

# Minutes of the 85<sup>th</sup> IDF Board Meeting

## 18-19 November 2023, Mumbai, India

### Attendees

The following Board members were present:

- Prof. Akhtar Hussain (AH), President
- Dr Jackie Maalouf (JM), Vice-President, Non-healthcare Professional
- Dr Hermelinda Pedrosa (HP), Vice-President, Physician
- Ms Ana Fernanda Sanchez (AFS), Vice-President, Healthcare Professional
- Prof. João Valente Nabais (JVN), Vice-President, Non-healthcare Professional
- Dr Iryna Vlasenko (IV), Vice-President, Healthcare Professional
- Prof. Jacko Abodo (JA), Regional Chair Africa
- Prof. Nebojsa Lalic (NL), Regional Chair Europe (online)
- Dr Reginald O'Loughlin (ROL), Regional Chair NAC
- Prof. Fadlo Fraige (FF), Regional Chair SACA
- Prof. A.K. Azad Khan (AK), Regional Chair SEA

### Apologies for absence

- Prof. Peter Schwarz (PS), President-elect (proxy to Prof Hussain)
- Prof. François Seynaeve (FS), Vice-President Finance (proxy to Prof. Nabais)
- Prof. Adel El Sayed (AES), Vice-President, Physician (proxy to Dr Pedrosa)
- Prof. Mohamad Sandid (MS), Regional Chair MENA (proxy to Dr Maalouf)
- Dr Takashi Kadowaki (TK), Regional Chair WP

### Executive Office in Attendance:

- Mr. Phil Riley (PR), Campaign Director
- Ms. Dominique Robert (DR), Director of Operations and IDF Secretary

### 85/01 Opening of the Meeting

The President opened the meeting and welcomed everyone.

He invited Prof. Antonio Ceriello, Editor-in-Chief of the IDF Scientific Journal, DRCP (Diabetes Research and Clinical Practice) to present the Journal to the Board (85/03 on the agenda).

Prof. Ceriello explained that the relationship between IDF and DRCP increased considerably over the last few years. Monthly calls are organised between himself, the DRCP Manager and the two IDF Directors to review the journal's performance and plan content in line with IDF strategy. He presented a short overview of the performance of the Journal.

After the departure of Prof Ceriello, the Board reviewed the agenda. No changes were requested.

**Motion: to approve the agenda of the 85<sup>th</sup> IDF Board Meeting**

IV moved; JM seconded.

All in favour.

The agenda was approved by unanimous consent.

## **85/02 Report from the President**

AH reported on activity since the last meeting of the Board. The visibility of IDF is a crucial element. IDF organised a special event during the WHA, which involved several Ministers of Health and was very well attended. He said that IDF must be present in the global diabetes arena, including WHA, ADA and EASD.

He explained the importance of being close to local governments, especially in countries where there is no universal health coverage.

Since the last General Assembly, IDF has been repositioning itself with a new strategic plan, a new vision and mission, and a new visual identity. He explained the importance of diversifying our sources of revenue. We can no longer be solely dependent on the revenues raised by congresses. New sources must be found. Therefore, the category of individual membership will be re-introduced. Several advantages, such as a reduction in congress registration, a reduction in school registration and free access to the DRCP Journal, will be explored.

AH also introduced the IDF Fellowship Programme as a way to promote excellence in diabetes care and research and increase income. It is designed to acknowledge the contributions in diabetes of exceptional medical and allied healthcare professionals who either are or have recently been active in the field of diabetes or related disciplines, enhance the knowledge, skills and career prospects of healthcare professionals currently working in the field and foster a global community of diabetes experts. Four categories are under consideration: Honorary IDF Fellow, Senior IDF Fellow, IDF Fellow and Trainee IDF Fellow.

AH also reported on the importance of expanding the support from our partners. Whenever IDF has a presence at global conferences, such as ADA, EASD or important national congresses, such as the recently convened meeting of the Research Society for the Study of Diabetes in India (RSSDI), it is essential to meet industry representatives to attract support for IDF activities and promote attendance to the IDF World Diabetes Congress in particular.

