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DIABETES IN YOUNG PEOPLE IN AFRICA: DIABETES EDUCATION, AN IMPORTANT KEY ELEMENT TO MANAGING DIABETES IN ZAMBIA

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Diabetes is one of the major leading cause of death in the world, Diabetes being a deadly condition has taken a lot of great lives in Zambia, it will take even more lives if patients do not look after it properly despite the age, but mostly it's due to the fact that most people in Zambia lack knowledge on how to control and maintain the condition. For these reasons, there is real need for increased involvement in Diabetes Awareness, Advocacy, Education and Empowerment. For a fact diabetes kills, but statistics prove that regulation and well control of blood glucose can reduce the likelihood of death and complications because it is a chronic disease that requires a person with diabetes to make a multitude of daily self-management decisions and perform complex care activities. Hence a program to encourage and educate people about diabetes will reduce the risk of death due to diabetes. Almost each day in Zambia people get amputations because of poor control of their condition, and go blind because of diabetes and many other diabetes complications. Worst off people die from diabetes. As education is the key to success, many people lack knowledge about diabetes in Zambia, there is real need to raise awareness through diabetes education. Hence, a local diabetes education program is needed urgently. Focusing on a program that can help provide the foundation to help people with diabetes to navigate these decisions and activities, also to help them facilitate the knowledge, skill, and ability necessary for diabetes self-care. Although different members of the health care team and community in Zambia can contribute to this process, it is important to have as many educational centres that are established with knowledge about diabetes, and can educate as many people as possible.

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