



**International  
Diabetes  
Federation**  
Western Pacific

**REGIONAL**

# NEWSLETTER

**ISSUE 9, DECEMBER 2025**

## Learning about and reducing diabetes-related stigma

Stigma may be defined as negative attitudes, beliefs, and behaviours directed towards an individual or group of people. Stigma may arise from other individuals, groups of people or organisations, or from within a person (called self-stigma). Stigma may lead to discrimination, such as in school, the workplace, in the community and even in healthcare settings. Unfortunately, stigma is common against people with diabetes, with an estimated 80% of adults with Type 1 or Type 2 diabetes having experienced stigma and one in three having experienced discrimination. Diabetes related stigma can reduce mental well-being, worsen self-care, engagement with the healthcare system, and worsen risk factor control and risk of diabetes related complications. To reduce stigma, we must be aware of what it is, how it is disseminated and most importantly, how we can all work together to reduce stigma. As written about in previous newsletters, several groups in our region are active in means to reduce diabetes related stigma, and we are keen to hear about your initiatives. Please email us.

An important global campaign to promote awareness of and help reduce diabetes related stigma is the Take the Pledge program available at <https://enddiabetesstigma.org>

The pledge is available in multiple languages. The International Diabetes Federation (IDF) and IDF WPR Boards have taken the pledge, as have many other groups and individuals. We would like you, as an individual, to take the pledge and to encourage any of your related organisations to do so. If you want your organisation's logo to be shown on the website, you can email it to them after signing the pledge. We would like to hear if you and your organisations and colleagues have taken the pledge. It's a means to start a conversation as to how to reduce stigma and help improve the quantity and quality of life of the many people living with diabetes.

**PROF. ALICIA JENKINS** IDF-WPR Chair; COUNTRY: Australia

**We took the pledge to  
end diabetes stigma**



**#EndDiabetesStigma**  
**EndDiabetesStigma.org**

# FEATURED MEMBERS



## Action4Diabetes (A4D)

[Action4Diabetes \(A4D\)](#) (A4D) was founded in 2015 by long-time friends Charles Toomey and Jerry Gore, united by a mission to close the gaps in Type 1 Diabetes (T1D) care across South-East Asia.

What began as a small effort to provide life-saving insulin has grown into a regional charity working in seven countries — Cambodia, Laos, Malaysia, Myanmar, the Philippines, Thailand, and Vietnam.

A4D enables access to free medical resources and support systems for young people living with T1D, through strong partnerships with governments, NGOs, healthcare professionals (HCPs), and industry to drive sustainable impact.



*Jerry Gore (far right) and A4D Coordinator, Dr May Htet Lwin (centre) at a home visit in Yangon, Myanmar*

### WHAT DOES A4D DO?

#### Life Saving Medical Support

Ensuring continued access to insulin, blood glucose monitoring, HbA1c tests, and essential care through partnerships with local public and private organisations through our Clinic Support Programme

- 1,000+ people with T1D supported
- 43 partner hospitals in 7 countries

#### T1D Education & Awareness

Empower the T1D community through continuous education and peer-to-peer support offered by HelloType1

##### [HelloType1](#)

Adopted in 8 languages | 50k+ users | 60k+ articles read | 80k+ videos views on YouTube

##### **Peer-to-Peer Initiatives**

178 T1Ds in 4 countries engaged in fun and empowering activities

##### **A4D T1D Camps**

8 T1D camps organised in 6 countries engaging with over 279 T1Ds and caregivers

#### Health Capacity Building

Expanding quality T1D care through HCP training, best practice sharing, and regional collaboration.

350+ healthcare professionals trained through Train-The-Trainer program and T1D workshops

Building sustainable local expertise:

#### Research & Advocacy

Generating data-driven insights to drive policy change, measure impact, and advocate for improved access to care and better healthcare outcomes for the T1D Community.

##### **Presence at International Conferences 2025**

- Int. Meeting on T1D by the World Diabetes Foundation, Denmark
- IDF World Congress, Thailand
- ISPAD Congress, Canada
- ATTD-Asia Conference, Singapore

[List of A4D publications](#)

#### ASPIRE Scholarship

Supporting individuals with T1D through education, enabling them to pursue their goals and aspirations

- 6 students on the academic path
- 6 students on vocational apprenticeships

[www.action4diabetes.org](http://www.action4diabetes.org)  
[www.hellotype1.com](http://www.hellotype1.com)

Linkedin: [action4diabetes](#)

Facebook:  
[action4diabetes](#)

Instagram:  
[action4diabetesofficial](#)

# NEWS FROM Diabetes Asia Conference 2025 (DAC 2025)

by the NADI team

The Malaysian National Diabetes Institute (NADI) recently held the annual 'Diabetes Asia Conference 2025' from 2<sup>nd</sup> – 4<sup>th</sup> October 2025 in Kuala Lumpur. This is the 22<sup>nd</sup> time the Conference has been held. One of the main objectives of this Conference was to update healthcare professionals dealing with diabetes mellitus on current knowledge and practice.