AH explained that, since the beginning of the year, IDF has been active in creating or updating guidelines, position papers and policy briefs: including the global T2 guidelines, guidelines for fasting and diabetes, a position paper on novel criteria for diagnosing T2 diabetes, a position paper with the Global Coalition with Circulatory Health, a policy brief on chronic kidney disease with the International Society of Nephrology, and a policy brief on retinopathy with the International Agency for the Prevention of Blindness.

AH also reported on the successful expansion of the IDF School of Diabetes, the success of the recent World Diabetes Day campaign, with events organised all around the world and a well-attended webinar organised in collaboration with WHO.

He also reported on the calls with the Regions, established to hear directly from IDF Members.

AH finally commented on the many disasters that have taken or are taking place around the world and reported on what IDF is doing to support efforts to provide assistance.

## **85/04 Governance**

Due to the introduction of the individual membership category, the Articles of Association needed to be reviewed. At the same time, several other changes had been suggested by the Governance Committee, such as a change in membership dues, how the title of Honorary President is awarded, the replacement of the term “Vice-Presidents non-healthcare” with “Vice-Presidents living with diabetes or affected by diabetes” and some minor edits to the language.

### **Motion: to approve the modifications to the Articles of Association**

NL moved; JM seconded.

All in favour.

The revised AoAs were approved by unanimous consent.

The Board conducted a closed session to discuss the amendment of the SOP 16 – Expenses Policy.

The Board made some changes that will be submitted to the approval of the General Assembly.

PR presented a section on IDF logos. He reminded the Board of the evolution of the logos from 1950 through to the Board's selection of the current logo in 2022. He explained why the blue diabetes circle had been developed and how it had come to symbolise diabetes among the global diabetes community.

PR commented on the process by which IDF grants permission for the use of its distinctive hummingbird logo as this had caused some confusion among various stakeholders and Board members. He shared the critical paragraph from our guidelines on logo usage:

*Other organisations wishing to use the IDF name and/or trademarks for an activity should seek permission through the Communications Department at the IDF Executive Office and communicate the request in writing at least three months in advance. Permission will only be considered if IDF has been involved in the planning and/or execution of the activity.*

PR shared the regional logos, explaining that as part of our rebranding different colours had been selected to represent the seven IDF Regions and why the colours had been adjusted slightly in some cases to support legibility, particularly for the visually impaired, when presented in small fonts (e.g. on the business cards or in slide decks).

He presented the version that had been made available to members to indicate their membership of the Federation. He also presented the IDF School of Diabetes logo, which is now used to endorse educational activities if approved by the Education Committee, and which can provide a source of unrestricted revenue if the right to use is licensed to a third party organising an educational activity such as a training session or scientific meeting.

PR then turned to the logo options for IDF's upcoming 75<sup>th</sup> anniversary in 2025, noting the timing in terms of the next World Diabetes Congress. The Board requested that, in follow-up, three preferred options could be submitted to the Board to vote on a final selection. PR said that this would be done through a Typeform poll.

A discussion followed about upgrading the IDF School logo so that its look and feel would be compatible with the new logo. The office was tasked with making some design options and presenting them to the Board for consideration.

## **85/05 Regions**

The Regional Chairs had the opportunity to present a summary of activities undertaken in their regions.

### **MENA**

JM presented the report of the MENA Region on behalf of the Chair. Several committees had been set up and organised activities: the disaster committee had to address the challenging

problems in Sudan and in Palestine and had taken action to assist people living with diabetes in these territories.

The education committee is putting together an education programme in collaboration with the IDF School of Diabetes. An awareness programme has been developed, targeting people living with diabetes and the general community. A diabetes-in-school programme will include education for diabetes care in school in 2024.

The Knowledge-exchange Committee has organised several webinars, and the Advocacy Committee has held several meetings to support the MENA IDF Young Leaders in Diabetes and IDF Blue Circle Voices. JM also reported on the many activities organised by the Members of the Region to support World Diabetes Day.

