

DIABMALDIVES INTERNATIONAL YOUTH CAMP 2014

("BE AWARE SHOW YOUR CARE")

BANDOS ISLAND RESORT & SPA

DECEMBER 18th -22nd 2014

Diabmaldives International Youth Camp is a camp organized by Diabetes Society of Maldives. Camp Diabmaldives International Youth Camp was the first ever International Youth Camp in Maldives targeted to Diabetic Youths. It was a 5 day camp for youths aged 13-24 held from 18 to 22nd December 2014 at Bandos Island Resort & Spa.

At camp Diabmaldives the youth gained confidence in managing their diabetes. They also learned how food and exercise are linked with insulin, carb counting and how sports, illness and stress effect diabetes. The participants had the opportunity to interact with other Young Diabetics. The main goal of the programme at the camp was to allow the youths to feel at ease and accepted in a community where having diabetes is the rule, not the exception. The campers learned to understand diabetes and the process of self-management under skilled and continuous medical supervision.

This camp gave the youths a chance to discuss, learn and form a plan to address the challenges that the youth were facing. Interact, share, with each other their situations, problems and solutions. Help one another gain confidence. Camp Diabmaldives instilled the awareness amongst the youths regarding the big and even the smallest challenges they face in their everyday life through professional and experienced facilitators. The youth went home feeling more self-confident, self-reliant and having gained the knowledge they need to live successful lives with diabetes.

Our Mission:

Our mission is to provide a fun filled educational camping experience for youths with Diabetes that will help them to develop and maintain active, healthy lifestyle; we are committed to fostering the transition toward independence by integrating the management of diabetes with social and life skills.

Objectives:

- Provides networking and resources to enhance and expand diabetes camp programs worldwide.
- Provide youths with diabetes the information and skills they need to live successfully with diabetes in any situation.
- Develops programs that inspire health and confidence in youth.

DAY 1 (18th December 2014)

On day 1 the participants had a chance to learn about nutrition and carbohydrate counting, through this session they learned how to adjust their insulin dosage according to the food they take, this session was conducted by Ms.Shilpa Joshi. Also they had a chance to learn how exercise and physical activity play a role in their diabetes management. The session was

conducted by Ms.Ruby Sound. The day came to an end with an exciting local game of 'Gandufiila.'

DAY 2 (19th December 2014)

On Day 2 the Participants had a chance to visit a local island and participate in an island screening program. The program was conducted at Thulusdhoo Island from 14:00 – 16:00. 45 people were screened in the program.

Below are activities of the program

- Providing information on diabetes
- Consultation by doctors
- Blood Glucose Testing
- BP Measuring
- Measuring of BMI and body Fat percentage
- Waist measurement
- Screening for diabetes and risk factors
- One on one advice on the results from Doctors and Educators.

DAY 3 (20th December 2014)

Day 3 started with an early bird exercise, the exercise session was conducted by Glow Fit trainer Mr.Muaz. A session on insulin pump was conducted by Dr.Dhruvi Hasnani. The last session of the day "Adolescents, young adults and diabetes" was conducted by Dr.Abdul Malik/Ms Naila. Day 3 ended with an exciting traditional/cultural night participants from each country performed a cultural item from their respective country.

DAY 4 (21st December 2014)

On day 4 travelled to Hulhumale for water sports activity with the help of local water sports centre. Participants got an opportunity to enjoy variety of water sports activities (Jet Ski, banana boat, canoe, peddling and wave runner). Day 4 ended with sightseeing tour of Bandos Island Resort & Spa.

DAY 5 (22nd December 2014)

Day 5 started with psychosocial issues in diabetes, this session was conducted by Mr. Hameed (MOH). The session included how to build self esteem, self responsibility, self discipline, stress management, prevention of disease, communication, learning to learn, decision making, problem solving, critical thinking, Goal setting, record keeping, community service, leadership skills, teamwork and motivation. Day 5 ended with the closing ceremony organised and conducted by participants. Certificate awarding and entertainment was included in the event.