Diabetes is a costly, debilitating, chronic condition. According to the International Diabetes Federation, it affects more than 425 million people worldwide, nearly 80% of whom live in developing countries. It is responsible for 4 million premature deaths each year. If no action is taken, more than 629 million people will have diabetes by 2045, making the disease one of the leading causes of morbidity and mortality in the world. Africa will experience the highest rate of progression with a doubling of the prevalence from 14.2 to 34.2 million people.

This sharp rise in diabetes is primarily caused by profound lifestyle changes taking place on the continent. Such changes include increasing urbanisation, which leads to a nutritional transition and a significant decrease in physical activity. The direct consequence is that the number of overweight people in both the upper and working classes now exceeds the number of underweight people. We now speak of a double burden of malnutrition in which undernutrition and overnutrition coexist across the African continent, within countries, and often within the family unit.

DEFINITION OF DIABETES
Diabetes is a chronic condition that involves the dysfunction of the way sugar is metabolised by the body, leading to high levels of blood sugar. There are three main forms of diabetes.

Type 1 diabetes
The pancreas no longer produces insulin. This type of diabetes affects 10% of people with diabetes. It primarily affects children, teenagers, and young adults, who must inject insulin on a daily basis.

Type 2 diabetes
The pancreas produces insulin, but not enough, and the body is not receptive to it. This type of diabetes affects 90% of people with diabetes, particularly sedentary, overweight adults, over 45.

Gestational diabetes
Gestational diabetes occurs during pregnancy. It is characterised by an increase in blood sugar levels, with values higher than normal but lower than those that signal diabetes. Women with gestational diabetes have an increased risk of complications during pregnancy and childbirth, and they are prone to developing Type 2 diabetes at a later stage in their lives.

Diabetes in the world

463 million people with diabetes in 2017
6% of the global population
1 person dies from diabetes every 6 seconds

8 out of 10 people with diabetes live in developing countries

THE CHALLENGES OF MANAGING DIABETES IN AFRICA

- 80% of people with type 2 diabetes are undiagnosed and therefore untreated, resulting in an increase of debilitating complications.
- 20% of the average annual income of a family can be dedicated to medications and payment of laboratory tests.
- 95% of African children with Type 1 diabetes receive no treatment and have a life expectancy of less than one year.

Other socio-cultural factors make care difficult:
- Establishing a proper diet: In Africa, sharing food as a family and eating by hand out of a common dish makes it difficult to quantify the amount of food ingested and makes it nearly impossible for patients to individualize their food intake.
- The “prestige” associated with overweight and obesity makes for additional resistance.
WHO ARE WE?

Santé Diabète is a non-governmental organisation created to address two emergencies: the lack of access to care for people with diabetes in Africa and the failure to address this problem into account by those involved in international development. Established in 2001, its mission is to improve the quality of life of people with diabetes and reinforce healthcare systems.
OUR MISSION

STRENGTHENING AND STRUCTURING HEALTHCARE SYSTEMS TO IMPROVE THE PREVENTION AND MANAGEMENT OF DIABETES

With a team of 40 people and over 200 local and international partners, Santé Diabète works in the field on a daily basis to save lives by improving diabetes prevention and manage in order to improve the quality of life of people with diabetes. Santé Diabète has developed a unique expertise in diabetes in Africa and in developing countries which is regularly sought at an international level (missions to strengthen national health systems, involvement in expert studies, etc.). In parallel, since 2011, Santé Diabète has been developing a health and international citizenship education program in France.

OUR APPROACH

SANTÉ DIABÈTE HAS A UNIQUE WAY OF WORKING

• We are the only NGO specialising in the fight against diabetes in Africa
• We manage diabetes in the long term by strengthening local healthcare systems
• We work directly with Ministries, Health Departments and national, regional, and local healthcare systems
• We help build a strong civil society and we support patient associations
• We promote South-North, South-South, and North-South collaboration
• We raise awareness globally through international advocacy
• We contribute to the fight against diabetes globally by being a member of the the World Health Organization (WHO) global coordination mechanism for noncommunicable diseases (NCDs)
• We work with an international network for local solutions
• Our operational structure and management are based in West Africa as close as possible to the field.

