



**International  
Diabetes  
Federation**  
Western Pacific

REGIONAL

# NEWSLETTER

ISSUE 10, APRIL 2026

## THE YOUNG LEADERS IN DIABETES PROGRAM

### **Empowering the next generation: Young Leaders in Diabetes (YLD)**

The Young Leaders in Diabetes (YLD) Programme is a global initiative of the International Diabetes Federation (IDF) that empowers young people living with diabetes to become confident and effective advocates, leaders and changemakers in their communities. By investing in youth leadership, YLD helps strengthen diabetes advocacy and supports IDF Members in delivering meaningful, community-driven impact.

### **What is the YLD Programme?**

YLD is a three-year leadership programme that provides young advocates with the tools to implement change in their communities. Over the course of three years, Young Leaders gain access to IDF expertise, capacity-building sessions, and global advocacy networks, equipping them with the skills and confidence they need. A core element of the programme is learning about project management skills: all Young Leaders must implement a diabetes-related project at the national or local level, in close collaboration with their IDF Member.

### **Driving impact through leadership - YLD objectives:**

- Improve the lives of young people living with diabetes
- Raise awareness of all types of diabetes, prevention and access to quality care
- Challenge diabetes-related stigma and discrimination
- Support IDF Members and Regions through innovative, youth-led projects

### **The role of IDF Members**

Engaged IDF Members are central to the success of YLD. By supporting and mentoring Young Leaders, Members benefit from fresh perspectives, innovative ideas and the development of future organisational leaders. Each Young Leader collaborates with their nominating Member to contribute to an existing initiative or develop a new project that addresses local diabetes needs.

### **Next call for applications opening in April**

IDF Members are encouraged to identify and nominate committed young people who are ready to dedicate time, energy and creativity to strengthening diabetes advocacy and improving the lives of people living with diabetes. Careful selection and ongoing support will ensure the greatest possible impact for communities and Members alike. IDF Advocacy will circulate the call for applications to all IDF Members in April.

### **Western Pacific Young Leaders: Project Highlights**

Across the Western Pacific, Young Leaders are transforming their lived experiences into action. Through advocacy, creativity and community engagement, they are raising awareness, strengthening support systems and inspiring change for people living with diabetes.

## BECOME A YLD ADVOCATE

<https://idf.org/what-we-do/advocacy/idf-advocacy-academy/young-leaders-in-diabetes/become-a-yld/>

# MEET THE WESTERN PACIFIC REGION YOUTH LEADERS



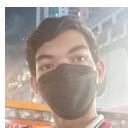
## **Aqilah Zaidi – Singapore**

She advocates for improved access to diabetes technology through community surveys, healthcare engagement and media campaigns, amplifying patient voices and preparing families and professionals for future innovations.



## **Bastijn de Ruijter – Australia**

He uses creative storytelling to explore the emotional realities of living with type 1 diabetes, fostering empathy, connection and understanding through lived experience.



## **Chayya Ranuk – Cambodia**

He leads a grassroots initiative that builds awareness and empowerment within her local community, creating sustainable impact step by step.



## **Enoch Ku – Hong Kong (China)**

He coordinates “DiabEATes”, a peer-led platform supporting people with type 1 diabetes through practical guidance on food choices, carb counting, food labels and hidden sugars.



## **Fang-Jun Su – Taipei (China)**

She leads “Your HI&LO”, which transforms diabetes experiences into jewellery that symbolises resilience, raises awareness and encourages people to wear their stories with pride.



## **Isabella Magee – Australia**

She has developed “Sweet Talk: Speak to Be Heard”, which equips diabetes advocates with communication tools and resources to build confidence, engagement and community impact.



## **Suveer Sachdev – Thailand**

He promotes equitable diabetes care through awareness campaigns, early screening and policy dialogue, with a focus on underserved communities.



## **Marlena Laura Wilson and Nannapat Sutthipongkiart – Thailand**

Alumni Marlena and Nannapat led “Train the Trainers”, to strengthen diabetes support by building knowledge and capacity among teaching staff through targeted education.

