



**International Diabetes Federation**

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**PRESS RELEASE**

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*International Diabetes Federation grant supports diabetes self-management education program in the Philippines*

The International Diabetes Federation (IDF) BRIDGES translational research grant program will fund a pilot study in the Philippines that will offer culturally appropriate and improved diabetes care in rural communities using local health workers.

The community-based study, Diabetes Self-Management Program (DSME), will help Filipinos with diabetes to acquire the knowledge, self-care practices, and attitudes required for the effective management of their diabetes. The Section of Endocrinology, Diabetes, and Metabolism of the University of the Philippines - the Philippine General Hospital will launch the pilot study in San Juan, Batangas, Philippines.

“The IDF BRIDGES Research Grant will be instrumental in making this ambitious community-based diabetes program a reality. This pilot study is part of a long-term, self-sustaining, comprehensive diabetes program which aims at reducing the burden of diabetes and aspires to be a ‘model of community diabetes care’ throughout the country, ultimately attenuating disparities in health outcomes for underserved Filipinos in the rural community,” said Dr. Gregory A. Ardena, study co-investigator.

The Federation, through BRIDGES, is committed to converting research findings into useful practices for the provision of quality care and services delivered by healthcare providers. The diabetes education program in the Philippines, along with the 10 other selected translational research projects, was chosen because of its innovative idea, demonstration of the potential for health care cost savings, sustainability plans and the opportunity for its results to be widely replicated in other settings.

The education program will offer culturally-appropriate, comprehensive diabetes education by using locally adapted educational materials, with the support of Barangay Health Workers (BHW) as health educators. The pilot study is part of a long-term, self-sustaining diabetes program which aims at reducing the burden of diabetes by improving self-care and behaviour.

“The Filipino Diabetes Self-Management Program goes to the heart of what the International Diabetes Federation BRIDGES program aims to achieve,” said Linda Siminerio, Chair of the IDF BRIDGES Review Committee. “This program has the potential to improve the lives of people living with diabetes and increase diabetes knowledge among the Barangay Health Workers who will now have the capacity to support quality care.”



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The International Diabetes Federation independently manages the BRIDGES program with an educational grant from Eli Lilly and Company and is committed to promoting diabetes care, prevention and a cure worldwide.

**\*\*ENDS\*\***

*For interviews*

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**Note to editors:**

The **International Diabetes Federation (IDF)** is the global advocate for the over 250 million people with diabetes worldwide. It represents over 200 diabetes associations in more than 160 countries. Its mission is to promote diabetes care, prevention and a cure worldwide. The International Diabetes Federation is an NGO in official relations with the World Health Organization and an associated NGO with the United Nations Department of Public Information. The International Diabetes Federation leads the World Diabetes Day and Unite for Diabetes campaign. Additional information is available at [www.idf.org](http://www.idf.org).

**BRIDGES** is the global translational grant programme of the International Diabetes Federation. It solicits proposals that support cost effective and sustainable interventions that can be adopted in real world settings, for the prevention and control of diabetes. Projects should be based on interventions already proven to be effective in trials to prevent and treat diabetes, to improve care of type 1 and type 2 diabetes and delay its complications. The interventions proposed should have the potential to be widely disseminated to clinical practice, individuals and communities. For more information, visit <http://www.idfbridges.org>.

The **Section of Endocrinology, Diabetes, and Metabolism of the University of the Philippines – Philippine General Hospital** provides opportunities for the independent and funded research activities involving section consultants and fellows-in-training. These efforts have gained recognition locally, nationally and internationally.