SOURCE OF FUNDING

- Foundations: 30%
- Public grants: 70%

USE OF FUNDS

- Social operations: 95%
- Operational costs: 5%

SANTÉ DIABÈTE IN NUMBERS

- 40 employees
- 200 partners
- 9,220 students benefiting from awareness-raising activities
- 70,500 people at risk screened
- 1,840 health professionals trained
- 25,000 people supported (type 2 diabetes)
- 900 children with type 1 diabetes supported for free
16 YEARS OF ACTION

2001
Establishment of the NGO «Santé Diabète Mali»

2003
Start of the NGO’s first activities in Mali

2003
Creation of a Santé Diabète delegation in Burkina Faso and name change to «Santé Diabète»

2012
Creation of a Santé Diabète delegation in the Union of the Comoros and launch of a program to fight diabetes in the archipelago

2013
Creation of the delegation of Santé Diabète in Senegal

2012
AFD mission to assess diabetes prevention in French Polynesia

2016
Creation of a delegation in the Union of the Comoros and launch of a program to fight diabetes in the archipelago

2017
Launch of a three-year program agreement
Implementation of a program to integrate the management of care diabetes/HIV and diabetes/TB funded by the 5% Initiative

2018
Santé Diabète is nominated to be member of the 3rd UN High Level Meeting on NCDs in New York.

2020
Launch of a new 3-year program agreement including Mali, Burkina Faso and the Union of the Comoros co-financed mainly by the French Development Agency and the World Diabetes Foundation.
Deployment of a Covid19-Diabetes response plan in Mali and Burkina Faso.
SITUATION OVERVIEW

Mali, one of the poorest countries on the planet, also has one of the lowest numbers of health professionals in the world with an average of only 0.7 doctors and 2 nurses per 10,000 inhabitants. This shortage significantly limits the country’s ability to provide its population with adequate, effective and equitable health services.

The burden of infectious diseases remains high with, in addition, the explosion of noncommunicable diseases (NCD) such as diabetes, which today affects more than 2 million Malians, meaning the health system faces a double burden of disease.

The programs we have been running for more than 15 years in Mali have made possible, for example:

- The opening of 30 diabetes clinics across the country supporting more than 15,000 patients in state facilities, improving access for people who, for the most part, previously had no access to care or possible follow-up of their disease.
- The creation of the first university degrees specialising in diabetes (70 health professionals specialised in endocrinology and diabetology since 2011)
- A sharp decrease in the cost of treatment (48% reduction in the cost of a vial of insulin and one month of treatment with oral antidiabetic agents reduced to one tenth of the cost).
- The emergence of the Fédération des Diabétiques du Mali («Diabetes Federation of Mali»), which brings together 30 patient associations and today has more than 3,000 members and 20 «expert patients» with whom we collaborate closely (preventative missions, therapeutic education sessions etc.).
- The implementation of important prevention and screening actions to raise awareness about risk factors (national events such as World Diabetes Day, production and dissemination of educational tools etc.) and screening new patients.
- The complete revision of the national diabetes plan with the Malian government.

The challenge for the coming years is therefore to train even more specialists and general practitioners so as to keep up with the number of people with diabetes, while further consolidating the role of patient associations in preventative and therapeutic education actions.

Santé Diabète is also taking action to enable the state to play an increasingly strong role in the prevention and management of diabetes, notably by including this disease in the universal health insurance plan that should be put in place in Mali in 2019.

KEY FIGURES MALI

Human Development Index (HDI)

182nd (out of 189 countries)

Diabetes prevalence 2.4%

Overweight 22%

Obesity 5.7%

56% of households with diabetics spend more than 40% of their income on healthcare expenses.
**SITUATION OVERVIEW**

Burkina Faso is one of the countries where the density of health professionals is one of the lowest in the world with only 1 doctor and 5 nurses on average per 10,000 inhabitants. This shortage significantly limits the country’s ability to provide its population with effective and equitable health services, with the cost of treatments being very high.