During the 3-day Conference, there were 6 Plenary Lectures, 7 Main Symposia, 2 Special Lectures, 1 Breakfast Symposium, 4 Lunch Symposia, 2 Experts' Case Discussions, 4 Meet-The-Professor Sessions, Free Paper Presentations and Poster Presentation Sessions. The speakers invited are renowned experts from Australia, the United Kingdom, Pakistan, Hong Kong and the Philippines as well as local experts. The International Speakers were Prof. Richard IG Holt from the United Kingdom, Prof. Alice Pik-Shan Kong from Hong Kong, Prof. Alicia Jenkins from Australia, Prof. Christopher Nolan from Australia, Prof. Abdul Basit from Pakistan and Prof. Elizabeth Paz Pacheco from the Philippines, and there were also more than 30 local experts contributing to the Conference. A total number of 287 Participants from 8 Countries attended the Conference.

The Conference covered wide-ranging issues in diabetes, as well as giving a platform for researchers to present and share their findings to enhance knowledge in this field. There was a total of 45 abstracts received, 20 for oral presentations and 25 for poster presentations. There were awards for best oral and poster presentations.

The Participants thoroughly enjoyed the Conference, not only as a scientific educational event but also as an excellent opportunity to meet with the experts and colleagues.





# CONGRESSES & EVENTS



**International  
Diabetes  
Federation**  
Western Pacific



**Metabolic  
Diseases**  
Breakthrough Discoveries in Diabetes and Obesity

**Melbourne Convention  
and Exhibition Centre**  
18–21 August 2026



**Join us in Melbourne for the  
International Diabetes Federation  
Western Pacific Region Congress**  
combined with Australasian Diabetes Congress  
and Metabolic Diseases 2026

**REGISTRATIONS OPEN**

Learn more and register today at [diabetescongress2026.com](https://diabetescongress2026.com)



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# CONGRESS & EVENTS

## International Diabetes Federation Western Pacific Region Congress 2026 Registrations and Abstract Submissions Now Open

In August 18-21, 2026, Melbourne will welcome the International Diabetes Federation Western Pacific Region Congress, combined with the Australasian Diabetes Congress and Metabolic Diseases 2026 – creating the largest diabetes Congress in the Southern Hemisphere to date. The venue is the Melbourne Convention and Exhibition Centre, Melbourne, Australia

This expanded international meeting will bring together the best of all three events, offering an unparalleled platform for collaboration, education, and innovation across the Western Pacific region and beyond.

Hosted by Diabetes Australia, the Australian Diabetes Society (ADS), and the Australian Diabetes Educators Association (ADEA), this landmark event will unite health professionals, researchers, and advocates to share the latest in research, clinical care, education, and lived experience.

Registration for the Congress is now open, along with the call for abstracts, and we welcome strong representation from WPR member association delegates and speakers. Reduced registration fees are available to delegates from lower-middle / low-income countries.

Explore more about the Congress, including registration and abstract submissions, on the website at [www.diabetescongress2026.com](http://www.diabetescongress2026.com).

The Congress will feature a rich and diverse program across six thematic streams, with strong representation from international speakers:

- Living with Diabetes
- Diabetes Education and Quality Improvement
- Metabolic Diseases 2026 / Discovery Science
- Epidemiology, Public Health and Policy
- Diabetes Complications
- Clinical Diabetes Management and Therapeutics

Whether you're a researcher, clinician, educator, or advocate, there's a place for your voice and your work.

The organising committee is eager to engage with WPR member associations regarding ways you can get involved and support the success of the Congress. We will be reaching out to member associations directly and welcome the opportunity to meet with you to discuss opportunities for you to attend, promote, exhibit and engage. Tim Perry, Diabetes Australia's General Manager, IDF-WPR Congress, is available to discuss these opportunities via a virtual meeting and can be contacted via [TPerry@diabetesaustralia.com.au](mailto:TPerry@diabetesaustralia.com.au).

### **Can you help promote the IDF-WPR Melbourne 2026 Congress?**

Are you attending any of the following conferences listed on the next page or another one? While at the conference, will you have a few hours spare to help Diabetes Australia promote the IDF-WPR Melbourne 2026 Congress?

Diabetes Australia is offering registrants of the below conferences the opportunity to volunteer with us in undertaking promotional activities. In return, you'll receive a **\$200 AUD discount** on early bird registration for IDF-WPR 2026 in Melbourne.