## **SEA**

AK reported on the SEA Regional Council meeting that took place in Dhaka. It was proposed to encourage member organisations to involve IDF SEA Region in their annual meetings. If any such proposal is received by the IDF Chair, the member organisation shall be granted permission to use the logo of the IDF SEA Region. The Regional Board proposed a dedicated effort to work for the welfare of children with type 1 diabetes (T1D) and their caregivers. The Government of Bangladesh committed to giving free insulin to all T1D Children in Bangladesh. Maldives, Nepal, Mauritius, and Bhutan are actively supporting the provision of free insulin for children with T1D.

The meeting focused on discussing innovative approaches to address the challenges posed by type 2 diabetes (T2D) and also discussed the importance of school-based awareness programmes for educating students, teachers, and parents about T2D.

AK also reported on the many conferences that had been or will be organised throughout the region.

## **SACA**

FF presented an extensive overview of activities undertaken by the individual Members in the SACA Region as well as regional initiatives. Significant emphasis was put on education: The Region has developed a Clinical Practice Guideline for Diabetes Mellitus Education, with modules to guide diabetes educators in the provision of education and guidance to support advocacy initiatives. Promotion has been undertaken to encourage widespread adoption and implementation.

FF further reported that the Region had developed a web page on Diabetes and Disasters, with resources for people with diabetes in times of disaster.

The Region also developed a survey to explore the extent to which in non-health professional are providing or helping provide diabetes education. FF also reported that SACA had developed and implemented a promotion plan to increase awareness of the IDF School of Diabetes.

## **NAC**

ROL reported on the activities undertaken by NAC in 2023. The D-Foot programme started in 2022 and continued this year. It started as a pilot programme in five of the NAC countries.

Several Regional meetings were organised to discuss educational programmes and innovative ideas such as a quiz for school children to help raise awareness of diabetes. A training for educators on the IDF School of Diabetes has been initiated for 30 registered persons so far.

## **AFRICA**

JA presented the Region's four main focus areas: the African Diabetes Registry, the African guidelines, strengthening member associations, and the delivery of an educational manual to support the training of peer educators, general practitioners and diabetologists.

Eight peer education training sessions were successfully organised in September. He explained the full process of preparing the diabetes registry.

He also reported on the many activities organised locally by the member associations, in particular for WDD.

## **EUROPE**

NL presented an overview of the activities organised in Europe such as World Health Day 2023, hybrid event in Media Partnership with EURACTIV to officially launch its new publication, "Type 2 Diabetes: a preventable catastrophe?". They participated at the Breakfast Debate at the EP on collaborative effort in diabetes research, hosted by MEP Dan Nica and organised by JDRF and the Innovative Health Initiative (IHI).

They organised a Youth Leadership Camp (YLC) in July, in Bankya, Bulgaria. The theme of the YLC 2023 was "Health for All", and participants reflected on the differences and inequalities in access to diabetes care across Europe.

IDF Europe published position papers on Unmet Medical Needs and on the SANT INI Report on NCDS. These are the results of an active outreach campaign to members of the EU Parliament, and more specifically to the members of the newly formed SANT Committee.

IDF Europe attended EASD's 59th Annual Meeting, in Hamburg, where they held a symposium titled "Erase Diabetes Together". Throughout the month of November IDF Europe celebrated the Diabetes Awareness Month with the focus on accelerating action on diabetes. NL reported that at the end of November they will be holding a High-Level Technical Summit, in collaboration with WHO Europe, gathering people living with diabetes, representatives from Member Associations as well as from Ministries of Health across the region and other stakeholders seeking to develop solutions adapted to the permacrisis era to improve the detection and diagnosis of diabetes as well as the quality of care and prevention of diabetes-related complications, and ensure equal and affordable access to the right quality treatment at the right time and place.

## **85/06 Finance**

FS was online to present the 2023 draft financial results and the 2024 budget.

FS further presented the 2023 preliminary results and compared these to the estimated results. The income in 2023 amounted to 2,884,674 EUR and the expenses to 3,536,557 EUR resulting in an estimated loss of 651,883 EUR.

FS concluded by showing the 2024 budget and repeating that we should not initiate activities without first securing sufficient funding. He explained an atypical characteristic of the 2024 budget compared to previous years. This year, we will generate income for the 2025 World Diabetes Congress. The total results show a positive impact. However, it is important to keep in mind that the congress income won't be part of the 2024 audited financial results.