The fight against noncommunicable diseases (NCDs) - including diabetes - has become a priority with over 30% of the country’s adult population affected by an NCD.

**OUR ACTIVITIES IN BURKINA-FASO**

Santé Diabète has developed programs in Burkina Faso that have, since 2012, made possible:

- The training of 4 specialist endocrinologists and diabetologists who participated in the specialised diploma of endocrinology and the university diploma of diabetology;
- The support of the teams from the Yalgado University Hospital Centre with the training of 400 health professionals (doctors and paramedics) practising in regional hospitals and secondary health centres;
- The implementation of diabetes risk factor prevention campaigns together with free screening (diabetes and hypertension), in all regions of Burkina Faso with 35,000 people screened;
- The implementation of actions to prevent risk factors for diabetes in schools and high schools in different regions of Burkina Faso, raising the awareness of more than 4,000 students;
- Strengthening community actors through the formation of networks of peer educators;
- The structuring and capacity building of associations for people with diabetes so that they can participate in the prevention and management of diabetes (pilot actions of prevention and therapeutic education);

The challenges of the coming years are threefold:

- Continue the training of specialists and generalist health professionals in the management of diabetes to strengthen the supply of care in the country;
- Strengthen even further the role of patient associations in preventative and therapeutic education actions;
- Strengthen preventative actions to combat the risk factors of diabetes and take charge early on of people with the disease to prevent complications related to it.

Santé Diabète is also taking action to enable the state to play an increasingly strong role in the prevention and management of diabetes, notably by lowering the costs of anti-diabetes treatments and by including this disease in the universal health insurance plan that should be set up in Burkina Faso in 2019.

**KEY FIGURES BURKINA-FASO**

- **Human Development Index (HDI)**: 183rd (out of 189 countries)
- **Overweight**: 13.4%
- **Obesity**: 4.5%
- **Diabetes prevalence**: 7.3%
- **Cost of diabetes**: 1 month of diabetes care = 50% of a family’s income
SITUATION OVERVIEW

Located in the Indian Ocean, the Union of the Comoros is part of the Small Island Developing States (SIDS) and remains among the poorest countries in the world. Health professional coverage is particularly low there, with an average of only 1.90 doctors and 0.23 pharmacists per 10,000 inhabitants and barely 2.60 nurses per 5,000 inhabitants. This low coverage does not yet provide the population with sufficient health services, particularly for Non-communicable diseases (NCD), which have become an epidemiological burden throughout the country, with, for example, diabetes now affecting 5% of the population.

Programs led by Santé diabète have made possible, for example:

- Support for the development of strategic frameworks relating to NCD’s with the creation of national diabetes training modules;
- The inclusion of all actions supported by Santé Diabète in the annual operational plans of the Ministry of Health;
- The training of 236 health professionals in the management of diabetes in the various health facilities of the 3 islands (national hospitals, regional hospitals, health centres);
- The provision of equipment for measuring Hba1c (biological reference measure for diabetes) and for screening to the National Hospital and 14 secondary health centres;
- The establishment of a prevention program that has enabled 2,262 people to be tested and specific national tools to be developed;
- The implementation of a program for strengthening the capacity of the three associations of patients with diabetes on the 3 islands.

The challenge for Santé Diabète is to continue the wide-scale training of health professionals and the provision of equipment to health structures so that prevention and management of diabetes is available in all health structures of the 3 islands.

To respond to the challenges related to very high prevalence in the country, Santé Diabète opened a new delegation in the Comoros in 2016. Since then, Santé Diabète teams have been supporting the Comorian authorities to develop a national response that addresses prevention, management, access to treatment, the development of patient associations and the strengthening of national strategies to combat NCDs and especially diabetes.

KEY FIGURES COMORES

<table>
<thead>
<tr>
<th>Human Development Index (HDI)</th>
<th>Diabetes prevalence</th>
<th>Overweight</th>
<th>Obesity</th>
<th>Adults not engaged in any physical activity</th>
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<tbody>
<tr>
<td>165th (out of 189 countries)</td>
<td>12.3%</td>
<td>25.9%</td>
<td>13.5%</td>
<td>61.7%</td>
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SITUATION OVERVIEW

Diabetes today affects 4 million French people, a figure which has increased six-fold in just 30 years. 90% of these have type 2 diabetes and nearly 700,000 diabetics are unaware that they have it.

