

2024

IMPACT

REPORT



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Letter from our Founder and President,

As we reflect on 2024, it is clear that it was a time of both immense challenges and remarkable resilience. The year began with optimism, but soon, our nation was faced with the challenge of war that required an urgent and unified response. In the face of instability, DiaLeb's mission remained steadfast. We understood that, even during the most difficult times, the need for diabetes awareness, support, and care remains as critical as ever.

During this period of crisis, we quickly shifted our activities to meet the immediate needs of our community. Our team worked tirelessly to organize and implement health days and testing campaigns across Lebanon providing vital services to those affected by the ongoing situation, showing our commitment to the people who rely on our services, regardless of the circumstances.

Despite the obstacles faced this year, we expanded our focus to address the links between diabetes and other non-communicable diseases (NCDs) such as cardiovascular diseases, obesity, and respiratory disorders, as we are committed to promoting a more holistic approach to NCD prevention and care.

Beyond our national efforts, DiaLeb continued to be recognized and represented on the international stage. This year, we proudly represented Lebanon and DiaLeb at several global events, including the World Health Assembly (WHA77) High Level Meeting in Geneva and officially joined the WHO Global Diabetes Compact as members. From conferences and speaking engagements in Egypt, Tunisia, Qatar, Bahrain, DiaLeb joined global networks dedicated to tackling diabetes and non-communicable diseases at large.

With Dr. Tedros Adhanom
Ghebreyesus, Director General, WHO
at WISH Summit, *Qatar*



With Dr. Hector Hajjar,
Minister of Social Affairs,
Lebanon



By working alongside global stakeholders, we are better positioned to make a broader impact and advocate for policies that prioritize diabetes prevention, care, and awareness. A deep appreciation to the DiaLeb Board members both in Lebanon as well as on the USA board, your unwavering commitment is key to strengthening our presence and taking firm steps forward.

We are particularly grateful to the doctors, dietitians, healthcare professionals, and volunteers whose expertise contributed to the success of our programs. Your involvement continues to play a big role in ensuring that our message of awareness and prevention reaches those who need it most.

Thank you for being a part of this incredible journey.

Together, we control the rise of diabetes.



Jackie Maalouf, PhD
Founder & President,
DiaLeb & DiaLeb USA
VP, International
Diabetes Federation

Message from our Managing Director,

It is always such a wonderful feeling when we sit down to reflect on the achievements of yet another year of work. 2024 brought with it new challenges as we navigate this unpredictable and ever-changing world. From geo-political to economic to climate challenges, our environment has been disruptive on all of us, but particularly on those living with the burden of disease. In times of difficulty, critical awareness and educational preventative activities and programs take second stage as the needs of primary care for those displaced, wounded and shattered by conflict become a key priority. Despite the deep challenges, our country came together, and our community showed true resilience.

For those living with diabetes, disruptions to availability of medical supplies can lead to devastating consequences, and DiaLeb amplified its efforts to ensure that medications, testing materials and life saving insulin was delivered to those in need. Even in times of uncertainty we continued to deliver our pivotal awareness and prevention programs ensuring that we are supporting the most vulnerable and at-risk communities.

