

# Blue Circle Talk: "Women with Diabetes: Navigating Life's Stages & Driving Advocacy"

*An online event by the International Diabetes Federation (IDF)*

7 March 2025, 13:00 – 14:30 CET TBC

## **Format**

90-minute online session on Zoom.

## **Rationale/Background**

Women with diabetes experience unique challenges at every stage of life, from fertility struggles and pregnancy complications, to menopause and long-term health concerns. Healthcare disparities and policy gaps often leave these issues underrepresented, making advocacy more important than ever.

Given the complex and unique challenges faced by women living with diabetes across different life stages, IDF is hosting the Blue Circle Talk "Women with Diabetes: Navigating Life's Stages & Driving Advocacy" to mark the International Women's Day on 7 March.

This event brings together women with lived experiences — both as individuals with diabetes and as caregivers — who are dedicated to raising diabetes awareness and driving change. By sharing their stories and insights, we aim to spark meaningful conversations, highlight critical healthcare needs, and empower women to advocate for better support, care, and policies worldwide.

## **Objectives**

- Highlight the unique challenges women with diabetes face across different life stages.
- Raise awareness about healthcare disparities and policy gaps affecting women with diabetes.
- Share personal experiences and insights from women living with diabetes and caregivers.
- Strengthen global advocacy efforts to improve healthcare access for women with diabetes.
- Promote collaboration between individuals, healthcare professionals, and policymakers.

## **Target audience**

- People living with diabetes.
- Caregivers and family members of women with diabetes.

## **International Diabetes Federation**

Improving the lives of people with diabetes and preventing diabetes in those at risk

- Representatives from women’s rights organisations.
- Healthcare professionals and diabetes educators.
- Advocacy organisations and policymakers.
- Public health experts.

## Agenda

2'	<b>Dr Phyllisa Deroze, Blue Circle Voice member (United States)</b> Welcome to the audience and housekeeping rules
5'	<b>Dr Hermelinda Pedrosa, IDF Vice President and Chair of the IDF Committee on Women and Diabetes and Endocrinologist (Brasil)</b> The work of the IDF Board Committee on Diabetes and Women
80'	Moderated by Dr Phyllisa Deroze  <b>Panellists:</b> <ul style="list-style-type: none"> <li>• Ms Anita Sabidi, Blue Circle Voice member (Indonesia)</li> <li>• Ms Dawn Adams, Blue Circle Voice member (United Kingdom)</li> <li>• Ms Kirsten de Klerk, Young Leader in Diabetes (South Africa)</li> <li>• Ms Heather Koga, Blue Circle Voice member (Zimbabwe)</li> </ul> <p>Panellists to pre-share the questions they would like to be asked during the webinar.</p>
3'	<b>Dr Phyllisa Deroze, Blue Circle Voice member (United States)</b> Closing remarks and thanks to panellists and audience.