The causes of this increase is directly related to change in lifestyles in developed countries and the combination of both social and environmental factors: excess weight, obesity, lack of physical activity, sedentary lifestyle.

Diabetes also strikes the most socially fragile, with prevalence rates significantly higher in the most disadvantaged municipalities.

Having headquarters in France allows us to structure all our missions, at the administrative, HR, technical and financial levels. It also assists in the coordination of our national and international advocacy efforts, which aim to influence institutions and public policies to the greatest extent possible to address noncommunicable diseases (NCDs) globally.

In France, the association’s interventions have raised the awareness of tens of thousands of people and revolve around three main axes:

- The organisation of conferences, exhibitions and discussions;
- The pilot program to raise awareness of diabetes in the population of Auvergne-Rhône-Alpes and how to prevent it, and of better knowledge regarding the problems of this disease in Africa, notably through school activities that provide a fresh perspective on developments in our lifestyles in the North and South and their consequences on our health;
- The sharing of expertise developed in the South, particularly through the adaptation of therapeutic education and prevention tools for the French public [cartoon What is diabetes, board game Nutriquizz, booklet A day with Ami & Bouba etc.].

Since 2018, an initiative to broaden our preventative actions has made it possible to reach new audiences (unaccompanied foreign minors, young people in vocational high schools, corporate employees, etc.).

The health challenges faced by the developing world are increasingly echoing those existing in the West [migration, the health impact of social inequalities etc.]. Realities that today make it essential to develop new actions in France and to trial new synergies with our programs in Africa.
Whether it is urbanisation, changes in eating habits, or decreased physical activity, overweight and obesity are realities in Africa (15% of women of childbearing age are obese). Our mission is to raise awareness in the population and encourage behavioural changes to limit the onset of diabetes risk factors.

To be effective, quality care of diabetes and its complications requires an efficient and decentralized health-care system. We train quality healthcare professionals in sufficient numbers and strengthen service delivery, so that people with diabetes can live with their disease wherever they are in the countries we operate in.

The chronic nature of diabetes requires patients to be involved in their own healthcare in order to best manage their diabetes and avoid complications. We train healthcare workers in therapeutic education so that all patients monitored have the skills to manage their life with diabetes as well as possible.

The often prohibitive prices and the low availability of drugs are a major issue in Africa. In concert with the Ministries of Health and central medical stores, we work to facilitate patient access to treatment.

Patients and healthcare professionals associations have a real power in building support and fight against diabetes in a manner that is appropriate for patient needs and national requirements. We work to structure them and help them to develop their capacities for mobilisation, communication, and advocacy so that they play a central role in the fight against diabetes.

In order to integrate diabetes prevention and management into a sustainable framework, we work closely with public institutions to facilitate the integration of diabetes into national health policies (noncommunicable diseases, nutrition, maternal and infant health, etc.).

Since 2011, a program is open in France and deals with the same issues than in Africa: increase of overweight and obesity, lack of prevention campaign. The NGO has built its experience on the work it has carried out for almost 20 years in West Africa. Thus the programs in France have been created thanks to its expertise in the south. This approach offers two benefits: the first one is to raise awareness on the impact of food and physical activity on the global health and the second to develop the perception that European people can have on the African continent, by deconstructing their prejudices.
# OUR CURRENT PROGRAMS

## Areas of Expertises

<table>
<thead>
<tr>
<th>Areas of Expertises</th>
<th>Primary prevention</th>
<th>Strengthening of the provision of care</th>
<th>Humanitarian diabetes response</th>
<th>Therapeutic education</th>
<th>Access to medicines</th>
<th>Strengthening the civil society</th>
<th>Support for public health policies</th>
<th>Citizenship and international solidarity education</th>
<th>Development of university programs</th>
<th>Advocacy</th>
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RESEARCH

Research is a very important activity for Santé Diabète because it improves the effectiveness of our actions and the evaluation of our programs. It also enables us to develop new approaches by directly linking the results of these research actions to the implementation programs. Our participation in research work, set up in Africa or in France, is carried out in collaboration with many international universities, health structures or research centers.