The Board had a discussion on how to stimulate members and contacts to attend the IDF 2025 congress. They also discussed the cost of bringing members to the General Assembly. A discussion took place about Members who are not active or responsive. A committee chaired by Fadlo Fraige with Reginal O'Loughlin, João Nabais, Jacko Abodo and Jackie Maalouf, will further discuss the matter and make some proposals to the Board during the next meeting.

### **Motion: to approve the 2024 Budget**

FS moved; AH seconded.

All in favour.

The 2024 budget was approved by unanimous consent.

## **85/07 Membership**

DR presented four membership applications:

- Fundación Creciendo con Diabetes (Honduras)
- Thai Association of Diabetes Educators (Thailand)
- Egyptian Society of Diabetic Foot (Egypt)
- Portuguese Society of Endocrinology, Diabetes and Metabolism (Portugal)

The recommendations of the Regional Offices were reviewed and discussed in detail.

It was decided to postpone the decision regarding the Portuguese applicant to the next Board meeting so that the IDF Europe Regional Office could continue discussions with the applicant.

**Motion: to accept** Fundación Creciendo con Diabetes as a Provisional Member

JM moved; ROL seconded.

All in favour.

**Motion: to accept** the Thai Association of Diabetes Educators as a Provisional Member

ROL moved; IV seconded.

All in favour.

**Motion: to accept** the Egyptian Society of Diabetic Foot as a Provisional Member

JM moved; HP seconded.

All in favour.

The Board discussed whether to limit the number of Member associations per country to avoid a proliferation of requests in some countries.

**Motion: to limit the number of Member Associations per country to a maximum of five**

JM moved; FF seconded.

All in favour.

The motion was approved by unanimous consent.

The Board was informed of an association name change in Europe. Samtök Sykursjúkra is becoming Diabetes Ísland (Diabetes Iceland).

DR showed the list of members in arrears of payment of their 2023 dues. If the dues are not received by the 31<sup>st</sup> of December, the defaulting associations will be terminated. A last reminder will be sent to all.

## **85/08 IDF Congresses**

DR presented an overview of the 2023 Virtual Congress. The Programme is divided into four parallel tracks running over four days with a focus on the Diabetes Atlas on Monday 4 December.

136 international experts will provide the latest scientific advances in the management and prevention of diabetes complications affecting the cardiovascular system, eyes, kidneys, feet and nerves. Of the 573 abstracts evaluated, 93 were rejected. 72 abstracts qualified for oral presentations (Best Posters) to be included in the scientific programme. All accepted abstracts will be published in the DRCP journal.

Four satellite symposia had been booked and some grants had been received to sponsor young scientists. DR reported that the registration numbers were growing thanks to efforts to encourage registrations but that the number of paying registrations would not be particularly high.

DR presented the proposed Programme Committee for the IDF 2025 Congress. The Board felt that having a person living with diabetes as Programme Co-Chair would bring another perspective and called for a motion.

### **Motion: to add a person living with diabetes as IDF 2025 Congress Programme Co-Chair**

JN moved; IV seconded.

13 in favour, 1 against, 1 abstention.

The motion was adopted.

The Board suggested appointing Iryna Vlasenko as Programme Co-Chair

### **Motion: to appoint Iryna Vlasenko as Programme Co-Chair**

AH moved; JA seconded.

13 in favour; 2 abstentions.

The motion was adopted.

Some Board members felt that some topics were missing in the programme. AH asked Board members to send their suggestions within 10 days of the meeting. All suggestions will be forwarded to the Programme Chair.

The Board further discussed the registration rates, as well as the date of the early registration which will end on 31 October. The registration rates have been slightly lowered to 500 EUR (early rate) and 600 EUR (standard rate) for Medical Doctors and to 250 EUR (early rate) and 350 EUR (standard rate) for healthcare professionals.

Citizens from Thailand, India and China will all benefit from LIC rates.

DR presented the candidates interested in hosting the IDF 2027 congress.

It was agreed that Rio de Janeiro would be automatically included among the short list of candidates.

