



مركز إمبريال كوليدج لندن للسكري
IMPERIAL COLLEGE LONDON DIABETES CENTRE

10,000 to walk against Diabetes, says ICLDC

Abu Dhabi's WALK UAE to mark World Diabetes Day



WALK UAE 2008 'START WALKING. PREVENT DIABETES.' November 14 2008

Abu Dhabi, October 2008: Abu Dhabi is preparing to mark this year's World Diabetes Day (November 14 2008) with the staging of the second Diabetes walkathon to be held in the capital.

More than 10,000 people are expected to join the now annual event dubbed WALK UAE 2008 and held in partnership with the Emirates Foundation, according to organisers at the Imperial College London Diabetes Centre (ICLDC). This shows a 100% increase on the 5,000 participants recorded at last year's inaugural event.

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ص.ب. ٤٨٣٣٨، أبو ظبي، إ.ع.م، هاتف: +٩٧١٢٤٠٤٠٨٠٠، فاكس: +٩٧١٢٤٠٤٠٩٠٠
PO Box 48338, Abu Dhabi, U.A.E. Tel: +9712 404 0800 Fax: +9712 404 0900
Web: www.icldc.ae

The Specialist Diabetes Treatment & Research Centre LLC, Commercial Registration No. 87382



ICLDC's Medical & Research Director and Consultant Endocrinologist, Dr Maha Taysir Barakat said that walking is proven to be effective in the management and the prevention of Diabetes.

"Thirty minutes of moderate physical activity daily, such as a brisk, helps the body improve the use of its own insulin and wards off Diabetes," she said.

Emirates Foundations' Communications Director, Maytha Al Habsi confirmed that Emirates Foundation has been behind ICLDC's public health awareness initiatives from the outset of its award-winning public health awareness campaign in 2007.

WALK UAE 2008 is the third step in the multi-pronged campaign, 'DIABETES. KNOWLEDGE. ACTION.' which is held under the patronage of HH Sheikha Fatima bint Mubarak.

"We believe that Walk UAE is a fine demonstration of community communications, and one that helps promote walking as something that everyone can do to help keep the potentially debilitating disease in check," Ms Al Habsi said.

She confirmed that hundreds of Emirates Foundation Takatof volunteers are geared to participate in the walkathon event, with many more helping with pre-event preparation.

The International Federation of Diabetes has nominated November as Diabetes month.

~Ends~

Notes to the Editor

About Imperial College London Diabetes Centre

The Imperial College London Diabetes Centre is a state-of-the-art specialised out-patient one-stop facility that specialises in Diabetes Treatment, Research, Training and Public Health. Located in Abu Dhabi (next to the Zayed Military Hospital), ICLDC allows the highest level of specialised patient care, from first diagnosis to the continued management of all complications associated with Diabetes.



Imperial College London holds a renowned history and expertise in the study of Diabetes, bringing one of the leading medical academic institutions in the world to Abu Dhabi as a core working partner. Under ICLDC practices, one of the Centre's primary objectives will be to provide continuing education for health professionals and the general public. For more details visit: www.icldc.ae

About the Emirates Foundation

The Emirates Foundation is a United Arab Emirates philanthropic organisation, established by the Government of the Emirate of Abu Dhabi in 2005 to facilitate new public-private initiatives for social betterment.

The Foundation represents a unique multi-sector effort that offers a channel for individuals and organisations to give back to the community through six major programme areas. It manages an independent capital fund with donations from the private sector, the government and private individuals interested in philanthropy.

The Emirates Foundation contributes to UAE society by supporting people, institutions and community organisations that contribute to the nation's long-term progress and sustainability. It addresses important educational, cultural, environmental and social issues affecting people's lives and aspirations. Its philanthropy helps to groom socially responsible individuals and to empower them to achieve their full personal and intellectual potential.

The Foundation focuses on six core areas: Education, Science & Technology, Arts & Culture, Social Development, Environment, and Public Awareness. In each area, the Foundation supports programmes that aim to achieve social balance and individual fulfilment. As a national initiative, the Foundation uses a variety of mechanisms to identify and support qualified individuals, organisations, and community projects in every region of the United Arab Emirates.

The Foundation also administers key strategic projects directly – such as Takatof, which promotes volunteerism among young Emiratis – and Tawteen, which helps to improve occupational qualifications of young Emirati professionals.



The UAE is a country with a great legacy of social and cultural values. The Emirates Foundation strives to promote these, as well as other traditions that can combine with today's prosperity to engender a highly motivated, informed and goal-oriented nation. The Foundation also actively encourages the spirit and practice of volunteerism, while working to promote and build a commitment to service, particularly among young men and women.

Through institutional grants, fellowships, research awards, and philanthropy-led initiatives in various key areas, the Emirates Foundation aspires to raise the profile of UAE peoples and their institutions, as well as the reputation of its corporate citizens. Its mission is consistent with the ideals of the nation's founding father, the late Sheikh Zayed bin Sultan Al Nahyan.

For media enquiries:

Anu Bhatnagar, Strategic Solutions for ICLDC
Tel.: + 9714 3903018, Mobile: + 97150 7286803
Email: anu@strategicsolutionsonline.com