

# DIABETES LIFESTYLE PROGRAMME

Embrace change & get support in your journey



### **Another Milestone Reached for Diabetes Lifestyle in Malaysia**

Diabetes mellitus is one of the most serious public health issues worldwide, imposing a significant burden on both public health and socioeconomic development. To address this global epidemic, many diabetes interventions have shown benefits that save lives and lower medical costs. This includes lifestyle management, which is also highlighted as the fundamental of Type 2 Diabetes Mellitus (T2DM) management in many international guidelines. Yet, supporting patients in lifestyle management remains a challenge in Malaysia.

In efforts to advocate for diabetes lifestyle management and close the gap, the Diabetes Lifestyle Programme (DLP) was initiated In March 2021 through a collaboration of six professional bodies helmed by the Malaysian Endocrine and Metabolic Society (MEMS), and comprising the Malaysian Medical Association (MMA), the Malaysian Family Medicine Specialists' Association (FMSA), the Academy of Family Physicians of Malaysia (AFPM), the Malaysian Dietitians' Association (MDA), and the Malaysian Diabetes Educators Society (MDES).

A multi-disciplinary expert panel comprising representatives from each collaborating partner and subject matter specialists was formed to lead the activities of the programme. The DLP expert panel includes eight medical experts (ie one endocrinologist, five family medicine specialists, one general practitioner, one sports physician) and four allied health experts (ie two dietitians, one psychologist, one diabetes nurse educator).

Representing AFPM in this programme is Dr Aishah Mohd Zain who has contributed heavily to shaping the programme including its content and activities. In addition, the programme has also received strong support from the society in promoting activities to members.

The activities of DLP centre training for healthcare professionals (HCPs) on lifestyle approaches that can add value to their current practice of diabetes management. This includes focusing on aspects such as diet, physical activity, self-monitoring, and behaviour change. In 2021, the DLP training started with medical doctors, which then expanded to all HCPs in 2022. Thus far, DLP has mounted seven live webinars, two online courses, and two summits.

However, the unique factor of DLP is undoubtedly the DLP web-based app – a tool for HCPs to help patients start adopting lifestyle changes. Some key features to highlight are bite-sized educational videos by experts, interactive quizzes, and free personalised virtual dietitian consultations.

To date, we have almost 1000 HCPs across all states in Malaysia who have completed the training and are now our advocates!

For HCPs who have yet to join DLP, will have the opportunity to do so in 2023 when we mount our new training series. If you are interested, please do not hesitate to register yourself by contacting [secretariat@mydlp.my](mailto:secretariat@mydlp.my) now.

Report prepared by:

**Diabetes Lifestyle Programme (DLP) Secretariat**

