

Ramadan and diabetes

Communications toolkit

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Background

Ramadan in 2024 will run from on or around Sunday 10 March 2024 for 29 or 30 days, ending with Eid al-Fitr, a religious holiday celebrated by Muslims worldwide. Fasting during Ramadan, for those who are able to, is one of the five pillars of Islam, and requires Muslims to fast during the month of Ramadan from sunrise to sunset.

The risk of fasting for those living with diabetes can vary depending on type of diabetes, average blood sugar levels, the type of medication used and whether they have additional complications relating to the condition (such as poor vision, nerve damage, heart or kidney disease).

To support people living with diabetes to stay safe and healthy during Ramadan, the NHS Diabetes Programme will be:

- amplifying trusted partner messaging aimed at people living with diabetes and the healthcare professionals that care for them
- signposting people living with diabetes and the healthcare professionals that care for them to partner resources and support
- sharing a series of videos from healthcare professionals aimed at people living with diabetes on staying safe and healthy during Ramadan

How you can support

- Share the social media posts below and images attached across your social media channels
- Share the bulletin copy below in any relevant patient and/or healthcare professional facing bulletins
- Re-tweet relevant Ramadan content shared on the [NHS Diabetes Programme X account](#)
- Re-tweet relevant Ramadan content shared on the Diabetes UK social media accounts

Social media posts

If you're living with type 1 or type 2 diabetes and plan to fast during #Ramadan, this free online course, available in English, Arabic and Malay, will support you to stay healthy and manage your diabetes safely. Learn more. ramadan.mydiabetes.com



If you're a healthcare professional, this free online course will help you support your patients with diabetes during #Ramadan. Learn about the health risks and principles of medication adjustment to help avoid fasting-associated diabetes complications. ramadan.mydiabetes.com



People living with diabetes who plan to participate in #Ramadan should consult with their healthcare team to discuss their decision to fast. It's a personal choice but it's important to be prepared and agree a plan for keeping safe and healthy. Learn more. bit.ly/48ul1b7



If you live with diabetes and are thinking about fasting for #Ramadan, @DiabetesUK has lots of really helpful information on their website (available in Urdu, Gujarati, Bengali, Arabic and English) to help keep you safe and well. bit.ly/48ul1b7



If you are an Imam and would like more information on advising people living with diabetes during Ramadan, download @DiabetesUK's short guidance document. bit.ly/3SWm3bl



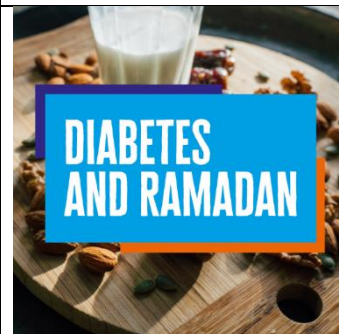
If you live with diabetes and plan to observe #Ramadan, you can find advice on choosing whether to fast, including what risks to be aware of, on the @DiabetesUK website. bit.ly/48ul1b7



When discussing the risks of fasting with diabetes during #Ramadan with your healthcare team, it is important to agree a plan so you can fast safely — this may include adjustments to your diabetes medication. Learn more. bit.ly/48ul1b7



If you take certain tablets or insulin, fasting during #Ramadan carries the risk of low blood sugars. This means it's important to know the signs and symptoms of low blood sugar and to test your blood sugars more often during the fast. Learn more. bit.ly/48ul1b7



The @DiabetesUK website has lots of really helpful information on managing your #diabetes during #Ramadan, including healthier food and drink choices, available in Urdu, Bengali, Arabic and English.
bit.ly/48ul1b7



Bulletin copy – healthcare professionals (108 words)

Supporting patients living with diabetes during Ramadan

Ramadan in 2024 will run from on or around Sunday 10 March 2024 for 29 or 30 days. During Ramadan, Muslims fast during daylight hours.

The risk of fasting for those living with diabetes can vary depending on type of diabetes, blood sugar levels, medication taken and any other diabetes-related conditions.

Diabetes UK has lots of [really helpful information on their website](#) to help keep people living with diabetes safe and well during Ramadan.

You can also access this [free online course](#) to help you support patients with diabetes during Ramadan. You will learn about the health risks and principles of medication adjustment to help avoid fasting-associated complications.

Bulletin copy – patients (80 words)

Staying safe with diabetes during Ramadan

If you're living with type 1 or type 2 diabetes and plan to fast during the holy month of Ramadan, this [free online course](#) will help you to prepare and support you to stay healthy and manage your diabetes safely during this time.

Diabetes UK also has lots of [really helpful information on their website](#) to support you during Ramadan (available in Urdu, Bengali, Arabic and English).

Anyone experiencing diabetes-related complications should seek urgent medical advice when they need it.

Contact

For more information about any of the above, please contact Kelly McGinty
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