FIELDS OF RESEARCH

- Nutrition
- Reduced risk factors for diabetes
- New therapeutic approaches
- Access to treatments
- Therapeutic education
- Health information systems
- Economic impact of diabetes
- Traditional medicine
- Medical anthropology
- Health Literacy

CURRENT RESEARCH PROJECTS

Study on the exploration of health literacy of people with diabetes in Mali

The study on health literacy of patients with diabetes in Mali includes 360 patients in 6 health structures in two regions of Mali (district of Bamako and region of Ségou). This study is coordinated in the field in Mali by Santé Diabète’s teams in close partnership with the Mali Ministry of Health, the University of Réunion and the team of Prof. Osborne at Deakin University (Australia) who developed the questionnaire (HLQ).

In 2017, the partners finalized the protocol and then the NGO Santé Diabète proposed it for validation to the ethics committee of the Faculty of Medicine of Mali. Santé Diabète is carrying out, in collaboration with its local partners, the operational phase of the study in 2018 and 2019. The publication of the results of this work is scheduled for 2020.

To know more: https://www.who.int/healthpromotion/health-literacy/en/

ACCISS study “Addressing the challenge and constraints of insulin sources and supply”

The ACCISS Study is a multi-center study conducted by Health Action International, the University of Geneva and Boston University in the United States that includes Mali, Tanzania, Peru and Kyrgyzstan.

The objective is to improve access to insulin by analyzing the opportunities and constraints linked to its availability, as well as all the medical devices necessary for the injection of insulin (syringes, readers and blood glucose strips...).

Santé Diabète has been coordinating the implementation of this study in Mali, with the Ministry of Health and medical specialists, since 2018 and until the end of 2020.

To know more: http://haiweb.org/what-we-do/acciss-fact-sheets/

Agrisan study

This research project which involves Health Diabetes, the Research and Development Institute (IRD) and many other research institutions in Mali has 5 goals:

1. Analyze the food supply in Bamako;
2. Carry out an inventory of urban agriculture and determine its real place in the overall food offer of Bamako (specify the different productions and their availability, accessibility of productions and their sanitary quality);
3. Assess the health and nutritional status of households, with an emphasis on the risk factors for Non-Communicable Diseases (NCDs);
4. Evaluate the impact of changes in food consumption patterns on the health of the population of Bamako by focusing on the emergence of NCDs.
Santé Diabète provides technical advice and formulation or evaluation missions in the field of diabetes prevention and management. These international missions thus allow us to support other countries that seek our expertise and the transfer of knowledge.

**Current International Missions**

Support to the Ministry of Health and the Office of the World Health Organization of Mauritius

Non-communicable diseases (NCDs) are the leading cause of death (87%) and disability in Mauritius. Four NCDs (cardiovascular disease, cancer, chronic obstructive pulmonary disease and diabetes) alone account for 23% of these premature deaths.

In Mauritius, Non Governmental Organizations (NGOs) play a very important role in Mauritian society. Establishing lasting partnerships between NGOs and the Ministry of Health is therefore essential to fight against this explosion of NCDs.

This is why the Ministry of Health and Quality of Life (MOHQL), in collaboration with the Mauritius Council of Social Services (MACOSS) and the World Health Organization (WHO), launched a pilot project, funded by the French government, so that the NGO Santé Diabète supports the development of a comprehensive joint action plan of NGOs identified as active in the field of the fight against NCDs that is in perfect synergy with the strategic frameworks of the Mauritius Ministry of Health and Quality of Life. This action will take place from June to November 2019.

Support to the Togo Ministry of Health

Santé Diabète has supported the government of Mali in setting up a diabetes consultation register. This consultation register of people with diabetes was created with the aim of collecting useful information on patients, but also in order to obtain reliable data related to the consultation of patients while feeding the health information system.