## **85/09 Existing and Future Programmes**

### **World Diabetes Day**

PR reported on IDF communications activities, including the recently concluded World Diabetes Day and Diabetes Awareness Month.

First, he gave a brief reminder of the new IDF visual identity and explained the new assets and logos had been disseminated to all IDF stakeholders. He explained that, since its launch on 12 June, the new website had registered over 250,000 visits. The site was made in Spanish and French in August, and it is now available in the Federation's three official languages.

World Diabetes Day, 2023 marked the final year of the 2021-23 theme Access to Diabetes Care. With its slogan "Know your risk, know your response" the campaign developed and disseminated multiple assets, including visual assets such as posters, infographics, and social media posts, video content in the form of testimonials from people with diabetes and healthcare professionals filmed on location in Ecuador, India, Nigeria, the UK and US.

The campaign calls to action was a type 2 diabetes risk assessment tool designed to reflect the look and feel of the 2023 campaign and a letter template to generate a letter to policymakers. PR explained the public relations tactics. To create a hook, research was conducted to assess the perspectives of people with diabetes on complications of the condition, with 700 interviews conducted in seven countries.

Another key activity was the joint webinar with WHO on 13 November to report on progress in ensuring that all people with diabetes have access to equitable, comprehensive, affordable and quality treatment and care.

PR explained how social media is supporting multiple projects, delivering key messages and content to 419,000 followers. He mentioned some of the other activities, including newsletters and Diabetes Voice articles, and thanked the IDF Communications team led by Lorenzo Piemonte, for their contribution to support IDF's visibility and promote activity.

### **Education programmes & IDF School of Diabetes**

Senior Education Manager Sameer Pathan (SP) was able to join the meeting in person as he was visiting family close by. He, therefore, presented the education initiatives undertaken by his team.

SP gave a comprehensive overview of the achievements of the IDF Education initiatives overseen by the Education team and the deliverables in progress.

He reported on the number of learners registered on the IDF School platform (fast approaching 90,000, with more than 7,500 registered this year) from its beginnings in October 2023 and the diversity of countries and territories represented.

He talked about the successful launch of a comprehensive four-module course on type 2 diabetes delivered with support from Servier.

He mentioned various training programmes delivered in Saudi Arabi and three in China, along with a capacity-building programme for 171 Diabetes Educators in Ghana, undertaken with the endorsement of the Ministry of Health of Ghana and support from Sanofi, and group registrations from Kenya (19 Diabetes Educators and General Practitioners), NAC Region (32 Diabetes Educators), Trinidad and Tobago (27 Diabetes Educators), South Africa (69 Nurses), South Africa (40 Nurses), and Pakistan (13 Specialists)

Other activities included the translation of content into Mandarin and the work to develop content for and promote the Understanding Diabetes platform (content aimed at people living with diabetes and their carers).

He gave an introduction to the partnership with the Sanofi Global Health Unit (GHU) to deliver courses to HCPs in LMICs to help build the capacity of health systems to manage the growing numbers living with diabetes. SP is working closely with IDF Africa Regional Chair Prof Jacko Abodo. The work has begun and will be announced early in 2024.

The Board congratulated SP for the work. JM spoke of the need to have more content available in Arabic.

AH acknowledged the work and role of Former IDF President Shaukat Sadikot, who sadly passed away in 2019, in establishing the IDF School of Diabetes. PR explained that there was a part of the School of Diabetes site dedicated to his memory.

### **Advocacy Programmes**

PR gave an overview of activities undertaken in the advocacy team under the leadership of Beatriz Yañez Jimenez. These included a presence at the 152<sup>nd</sup> WHO Executive Board to attend Executive Board discussions and side events. IDF supported statements on a number of key topics, including universal health coverage and strengthening the global health response in emergencies.

PR explained the success we have had in online events attracting a strong audience. He explained that IDF performs very well in comparison to similar organisations such as WHF, the NCD Alliance and even WHO. We outperform them in terms of the audience we attract. The webinar offers a great way for IDF to interact with other organisations such as Médecins sans Frontières, Direct Relief, International Alliance for Diabetes Action, UN Permanent Forum on Indigenous Issues and WHO.