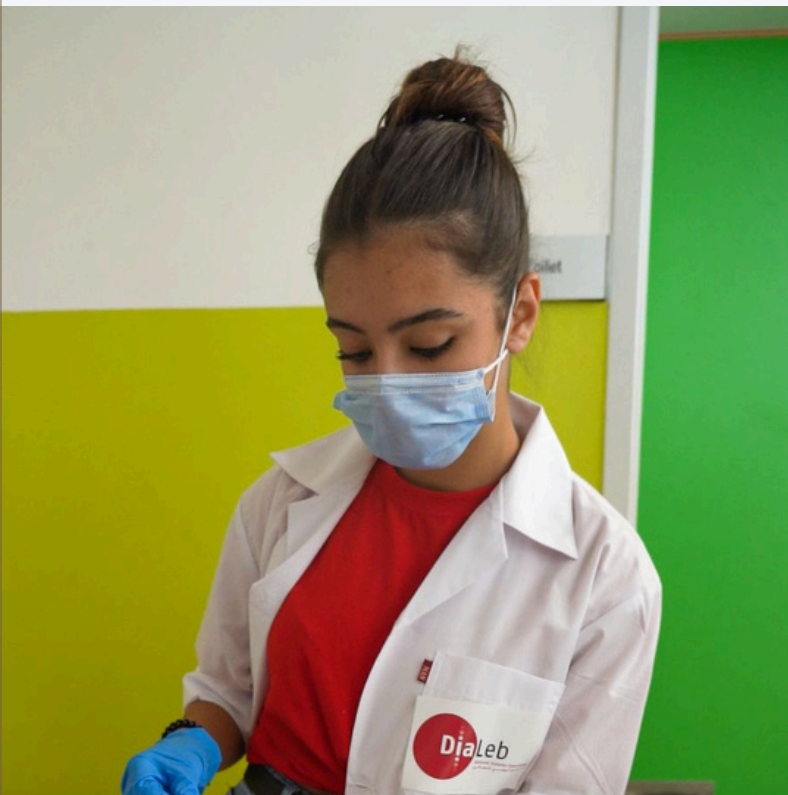
It is with a full heart that I would like to extend my gratitude and admiration to the entire DiaLeb team, volunteers, partners and supporters who have made yet another year of impact possible. You are all superheroes!

This report showcases the value and impact of the non-profit sector and civil society initiatives which rely on the support of generous donations, and I hope it shows all our supporters where your contributions have gone. I thank you all for your hard work, unwavering determination and confidence in DiaLeb to advance diabetes prevention and enhance the lives of all those living with diabetes in Lebanon and beyond.

Here's to a brighter 2025 with even more impact!



Sylvie Maalouf Issa
Co-founder &
Managing Director,
DiaLeb



OUR MISSION

To improve the lives of people affected by diabetes and help in its prevention by promoting healthy lifestyles, addressing well-being related issues.

OUR VISION

DiaLeb envisions a future where every individual in Lebanon and beyond is empowered with the knowledge, resources, and support needed to prevent, manage, and live well with diabetes and other non-communicable diseases (NCDs).



OUR IMPACT IN 2024 BY THE NUMBERS

2,600

**Glucose Tests
Performed**



36

**Countries
Reached**

35

**Awareness Events
& Conferences**



10+

**Media
Appearances**

DIABETES RELIEF

Amid the ongoing instability and economic strain in Lebanon, the demand for support is more urgent than ever.

#DIABETESMEDICATION4ALL

People living with diabetes rely on a continuous supply of medication and ensuring uninterrupted access to these essentials is crucial for their health and well-being. Launched in 2020 as a response to the economic crisis and the COVID-19 pandemic, this initiative continues to provide aid and support to individuals living with diabetes and other non-communicable diseases.

41

People helped



52

Medication Boxes

163

Insulin pens



COMMUNITY SUPPORT: SCREENING CAMPAIGN FOR DISPLACED FAMILIES

Due to the escalation of conflicts in Lebanon and the region, in 2024, DiaLeb's relief program addressed the needs of the displaced families. partnership with institutions and organizations such as the Modern University for Business and Science (MUBS)'s initiative "Together we are Stronger" and Rotaract Zgharta Zawie, we offered services such as diabetes screenings and health consultations for displaced families across various regions of Lebanon.

1350

Glucose tests



11

Institutions



FEATURED EVENTS

DIABETES AND WELL-BEING: MORE THAN ACCESS, GENEVA

An IDF and WHO side event during WHA77

Panelists:

Dr. Jackie Maalouf,
Founder & President of DiaLeb,
VP of IDF

Dr. Mark Barone,
Founder,
International Forum to Combat NCDs (Brazil)

Bent Laustrup-Nielsen,
World Diabetes Foundation

Sandhavi Chauhan,
Government Engagement & Policy Manager,
Access to Medicine Foundation

Organizers:

International Diabetes Federation World
Health Organization

Focus: The role of organizations in
enhancing the wellbeing of people living
with diabetes.