## **BECOME A YLD ADVOCATE**

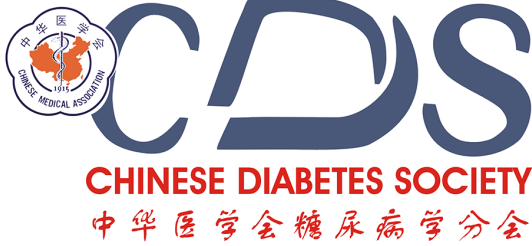
### Requirements to join the YLD trainee programme

- Live with any type of diabetes
- Aged between 18 and 30 by 30 November 2026
- Able to communicate effectively in English (a video interview may be requested)
- Have an active connection with an IDF Member Association
- Be passionate about making a difference in the diabetes community
- Have the desire to develop, execute and report a diabetes project agreed with an IDF Member Association
- Have reliable access to the internet for communication and reporting purposes
- Be available two to four hours per month for the YLD programme

**Are you a young person interested in becoming a YLD trainee?** Then please get in touch with an IDF Member Association in your country.

<https://idf.org/what-we-do/advocacy/idf-advocacy-academy/young-leaders-in-diabetes/become-a-yld/>

# FEATURED MEMBER



## CHINESE DIABETES SOCIETY

PRESIDENT	Prof. Lixin Guo
MEMBERS	90

### ABOUT :

The Chinese Diabetes Society (CDS) is a professional society directly under the Chinese Medical Association (CMA), established in Shanghai in October 1991. Its predecessor was the Diabetes Group of the Chinese Society of Endocrinology, founded in 1985. In 1985, the Diabetes Group of the Chinese Society of Endocrinology was established at the Second National Congress of Endocrinology held in Wuhan. In 1987, with the approval of the Ministry of Health of the People's Republic of China, the group joined the International Diabetes Federation (IDF) under the name "Chinese Diabetes Society." In 1991, the Third Sino-Japanese Friendship Diabetes Academic Exchange and the Fourth National Diabetes Academic Conference were held in Shanghai, at which the CDS was officially established, marking a new stage in the prevention and treatment of diabetes in our country.

### CDS Mission:

To prevent, treat, and eradicate diabetes through education, research, and medical care

### Activities:

- Prof. Jia Weiping was elected as the Chair-Elect of IDF-WPR
- Blue Light Action in China (2025)
- The 27<sup>TH</sup> Scientific Meeting of Chinese Diabetes Society
- CDS Training Program for Young Excellent Doctors (2025)

1. Encourage CDS members to participate in the IDF-WPR (Melbourne Australia, 2026.8)
2. The training program to improve the diagnosis and treatment ability of diabetes and complications (2026)
3. Chinese T1DM Complication Screening Project (2026)
4. The academic annual meeting of CDS for young physicians (2026.6)



# NEWS FROM THE REGION

## BANTING AWARD TO PROF TAKASHI KADOWAKI

### Announcement: 2026 Banting Medal for Scientific Achievement Award

Former Chair of the Western Pacific Region, **Takashi Kadowaki, MD, PhD**, will be honoured with the 2026 Banting Medal for Scientific Achievement at the **ADA Conference**.

Prof. Kadowaki is the President of Toranomon Hospital and Professor Emeritus at the University of Tokyo, and currently serves as President of the Japanese Association of Medical Sciences. He has made seminal contributions to the biology and genetics of insulin action, insulin resistance, and type 2 diabetes. His discovery of adiponectin receptors (AdipoR1/R2) and the elucidation of their structure and function represent a major scientific breakthrough.

Prof. Kadowaki has published over 800 papers and has received numerous prestigious awards, including the Japan Academy Prize, the Manpei Suzuki International Prize for Diabetes Research, and the Claude Bernard Award from the EASD. Please join us in celebrating Prof. Kadowaki's continued and outstanding achievements. If at ADA, please attend and congratulate Prof. Kadowaki in person.

