

QATAR DIABETES ASSOCIATION LAUNCHES FIFTH REGIONAL YOUTH DIABETES AL TAHADI CAMP

Qatar Foundation Member To Support And Empower Young People With Diabetes In Week-Long Camp

Doha, Qatar, 12 April 2015: Qatar Diabetes Association (QDA), a member of Qatar Foundation for Education, Science and Community Development (QF), is hosting its fifth 'Youth Diabetes Al Tahadi' Camp, targeting young people living with Type 1 Diabetes.

The camp is taking place this week at Al Shaqab Hotel at Qatar Foundation's Education City where 40 participants aged between 12-16 years-old from Qatar and other GCC nations are gathered.

QDA's 'Youth Diabetes Al Tahadi' Camp is the latest initiative supported by Qatar Foundation to address immediate social needs in the community by raising awareness of management and prevention of diabetes.

Throughout the week-long camp, the young people will be taking part in a number of sports, educational, religious and leisure activities, in addition to attending special workshops for self-empowerment and talent development.

A professional team of experts, coaches, nutritionists and educators are also on hand at the camp to enhance participants' skills in self-care and diabetes management. Lekhwiya, Qatar's Internal Security Force, is also providing participants with self-defence training techniques.

Dr Abdullah Al Hamaq, Executive Director at Qatar Diabetes Association, said: "Our aim for the 'Youth Diabetes Al Tahadi' Camp this week is to empower young people affected by diabetes, help them control the disease and limit its damage through educational and moral support. We want them to understand the importance of their role in society and encourage them to engage with others, as well as develop their personalities.

"The programmes of the camp combine sports and fun along with education and support for the teenagers with diabetes, as well as providing them with the tools they need to live happy, healthy, balanced lives."

Dr Al Hamaq continued: "We plan to take the camp to the next level in the future by hosting participants from across the region and around the world."

Mr Mohamed Al Saadi, Manager of the 'Youth Diabetes Al Tahadi' Camp, said: "Such camps help young people with diabetes integrate into society. People with diabetes usually do not

acknowledge their problem, however, once they see how well others cope with the disease; a change begins and they start to look at their condition from a new and more positive perspective.”

Dr Al Hamaq expressed his appreciation to Al Shaqab Hotel for its cooperation in hosting the camp, the GCC participants for their presence, in addition to the parents for recognising the importance of educating children about diabetes as well as the benefits of leading healthy and productive lives.

Dr Al Hamaq also extended his gratitude to Lekhwiya, and both the Student Centre and Recreation Centre at Qatar Foundation for their valuable contribution to the camp.

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About Qatar Diabetes Association

Qatar Diabetes Association (QDA) strives to help people with diabetes and those who are at risk of developing it by providing innovative patient care, diabetes education and related services with the hope of improving the overall quality of life for those who are affected.

QDA is a member of Qatar Foundation for Education, Science and Community Development, established as a charitable, non-profit organisation in 1995; Qatar Diabetes Association leads efforts in Qatar and the Middle East to promote the prevention, care and management of diabetes.

QDA is an active member in the International Diabetes Federation (IDF) since 1997.

Diabetes is one of the world's biggest killers. Every 6 seconds, a person dies of diabetes. Worldwide, 387 million people live with diabetes, and the total number of people with diabetes will exceed 592 million by 2035 (IDF Statistics).

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About Qatar Foundation – Unlocking Human Potential

Qatar Foundation for Education, Science, and Community Development (QF) is a private, non-profit organisation that is supporting Qatar on its journey from carbon economy to knowledge economy by unlocking human potential, for the benefit of not only Qatar, but the world. Qatar Foundation was co-founded in 1995 by His Highness Sheikh Hamad bin Khalifa Al Thani, the Father Amir, and Chairperson Her Highness Sheikha Moza bint Nasser. QF's work encompasses

education, research and community development. World-class universities are brought to Qatar to help create an education sector in which young people can develop the attitudes and skills required for a knowledge economy. At the same time, QF builds Qatar's innovation and technology capacity by developing and commercialising solutions through key sciences. The Foundation also works to foster a progressive society while enhancing cultural life, protecting Qatar's heritage and addressing immediate social needs in the community.