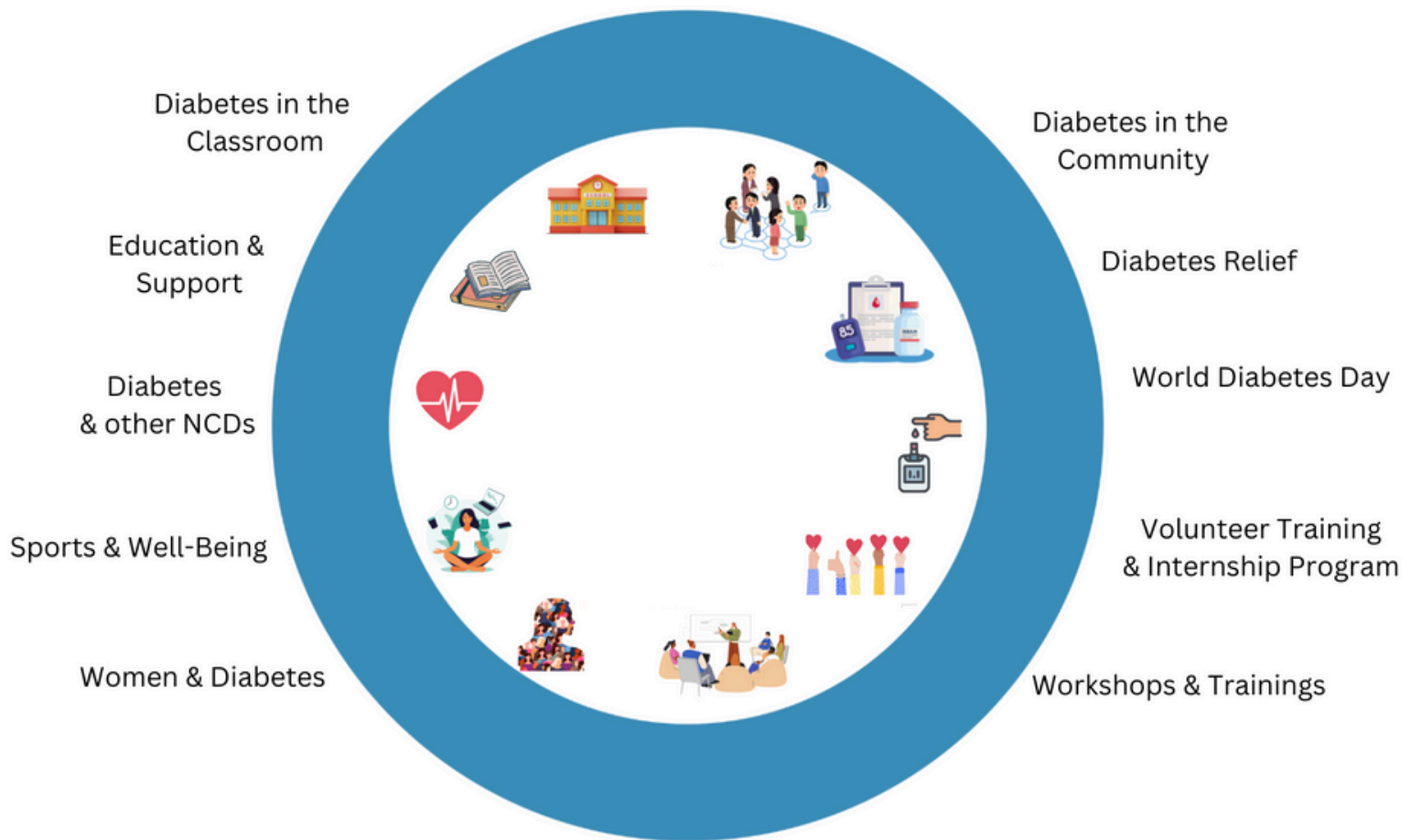
WORLD HEALTH ASSEMBLY, GENEVA, SWITZERLAND



As Vice President of the International Diabetes Federation and Founder and President of DiaLeb, Dr. Jackie Maalouf attended the World Health Assembly official opening ceremony under the theme of “All for Health, Health for All”. Additionally, Dr. Jackie and Christine participated in numerous side events.



