



مركز إمبريال كوليدج لندن للسكري  
IMPERIAL COLLEGE LONDON DIABETES CENTRE

WALKATHON PRE-EVENT PHOTO RELEASE – Dailies – health, sports, lifestyle, events,  
tabloid; Online

## **Yas Marina Circuit gets ready for the national diabetes event in Abu Dhabi, WALK UAE 2009**

ICLDC's third annual walkathon expects 10,000 participants to walk against diabetes

### **WALK UAE 2009**

**'START WALKING. LIVE HEALTHILY'**

(In support of World Diabetes Day)

**Starts at 3 pm on Friday November 20<sup>th</sup>, 2009**

**YAS Marina Circuit, Yas Island**

**Abu Dhabi, UAE**

(For more information visit [www.Diabetesuae.ae](http://www.Diabetesuae.ae))



IN PARTNERSHIP WITH

**Imperial College  
London**

A research and teaching affiliate

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



**Yas Marina Circuit, Abu Dhabi, UAE November 19 2009:** The Yas Marina Circuit readies to host the third annual diabetes walkathon, WALK UAE 2009, under the patronage of HH Sheikha Fatima bint Mubarak. Organised by the Imperial College London Diabetes Centre (ICLDC), the initiative is in partnership with the Emirates Foundation for Philanthropy and Daman – the National Insurance Company.

On Friday November 20, 2009, more than 10,000 members of the public are expected to pace the five kilometre walk to highlight the simple fact that diabetes can be managed and prevented by adopting a healthy lifestyle, which includes 30 minutes of moderate exercise a day. A good form of such exercise is brisk walking.

Richard Cregan, CEO, Abu Dhabi Motorsports Management, the team at the world-class Yas Marina Circuit, led the organisers of WALK UAE 2009 through a test run on the track.

“We are thrilled that Yas Island has welcomed WALK UAE as its second event after the inaugural Formula 1 activities in the capital,” said Dr Maha Taysir Barakat, Medical & Research Director and Consultant Endocrinologist, Imperial College London Diabetes Centre.

Dr Maha stressed that a brisk walk of 30 minutes a day is proven to help combat the onset of diabetes, and is of great benefit to those already with the condition.

“There is a simple, smart solution to preventing and helping to manage diabetes and that is eat healthily, exercise regularly,” she said. Regular exercise can lower the risk of developing diabetes by 58 per cent.

### **Here is what to expect at Walk UAE 2009**

1. Participants tickets and registration: Managed by more than 200 volunteers (from TAKATOF, DAMAN and ICLDC)
2. Walk with 10,000 members of the public on Yas Marina Circuit
3. Drumming session – interactive activity for participants
4. Children entertainment with clowns and face-painting area
5. Raffle Draw to end the event



## **WALK UAE 2009 Abu Dhabi city to Yas Island shuttle service schedule**

### **Abu Dhabi Department of Transport will run special buses!**

- The buses will run from 2pm-4pm (last bus leaves at 4pm) from the Central Bus Station to Yas Marina Circuit
- Buses will run from 7pm to 8:30pm (last bus leaves at 8:30pm) from Yas Marina Circuit to Central Bus Station.

### **Picture captions**

PICTURE 1 Pictured at the Yas Marina Circuit, the venue for WALK UAE 2009 – the nation’s annual diabetes walkathon - is ICLDC’s Dr Maha Taysir Barakat, with, from left, Ihsan Al Marzouqi, Business Development Manager, Mubadala Healthcare; Dr Michael Bitzer, CEO of Daman; and Richard Cregan, CEO, Abu Dhabi Motorsports Management.

PICTURE 2 “The Yas Marina Circuit track is readied by organisers to welcome 10,000 walkers for the landmark five-kilometre walkathon (on November 20<sup>th</sup> , 2009) in support of the global Unite for Diabetes campaign from the International Diabetes Federation to mark November, the month of World Diabetes Day,” said Dr Maha Taysir Barakat, ICLDC.

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### **Notes to the Editor**

#### **About Imperial College London Diabetes Centre**

Imperial College London Diabetes Centre is a one-stop, state-of-the-art, out-patient facility that specialises in diabetes treatment, research, training and public health awareness.

The purpose-built Centre is an initiative of Mubadala Healthcare, in partnership with the UK’s Imperial College London. Mubadala Healthcare, a division of Mubadala Development Company, is specifically dedicated to investment in strategic, high value and economically sustainable projects that meaningfully enhance the private healthcare infrastructure of Abu Dhabi and the UAE.



The launch of ICLDC in 2006 is a testament to the vision of Mubadala Healthcare to develop projects that protect and enhance the nation's health. In the past three years, ICLDC has offered diabetes prevention, education and treatment to more than 90,000 people.

'Diabetes. Knowledge. Action', is the award-winning public health awareness campaign from ICLDC. It was launched in 2007 under the patronage of HH Shaikha Fatima bint Mubarak, in partnership with The Emirates Foundation for Philanthropy.

ICLDC is located on Abu Dhabi's Khaleej Al Arabi Street, near the exhibition centre and next to the Zayed Military Hospital.

For more details visit: [www.icldc.ae](http://www.icldc.ae) [www.diabetesuae.ae](http://www.diabetesuae.ae)

#### **About the Emirates Foundation for Philanthropy:**

The Emirates Foundation is one of the UAE's foremost philanthropic organizations. It offers financial and technical support to projects that enrich the lives of people in the Emirates, particularly in the areas of youth development, knowledge creation, and Society and Culture.

The Foundation facilitates links between commercial businesses and the public sector to devise new projects and strengthen existing non-profit initiatives throughout the country. Its funding comes from annual donations and an endowment fund supported by the Abu Dhabi government and private companies.

Its six key areas of interest are Education; Science and Technology; Arts and Culture; Social Development; Environmental Awareness and Public Awareness.

Launched on April 12 2005 by H.H Sheikh Mohammed Bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, its Board of Directors is chaired by Sheikh Abdullah Bin Zayed Al Nahyan, Minister of Foreign Affairs.

#### **About National Health Insurance Company - Daman**



The National Health Insurance Company - Daman, was established on 01 May 2006. Today it is the region's leading health insurance company, providing comprehensive healthcare solutions to over 1.8 Million members in the UAE via the largest network of private hospitals and pharmacies available.

With affordable health insurance for people of all income levels, Daman offers international standard healthcare insurance cover for both individuals and companies.

A 24-hour dedicated Medical Authorisation Center, staffed by a team of doctors and nurses, ensures that patient enquiries are dealt with speedily and efficiently using the most sophisticated technology available. A second customer hotline, also open 24/7 and manned by multilingual staff, guarantees that UAE residents can access information about plans and their insurance cover whenever and wherever they want.

With an international network, Daman's customers have access to healthcare provision in 43 countries across the world, depending on the terms of their personal cover  
[www.damanhealth.ae](http://www.damanhealth.ae)