PR commented on the event held parallel to the 76th World Health Assembly, where the IDF President spoke alongside WHO, the University of Geneva, and Ministers of Health from Lebanon, Pakistan, and Zimbabwe.

PR commended the work of the team in overseeing the delivery of several position papers. He mentioned the now official relations with the Pan-American Health Organisation PAHO and the agreement on a three-year collaboration plan focused on improving diabetes education, prevention and care in the region. He emphasised the need for the Regions to sustain the relationship despite the changes in personnel so that the relationship can continue over the term of the plan and, hopefully, be renewed thereafter.

1. The work of the team goes beyond advocacy to oversee the management of IDF communities of people affected by diabetes, including the Young Leaders in Diabetes and the Blue Circle Voices. PR handed over to JN to explain the Young Leaders (YLDs) Programme and introduce the IDF Children with Diabetes in Schools (KiDS) programme. JN suggested to have KiDS sessions during regional congresses and stressed that the regions should play a key role in making sure Members understand that nominating a YLD comes with responsibility.

PR gave an update on KiDS, including the collaboration with global organisations to expand the programme, notably the International Society for Paediatric and Adolescent in Diabetes (ISPAD) and mentioned the expanded support of Sanofi for the programme. He remarked that the

collaboration is now in its 10<sup>th</sup> year. In October, IDF held a workshop on “Advocacy for Diabetes Education in Schools” in collaboration with ISPAD during their Congress. The lead for ISPAD’s Special Interest Group on Diabetes in Schools, Prof. Gun Forsander, spoke at the event. It was popular, with over 90 delegates attending.

ISPAD had generously provided space in the congress for the programme and IDF anticipates signing a new MoU with the organisation soon. Other groups with whom IDF has contact concerning the programme include the International Sports and Culture Association (ISCA) and the School Meals Coalition.

## **IDF Atlas**

PR reported on the IDF Diabetes Atlas. He explained the structure of the team of volunteers working in different Special Interest Groups (SIGs) to analyse the data and produce the content under the leadership of the Atlas Co-Chairs, Profs. Diana Magliano and Ed Boyko, with the President ultimately overseeing the project and acting as liaison between the Chairs and the IDF Board. PCR acknowledged the contribution of IDF staff members Paraskevi Salpea (Epidemiology Manager) and Irini Genitsaridi (Data Analyst).

He explained the importance of the data for IDF to support the efforts of the global diabetes community to advocate for improved diabetes care and for the visibility of IDF. Whenever the numbers living with diabetes and other key diabetes indicators are quoted, it is invariably the IDF figures that are quoted.

The concept for the 11th edition is to release top-line data annually and publish thematic chapters (branded as “IDF Diabetes Atlas Reports on . . .”). The core of the Atlas will consist of global, regional, and country-level indicators of the prevalence of diabetes per diabetes type, as well as diabetes-related mortality and health expenditure.

The aim is to maximise the opportunity of the research in terms of awareness in the media and through IDF channels. The data will be made available to the global diabetes community, media and other interested parties via a dedicated website and data portal, with a wide range of deliverables, including the final report, factsheets, infographics, blog posts, articles published in scientific journals, social media campaigns, webinars and scientific presentations at international conferences.

PR reported on the progress to date and some of the results associated with the project and explained the timeline through to launch at the World Diabetes Congress in Bangkok.

The Board discussed the frequency of publishing the Atlas.

**Motion: To publish a new IDF Diabetes Atlas every second year**

AH moved; IV seconded.

All in favour.

The motion was passed by unanimous consent.

**Partnerships**

DR presented an overview of the unrestricted support received from Industry, as well as support received for WDD, Advocacy, Atlas, Guidelines and the Educational Platform.

The Board also discussed some potential partnerships from commercial interests outside of the pharmaceutical industry. No objections were raised to pursuing conversations and potential partnerships with commercial interests if such organisations meet IDF guidance on industry engagement with IDF, this included organisations involved in the production and distribution of food and beverages, as long as that due diligence is performed before entering into arrangements, and agreement is secured at Board level for the partnership to go forward. A review of such partnerships would be ongoing to make sure the guidelines are met.