OUR PROGRAMS



Dr. Jackie Maalouf & DiaLeb USA Inc.
Board Member, Rosette Korban, *Florida*



Diabetes Relief initiative

DIABETES IN THE CLASSROOM

Through educational awareness and specialized training sessions, our collaboration with different schools and universities across Lebanon continues to grow.



Comprehensive Insights on Diabetes for Future Physicians, University of Balamand

Over 100 medical students participated in the session. Dr. Jackie Maalouf reminded attendees, "You are the physicians of tomorrow, and it is your duty to help your patients navigate holistic treatment."

Diabetes & Nutrition at USEK

On April 4, DiaLeb held an educational session to nutrition students at the University of the Holy Spirit (USEK). Our president, Dr. Jackie Maalouf discussed the importance of leading a healthy lifestyle to prevent and control diabetes complications.

DiaLeb members Andrew and Pedro shared testimonials from their lived experiences with type 1 diabetes and led an interactive Q&A.



EDUCATION AND SUPPORT

Well-being is an integral component of the diabetes journey. DiaLeb conducts virtual and in-person support groups for people living with type 1 diabetes. Members convene to share experiences and engage in interactive discussions on lived experiences.



Diabetes Community Chat: our WhatsApp support group continues to grow reflecting an increasing recognition of its value within the community. The group has attracted a diverse range of people living with type 1 diabetes seeking a community, sharing their experiences, and more.



SPORTS AND WELL-BEING

Physical activity is key to managing diabetes as it helps regulate blood sugar levels, improve insulin sensitivity, and enhance overall health. DiaLeb promotes this by organizing sports events to raise awareness of how an active lifestyle can prevent and control diabetes.

International Day of yoga

On June 21st, the DiaLeb team celebrated International Day Of Yoga with a sunset yoga flow organized by the Indian Embassy in Beirut.

HE Ambassador Noor Rahman Sheikh discussed the importance of physical activity in promoting better health. He stated: "Yoga does not only have health benefits; it is a way to connect with one's self."



WORLD DIABETES DAY

On November 14, World Diabetes Day, people with diabetes, health professionals, diabetes advocates, media, governments and the public unite globally in spreading awareness about diabetes. During the month, DiaLeb organized several health days, workshops, and awareness campaigns in collaboration with many institutions to spread awareness about diabetes where free testing such as blood glucose, HbA1c and other, are offered.



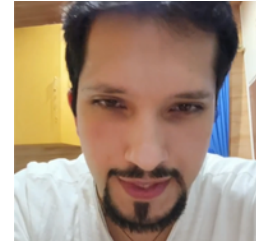
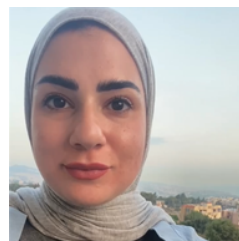
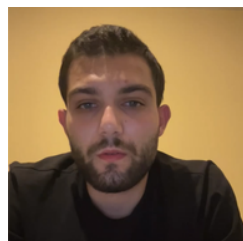
Health Day at the Modern University Medical Care-MUMC in Semqaniyyeh

Dialeb, in partnership with Modern University Medical Care-MUMC and in cooperation with the Ministry of Public Health, hosted a healthcare event focused on raising awareness and providing health guidance about the risks and management of diabetes. The event offered free diabetes screenings and nutrition consultations.



Voices of People Living with Diabetes

On social media, DiaLeb shared inspirational stories from members living with type 1 diabetes. Following the theme of WDD, they focused on what well-being means to them.



WHO and IDF Webinar: Breaking Barriers and Bridging Gaps: Uniting to Strengthen Diabetes Well-being

Hosted for World Diabetes Day, experts joined to discuss the importance of mental and physical health in the management of type 1 diabetes. Dr. Jackie Maalouf, shared her perspective as a mother of a daughter living with T1D, a nonprofit founder, and a diabetes educator.