If you are attending any of these conferences and interested in this opportunity, please email Danielle Williams [dwilliams@diabetesaustralia.com.au](mailto:dwilliams@diabetesaustralia.com.au)

# CONGRESSES & EVENTS

## Season's Greetings from the Editorial Team

The Newsletter Editorial Team extends our warmest wishes to all International Diabetes Federation Western Pacific Region members for a Merry Christmas and a happy, healthy, and prosperous New Year. Thank you for your continued commitment to improving the lives of people living with diabetes across our region. We look forward to working together in the year ahead

### Diabetes Related Events in 2025 and 2026 in the Western Pacific and Beyond of Interest to the WPR

#### RECENT EVENTS

[Diabetes Asia Conference 2025](#), Kuala Lumpur, Malaysia **6-9 Nov 2025**

[53rd Annual Conference of RSSDI 2025](#) - Kochi, Kerala, India **12-14 Nov 2025**

[42nd Diabetes Philippines Annual Convention and Scientific Sessions](#), Manila, Philippines **12-14 Nov 2025**

[ATTD-ASIA 2025](#), Innovative Therapies for Diabetes Management, Singapore **9-11 Dec 2025**

*[If you attended or were involved in the conduct of any of the above conferences would you like to write a short report, including pictures. If so please send to \[idf.wpridf.org\]\(mailto:idf.wpridf.org\)](#)*

#### FORTHCOMING EVENTS

[ATTD 2026](#) 19th International Conference on Advanced Technologies & Treatments for Diabetes, Barcelona, Spain **21-23 May 2026**

[18th Scientific Meeting of the AASD](#) in conjunction with the 69th Annual Meeting of the Japan Diabetes Society, Osaka, Japan

**If you have event information that you wish to add to the list,**  
please contact the Editorial Team! ([idf.wpr@idf.org](mailto:idf.wpr@idf.org))

Please provide event name, date, time, location, poster, and website link.

#### C A L L F O R C O N T E N T !



Do you have news you want featured in the  
IDF WPR Newsletter?  
Would you like to promote your conference?

Send us your story to: [idf.wpr@idf.org](mailto:idf.wpr@idf.org)

#### F O L L O W U S



@IntDiabFedWPR



@intdiabetesfedwpr

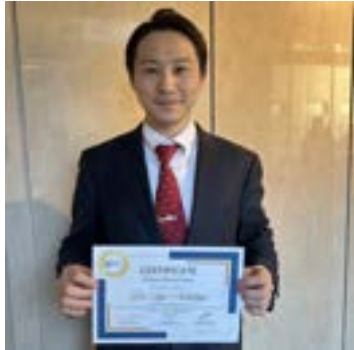


# EMCR CORNER



## Prize Winners of 2025 Q2

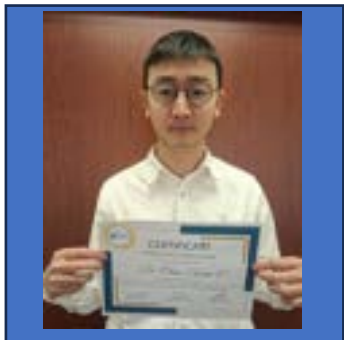
We hereby announce the IDF-WPR EMCR publication prize for the 2<sup>nd</sup> quarter of 2025!



**CLINICAL**  
**Dr. Seiji Nishikage**  
(Kobe University  
Graduate School  
of Medicine)

*Utility of the C-peptide/insulin molar ratio for distinguishing type A insulin resistance syndrome from type 2 diabetes.*

PMID: 39873375



**SCIENCE**  
**Dr. Chun Kwan O**  
(The Chinese University  
of Hong Kong)

*A polygenic risk score derived from common variants of monogenic diabetes genes is associated with young-onset type 2 diabetes and cardiovascular-kidney complications*

PMID: 39579208

## Prize Winners of 2025 Q3

We hereby announce the IDF-WPR EMCR publication prize for the 3<sup>rd</sup> quarter of 2025!



**CLINICAL**  
**Giang Dao**  
— *Diabetes Care*

*The Glycemic Impact of Protein Ingestion in People With Type 1 Diabetes.*

PMID: 39951019



**SCIENCE**  
**Dr Kai Yoshimura**  
— *Journal of Diabetes  
Science and Technology*

*Observational Study of the Impact of Infusion Set Replacement in Insulin Pump Users on Glycemic Management.*

PMID: 40580090

## Call for nominations for the final 2025 quarterly publication prize.

### ✓ Terms of Application

- Your publication must be published online or in print between Q1: October– December 2025
- Papers with Prof. Alicia Jenkins or Dr Angelo Sabag as co-authors are not eligible.

### ✓ How to Apply?

Please complete and submit the [nomination form](#)