

THE MOSCOW DECLARATION ON DIABETES AND WELLNESS AT WORK

Having met in Moscow, The Russian Federation, on 15 September 2009 on the occasion of a meeting jointly organized by the RAMS Research Institute of Occupational Health and the Geneva Social Observatory, with the participation of senior professionals, employers' and workers' representatives, policy-makers and administrators,

Recognizing the serious consequences of diabetes as a work-related disease in Russia with an estimated eight million workers affected by the disease every year,

Recognizing that this is a global epidemic that is increasingly affecting working age people around the world,

Recognizing that the workplace can play an important role in the prevention of the disease,

Recognizing that the workplace can also play an important role in assuring that those who already have the disease are properly treated, with important benefits from early interventions, and not discriminated against

Recognizing the importance of the Workplace Strategy on Diabetes and Wellness developed internationally by the Geneva Social Observatory with participation of Governments, employers' organizations, workers' organizations, non-governmental organizations and private industry,

Recognizing the fundamental role of the RAMS Research Institute of Occupational Health in strengthening occupational health through the treatment and prevention of occupational and occupational diseases,

Recalling that several intergovernmental organizations, specialized UN agencies and health-related professional organizations have recognized the importance of addressing diabetes prevention and early intervention through the workplace,

Recalling that the Russian Diabetes Federation joined with others to raise awareness through the Declaration adopted in November 2008,

Recognizing the importance of education, training, consultation and the exchange of information and good practices on prevention and the promotion of preventative measures,

Recognizing the important role played by government and the social partners (trade unions and employers), professional safety and health organizations and the medical community in promoting prevention and in providing treatment, support and rehabilitation services,

Recognizing the importance of cooperation among Russian organizations and institutions,

Declares that

1. Increasing the availability of occupational health services is essential.
2. Establishing enterprise-level policy is essential towards the prevention, detection, monitoring and evaluation of diabetes as a work-related disease and the accommodation of those afflicted with the disease.
3. The establishment of wellness programmes including physical fitness, adequate nutrition, smoking cessation, and addressing the abuse of alcohol and drug consumption should be addressed by all workplaces.
4. Efforts should be made and action should be taken to establish baseline data on the incidence of diabetes among workers and include the voluntary testing of workers during regular physical examinations.
5. Occupational health services, through the employer and in consultation with workers, should
 - Engage in efforts to educate all workers about the dangers of diabetes and how it can be prevented.
 - Encourage all workers to reduce alcohol consumption, engage in physical activities and eat properly.
 - Ensure that the workers that are diabetic are treated with respect and dignity and are properly accommodated should they become unable to carry out their normal functions.
 - Provide support for those who need to treat themselves at the workplace.