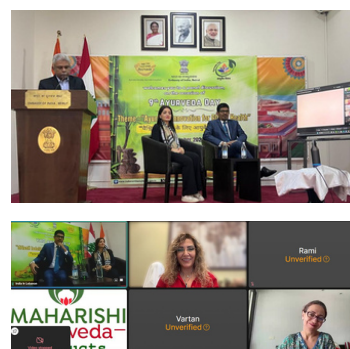


Webinar: Diabetes and Well-Being: Innovative Strategies for a Healthier Tomorrow

DiaLeb, in collaboration with the Modern University for Business and Science-MUBS, hosted a webinar that attracted over 300 attendees. The event focused on practical strategies for managing diabetes and improving overall well-being, featuring insights from a diverse panel of experts.

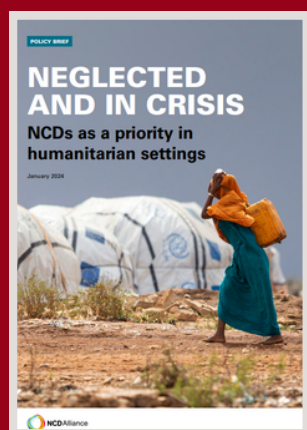
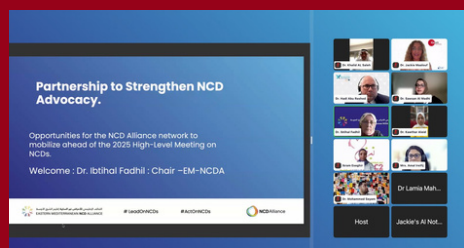
Indian Embassy's 9th Ayurveda Day Panel Discussion

On October 28th, the Indian Embassy in Beirut hosted a hybrid webinar for World Ayurveda Day, featuring Dr. Jackie Maalouf as the keynote speaker. The event focused on "Ayurveda and Global Health: Innovative Approaches to Diabetes and NCD Care," with Dr. Maalouf highlighting Ayurveda's role in addressing non-communicable diseases, especially diabetes, and its benefits in prevention and management.



DIABETES & OTHER NON-COMMUNICABLE DISEASES

In 2024, we expand our focus to non-communicable diseases (NCDs) due to their close relationship with diabetes. By advocating for NCD prevention, we can address shared risk factors and improve overall public health.



- Dr. Jackie Maalouf spoke at the Eastern Mediterranean NCD Alliance and global NCD Alliance webinar, where she called for ongoing partnerships to advance #healthforall, ahead of the UN's Fourth High-level Meeting on NCDs and Mental Health in September 2025.
- Dr. Jackie Maalouf and Christine Maalouf contributed to the Lebanon and MENA region information in the newly launched policy report by NCD Alliance.
- Dr. Jackie Maalouf and Christine Maalouf attended a World Heart Federation event on the sidelines of WHA77 in Geneva, to discuss strategies for accelerating global progress on NCD prevention, ahead of the UNHLM 2025.

DIABETES & LIVER HEALTH

Annually in June, DiaLeb participates in Global Fatty Liver Day. Given the increased need for liver health awareness, DiaLeb expanded our efforts to advocate and spread awareness on liver health, recognizing the interconnectedness of liver health diseases and diabetes.

Global Fatty Liver Day

As part of our on-going partnership with Global Liver Institute and on the occasion of Global #FattyLiverDay, we partnered with Beirut Arab University (BAU) to organize a comprehensive screening campaign held at Orange Nassau Hospital in Tripoli, North Lebanon. under the theme of #ActNowScreenToday.

220
Lipid profiles

600
Blood glucose tests

50
Hepatic enzyme tests

40
HbA1c tests



Together for Better Liver Health: Amplifying Best Practices Globally, Geneva, Switzerland

On May 27, Dr. Jackie Maalouf took part in a policy event organized by the Global Liver Institute and European Association for the Study of Liver Diseases (EASL), on the sidelines of the WHA77 to highlight the link and common risk factors between diabetes, liver diseases, and other NCDs.



EASL Congress, Milan, Italy

During June, Dr. Jackie Maalouf represented DiaLeb and attended the European congress for liver disease. Given that there are many common risk factors between diabetes and liver diseases, expanding our horizons and focusing on a holistic approach will allow us to come closer to achieving health for all.