The Togolese Ministry of Health, which wanted to develop such a national register, called on Santé Diabète in 2017 for a 7-day expert mission to support this reflection based on the experience and collection tools developed in Mali.

**Areas of Expertise**

Technical advice translates into the performance of support missions in the following areas:

- Drafting of national policies to combat diabetes,
- Drafting of the standards and procedures making up these political documents,
- Formulation of the various operational documents for the implementation of these policies,
- Formulation of monitoring and evaluation processes for these policies.

1. The formulation missions are organized into short-term missions to develop diabetes control projects including the different stages of the project management cycle (identification, formulation, monitoring and evaluation).
2. Evaluation missions are organized as short-term missions to carry out evaluations of national policies or projects to combat diabetes.
3. The significant experience acquired by Santé Diabète in strengthening health systems also allows it to offer technical advice and monitoring or evaluation missions more broadly in the field of public health.

Dialogue between Mauritian NGOs and the Mauritius Ministry of Health, animated by Santé Diabète.
ADVOCACY ACTIONS

The advocacy developed by Santé Diabète aims to raise awareness of the issue of diabetes and create a movement to support people with diabetes in Africa in order to permanently change the situation of these populations by improving quality, care, access to treatment and quality of life.

ADVOCACY DURING INTERNATIONAL CONFERENCES AND SUMMITS

3rd United Nations High Level Summit on Non-Communicable Diseases

The 3rd high-level meeting on NCDs was held on September 27, 2018 at the United Nations headquarters in New York. On the spot, some sixty heads of state and government were able to hear reports from expert committees and members of civil society.

Stéphane Besançon, Managing Director of Santé Diabète, has been nominated to be a member of this commission, and the only French representative of French civil society among the 27 representatives worldwide. A strong symbol for our NGO and recognition of our expertise which further strengthens our legitimacy to be more present in advocacy at the international level!

To know more: www.who.int/ncds/governance/third-un-meeting/fr

1st edition of the international conference “Francophone Perspectives in Global Health”

Organized by Santé Diabète, the 1st edition of the international conference “Francophone perspectives in global health: synergies in the fight against diabetes and non-communicable diseases in Africa” brought together 50 international experts (researchers, scientists, civil society, communities, etc.) on December 19 and 20, 2017 in Grenoble. 10 articles were published following this conference.

INTERNATIONAL EXPERT GROUPS

In 2017, our NGO joined several very high level scientific committees. The NGO joined the international commission of the scientific journal The Lancet “Diabetes in Sub-Saharan Africa” then the scientific committee of the Geneva Health Forum (GHF) and the World Diabetes Congress (WDC). The 15 years of work of Santé Diabète was recognized by the international community with a 45-minute Award Lecture at the World Diabetes Congress in December 2017.

At the beginning of 2018, Santé Diabète joined two important international commissions: the international commission in charge of the World Diabetes Atlas (Diabetes Atlas) of the International Diabetes Federation (IDF) as well as the international commission “Diabetes in Humanitarian settings” with UNRWA, UNHCR, ICRC, IDF, WDF and many other international organizations.

Santé Diabète became also an official partner of the “Humanity and Health” chair and will participate in this context in the first white paper on the first hospital run by patients.

Testimonials

BALLA KOUYATÉ
President of the Fédération des Diabétiques du Mali (Fenadim) [Diabetic Federation of Mali]

“Santé Diabète has accomplished a great deal in structuring the health care system in Mali for the management of diabetes, as well as access to treatment, while enabling the emergence of local, regional and national associations of diabetic patients. It is a real revolution for those of us who are sick, if we look at the capacities of care for our disease 10 years ago and today.”

PROFESSEURE CYNTHIA FLEURY
Professor at the National Conservatory of Arts et Métiers (CNAM) Holder of the Chair of Humanities and Health and director at the hospital at the Conservatory of the philosophy chair.

“Santé Diabète teams are doing extraordinary daily work with people with diabetes in Africa, and I am proud to be associated with them.”
Santé Diabète Annual Reports are available online at: www.santediabete.org

For more information: contact@santediabete.org

Find us also on: Facebook, Twitter, YouTube, LinkedIn

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