to aim higher through his amazing achievements in mountaineering.

CHARLES TOOMEY - CO FOUNDER

With 30 years in leadership roles and 18 years experience running business operations in South East Asia, Charles's expertise helps ensure A4D have the greatest possible impact.



FIONA OOI - REGIONAL MANAGER

A passionate and committed advocate for T1D with over 12 years experience in the management of the condition in Asia. Fiona runs operations with a steady hand and a true heart.



2018 GOALS

- To increase enrolment on the Clinic Support Programme to 375 T1D across 6 countries.
- To increase enrolment on the Sponsor a Child Programme to 100 T1D.
- To organise 5 Diabetes Family Camps and 5 Diabetes Programmes.
- To go live in Malaysia with two new sites for the Clinic Support Programme.
- To initiate the college/university scholarship programme for 5 T1D.
- To raise USD 250,000 through fund raising activities.