LOCAL AND INTERNATIONAL EVENTS

Dialeb participates in local, regional, and international health events and conferences to raise awareness about diabetes, advocate for better prevention and care, and build partnerships that strengthen our impact. Engaging in these platforms allows us to share knowledge, learn from global best practices, and amplify the voices of people living with diabetes.



American Medical Women's Association (AMWA's) Cardiometabolic Health & Obesity in Women Summit

On February 29, President of DiaLeb, Dr. Jackie Maalouf participated in AMWA's summit held at the National Press Club in Washington, DC. Throughout the day, panelists highlighted the relationship between obesity and other chronic diseases such as type 2 diabetes.

World Health Organization - Therapeutic Patient Education (TPE) Expert Workshop

Dr. Jackie Maalouf participated in a TPE expert workshop held on April 21-22 at the WHO Regional Office for the Eastern Mediterranean (EMRO) in Cairo, Egypt.



LOCAL AND INTERNATIONAL EVENTS

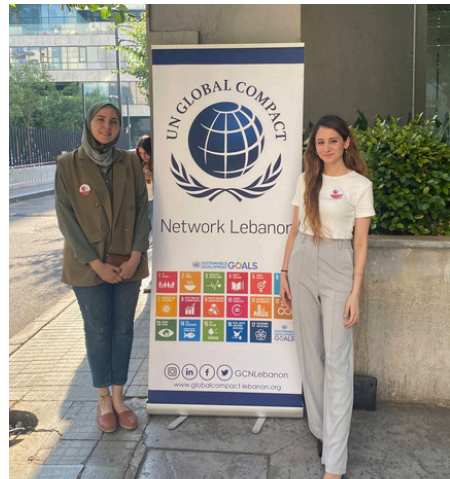


Bahrain Diabetes and Obesity Conference:

- Dr. Jackie Maalouf speaks at the conference discussing the intersection of diabetes and mental health
- Dr. Maalouf Receives Honorary Award on behalf of the International Diabetes Federation
- DiaLeb Endorses First Arabic Book on Diabetes and Pregnancy



Thalia Salloum and Rita Korban attend Beirut Marathon's launching event, *Beirut, Lebanon*



Thalia Salloum and Nour Baalbaki at UNGC Forward Faster Networking Event, *Beirut, Lebanon*.



Christine Maalouf and Thalia Salloum at Nahno Volunteers - Capacity Building Workshop, *Beirut, Lebanon*.

INTERNATIONAL DIABETES FEDERATION

DiaLeb has been a member of the International Diabetes Federation since 2016. Through regular involvement in congresses, World Diabetes Day activities, regional and international collaborations, DiaLeb contributes to shaping diabetes conversations and policies and promoting prevention and care strategies.

In 2024, Dr. Jackie Maalouf continues her term as Vice President, serving on the global board.



International Diabetes Federation MENA Regional Meeting, 32nd National Congress of STEDIAM & 5th AEDS Day, *Tunisia*

Dr. Jackie Maalouf was a moderator at the 32nd National Congress of STEDIAM, the 5th AEDS Day. Alongside the conference, the IDF-MENA had it's meeting to set priorities for the region.



International Diabetes Federation Board and MENA Meetings, *Brussels, Belgium*

Dr. Jackie Maalouf with members of the IDF board in Belgium to set strategies and next steps, all for the best interest of people living with diabetes.

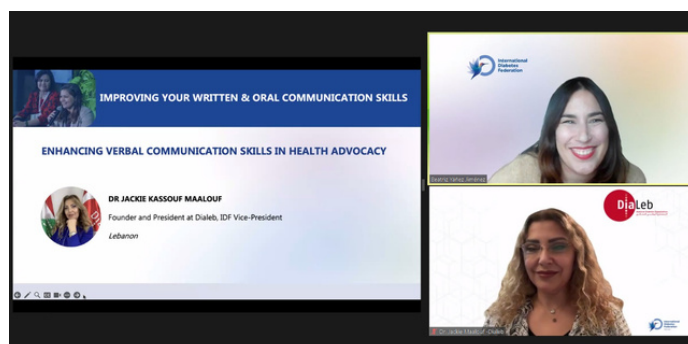
IDF Capacity Building Sessions: Improving Your Written and Oral Communication Skills

On January 11, Dr. Jackie Maalouf discussed how to enhance verbal communication skills in health advocacy during IDF's capacity building session.