## PUBLICATION of Type 1 Diabetes Care in the WPR

An international team recently published an overview of Type 1 diabetes related health outcomes in our region. Using the Type 1 diabetes index a wide range of healthy years of life lost per person with diabetes was shown, ranging from 21 to 46 years, as shown in the Figure. They also mapped availability of CGM and insulin pumps, and whilst available in over half of the WPR Countries and regions, only three countries provided subsidies, in spite of known benefit. Advocacy is needed and collaborative approaches may prove helpful. The paper is PubMed listed.



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

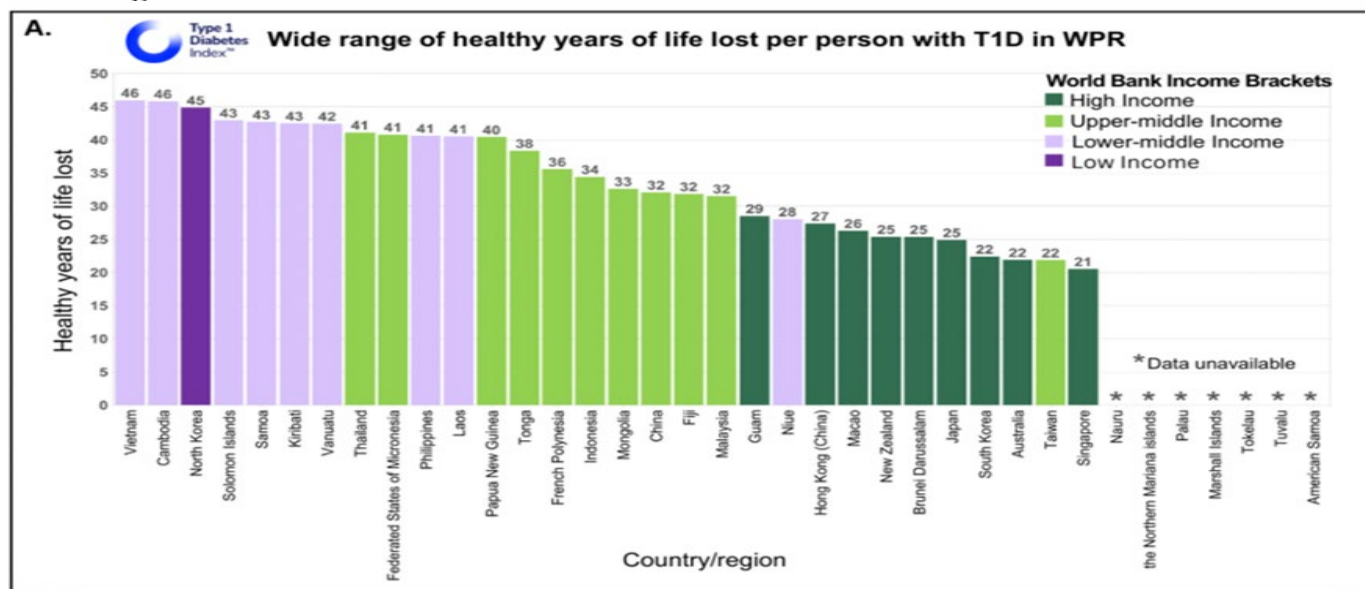
### Diabetes Research and Clinical Practice

journal homepage: [www.journals.elsevier.com/diabetes-research-and-clinical-practice](http://www.journals.elsevier.com/diabetes-research-and-clinical-practice)



### Editorial

### Overview of health outcomes and care options for people with Type 1 diabetes in the Western Pacific Region





# 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

This landmark event will unite diabetes health professionals,  
researchers and advocates from across the globe to explore the  
latest in science, care, and community engagement

**REGISTRATIONS OPEN**

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





**International  
Diabetes  
Federation**  
Western Pacific



# IDF-WPR 2026 & ADC 2026 & METABOLIC DISEASES 2026

MELBOURNE CONVENTION AND EXHIBITION CENTRE | 18-21 AUGUST 2026

## Late-Breaking Abstracts Now Open for IDF-WPR & ADC & MBD 2026

Late-breaking abstracts are now open for **IDF-WPR & ADC & MBD 2026**.