The event provided successful strategies and potential pitfalls so IDF Members, Young Leaders in Diabetes and Blue Circle Voices can optimize their communication skills.

Advocacy Academy session "Social Media: A tool for Health Advocacy"

On April 9, communications expert, diabetes advocate, and member of IDF's Blue Circle Voices, Christine Maalouf led a workshop to over 50 YLDs and BCVs across the world about how to effectively use social media for diabetes awareness and advocacy.

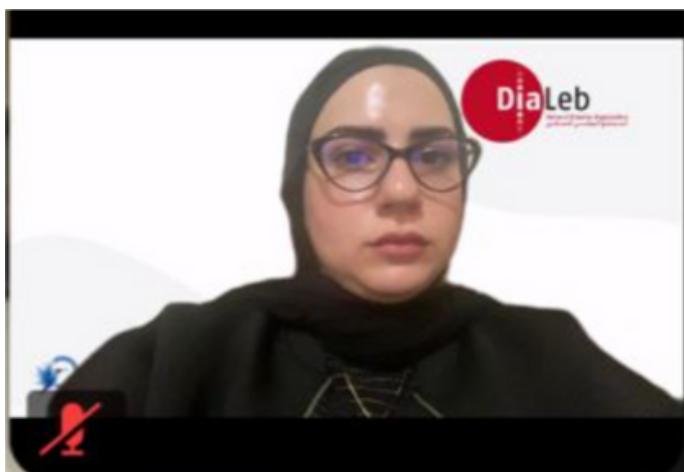


IDF Advocacy Academy capacity-building session:
Social media: A tool for health advocacy

Using Social Media for Diabetes Awareness and Advocacy



Christine Maalouf
Communications Expert and Diabetes Advocate;
Blue Circle Voice Member;
DiaLeb - National Diabetes Organization, Lebanon



WHO Engagement Event for People with Lived Experience of Diabetes

DiaLeb's young leader in diabetes, Fatima Barakat, participated and represented Lebanon in a WHO-led working session.



Young Leaders in Diabetes (YLD)

The IDF YLD program aims to empower young people living with diabetes to become advocates for themselves and others living with diabetes worldwide.

The YLD program empowers young people with diabetes to advocate for themselves and others globally. In 2024, DiaLeb mentored two exceptional candidates, Fatima Barakat and Andrew Saliba, helping them become strong voices in diabetes advocacy. With DiaLeb's support, they developed leadership skills to represent the needs of people with diabetes in Lebanon.



Pedro Darjani, is our new YLD member for 2025-2027. Pedro has been living with diabetes since 2016, few months later he joined DiaLeb and has been an active advocate in the community. He will be representing DiaLeb & Lebanon and receiving training at the IDF World Diabetes Congress in April 2025.

Blue Circle Voice (BCV)

BCV is an IDF initiative that aims to represent the interests of people living with, or affected by, diabetes, through a worldwide network of members and stakeholders. DiaLeb continues to encourage members to join the network and use their voice to represent the voices of people living with diabetes in Lebanon.



DiaLeb's Goodwill Ambassador,
actress Karla Boutros, **Hala London
TV**



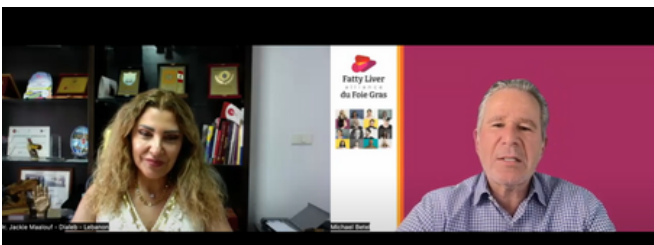
Dr. Jackie Maalouf discussed pressing
challenges, **Al-Araby TV**



Dr. Jackie Maalouf interviewed by Dr.
Khalil Diab, **The Lebanese Physician
Podcast**



Dr. Jackie Maalouf interviewed by Rahaf
Abdallah, **LBCI morning show**



Dr. Jackie Maalouf interviewed by
Michael Betel, **Fatty Liver Alliance,
Canada**

MEMBERSHIPS & AFFILIATIONS

Our nonprofit and foundation partners play a vital role in the operations of our programs, helping us reach more people every year.



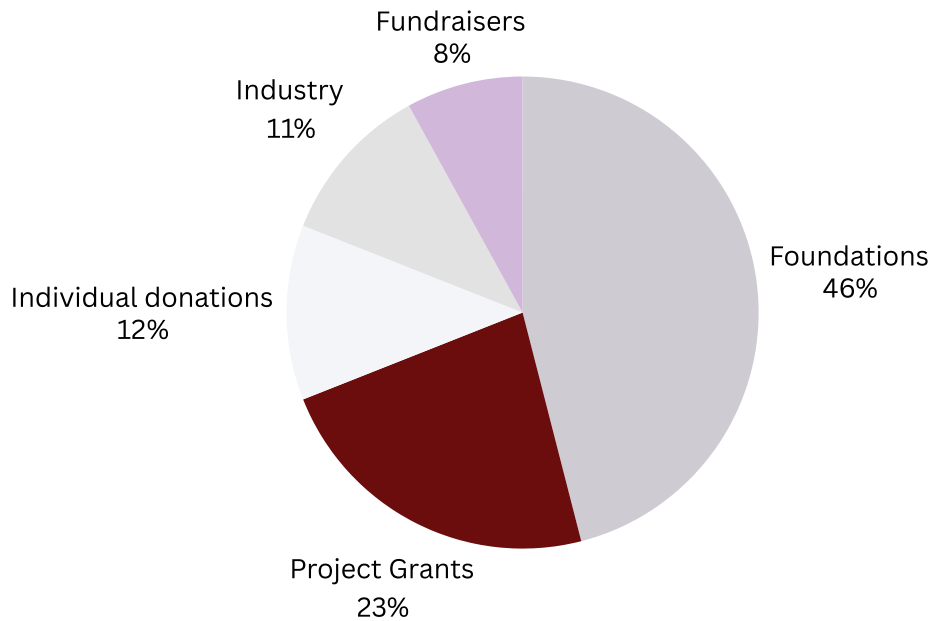
In 2024, DiaLeb was proud to announce its official membership with the WHO Global Diabetes Compact Forum. This esteemed membership reflects our ongoing commitment to advancing diabetes care and supporting global health initiatives.



Thank you to our Supporters



2024 FINANCIALS



Board Members

Jacqueline Kassouf Maalouf, Founder & President
Sylvie Maalouf Issa, Vice President
Claudette Bou Atallah, Public Relations Advisor
Dr. Patrick Zaarour, Board Secretary

Salim Andraos, Treasurer
Rita Korban, Advisor
Amin Nehme, Advisor

SCIENTIFIC COMMITTEE



Dr. Marouan El Zoghbi
Family doctor,
diabetes diploma



Dr. Labib Ghulmiyyah
Obstetrics and Gynecology



Dr. Gael Abou Ghannam
Obstetrics, Gynecology
and Infertility, BMC



Dr. Cecilio Azar
Clinical Associate, AUBMC



Dr. Roger Choueiri
Ophtalmologist, Cornea and
Refractive Surgery Specialist



Dr. Najwa El Georges
Assistant Professor, Nursing
Program Academic Advisor



Cosette Fakih
El Khoury, Ph.D.
Lecturer and Clinical
Preceptor, LAU



Amanda Aoun
Clinical Psychologist and
Psychosocial support consultant



Ninette Ghanim Andraos
Registered Nurse



Robert Maalouf
CSCS, FMSC, CPT,
CF-L1
Personal Trainer



Dr. Kaissar Yammine
Professor, Orthopedic Surgery,
Foot & Ankle Surgery, LAU



Dr. Patty El Khoury Srour
Pharmacist