Late-breaking abstracts are to enable impactful new research, for which data/information was not complete at the time of the initial abstract closing date, to be presented at the Congress.

In completing the abstract submission, you will be required to state your justification for submitting a late-breaking abstract. The closing date for late-breaking abstracts is **Friday, 15<sup>th</sup> May**

[SUBMIT](#)

Full details regarding submission and guidelines are available at [diabetescongress2026.com/call-for-abstracts](https://diabetescongress2026.com/call-for-abstracts)

### Congress Registrations

Register now to take advantage of our Earlybird rates!

[REGISTER](#)

# 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

2026

The Newsletter Editorial Team of the International Diabetes Federation Western Pacific Region is excited as we move into 2026. Preparations are well underway for the **IDF ADC 2026 Conference**, to be held in **Melbourne, Australia**, and we are very much looking forward to connecting with many of our Member Associations and colleagues from across the region.

At a time when the world is once again experiencing significant conflict and uncertainty, we are inspired by your continued dedication and resilience. The Newsletter Editorial Team extends its warmest wishes to all **International Diabetes Federation Western Pacific Region members** for a **successful, healthy, and productive year ahead**. Thank you for your ongoing commitment to improving the lives of people living with diabetes across our region.

We look forward to working together throughout 2026.

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

- APRIL**      [World Congress of Nephrology 2026 \(Diabetes & kidney disease focus\)](#)  
Yokohama, Japan | 26–29 April 2026
- MAY**        [JDS 2026 / AASD 2026](#)  
Osaka, Japan | 21–23 May 2026  
[14th CODHy China 2026 – Controversies to Consensus in Diabetes, Obesity and Hypertension](#)  
Shanghai, China | 22–23 May 2026
- JUNE**        [ADA Scientific Sessions 2026](#)  
New Orleans, Louisiana, USA | 5–8 June 2026
- AUGUST**    [IDF-WPR 2026 & ADC 2026 & Metabolic Diseases 2026](#)  
Melbourne, Australia | 18–21 August 2026
- SEPTEMBER** [EASD 2026 – 62nd Annual Meeting of the European Association for the Study of Diabetes](#)  
Milan, Italy | 28 September – 2 October 2026
- OCTOBER**   [Diabetes and Cardiovascular Risk Factors – East Meets West Symposium 2026](#)  
Hong Kong | 3–4 October 2026
- DECEMBER** [ATTD-ASIA 2026 – 3rd Asian Conference on Innovative Therapies for Diabetes Management](#)  
Kyoto, Japan | 9–11 December 2026

**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 the event name, date, time, location, poster, and website link.



### CALL FOR CONTENT

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)



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# EMCR CORNER



## Prize Winners of 2025 Q3

We hereby announce the IDF-WPR EMCR publication prize for the 3rd 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**

## Prize Winners of 2025 Q4

We hereby announce the IDF-WPR EMCR publication prize for the 4<sup>th</sup> quarter of 2025!

**CLINICAL**  
**Dr. Chun-Heng Kuo**



*The Effect of Midpregnancy Screening for Gestational Diabetes Mellitus on Pregnancy Outcomes: The TESCO Randomised Controlled Trial*

**PMID: 40986699**

**SCIENCE**  
**Dr Eric Tsz-Chun Poon**



*Comparative effects of continuous glucose monitoring-informed and traditional interval-based carbohydrate refueling protocols on endurance exercise responses: an exploratory study*

**PMID: 40957601**

## CALL FOR NOMINATIONS.

### ✓ Terms of Application

- Your publication must be published online or in print between Q2: January – March 2026
- 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](#)