

IDF Europe ANNUAL REPORT 2022



International
Diabetes Federation
Europe

Foreword

I am pleased to introduce IDF Europe's Annual Report for 2022, a special year for us, which marked the second year of our Centenary of Insulin Campaign and our mobilisation towards a new European Parliament diabetes resolution. This year, the Centenary of the Discovery of Insulin represented a great opportunity not only to raise awareness of diabetes, but also to celebrate the milestones achieved in the past 100 years and to look at the future of diabetes by calling for greater political action to tackle the rising number of people living with diabetes (PwD) across Europe.

As we entered a new phase of the COVID-19 pandemic, with the generalised implementation of vaccination campaigns across Europe, we resumed, at full speed, much of our activities in person.

Our advocacy efforts throughout 2022 have strongly focused on raising awareness of diabetes within the European Institutions, together with our MEP Interest Group on Diabetes – MEPs Mobilising for Diabetes (MMD) – co-chaired by MEPs Christel Schaldemose and Sirpa Pietikäinen. At present, the MMD group consists of 19 MEPs passionate about the diabetes cause, and serves as a cross-party political platform to elevate diabetes on the public agenda and foster key policy changes in the European Union (EU). In collaboration with the MMD group, in 2022 we hosted a series of events to gather political support for a new Diabetes Resolution which was adopted by overwhelming majority during the Plenary session at the European Parliament in Strasbourg, on November 23.

At IDF Europe, we strongly believe in the power of youth in raising awareness and advocating for PwD. Youth will further help us hold governments to account to effect a real, positive change to the lives of PwD and those at risk.

In 2022, we continued building on our existing youth programmes, the Youth Leadership Camps/Labs (YLC) and our network of youth advocates, YOURAH, and we established a new platform of people living with Type 2 Diabetes (T2D) and other types of diabetes in Europe.

In July 2022, the Youth Leadership Camp returned after a two-year gap due to the pandemic. The camp, held in Poland, which, this year, focused on humanitarian crises is not only a life-changing experience for all the participants, but it also marks the entry point into the IDF Europe YOURAH network.

I am proud to say that, throughout the year, we have worked strenuously towards our vision and mission. As per our new advocacy strategy, we advocated for PwD, we organised a variety of online events, we contributed to thought leadership and projects across Europe, and we released new publications and resources. None of this, would, of course, have been possible without the support of our corporate partners, the staff at our office, and most of all, our Member Associations.

At the end of this term, I want to thank, and extend my gratitude to, every Member of the Board as well as each and every Member in our Region for all the efforts and activities undertaken and the achievements made to improve the lives of PwD and those at risk.



Dr Niti Pall
Chair, IDF Europe

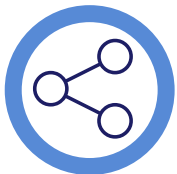
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Uniting the voice of people living with diabetes



IDF EUROPE

VISION:

to improve the lives of people with diabetes.

MISSION:

to unite the voice of people with diabetes and to engage all stakeholders in creating a person-centred diabetes ecosystem.



IDF Europe is the European chapter of the International Diabetes Federation (IDF). We are an umbrella organisation representing 70 national diabetes organisations in 44 countries across Europe. We are a diverse and inclusive multicultural network, representing both PwD and healthcare professionals (HCPs).



Our priority objectives are:

- Improving access to care and quality of life for people with diabetes
- Increasing the voice of people with diabetes on all levels (#nothingAboutUsWithoutUs)
- Reducing diabetes incidence and preventing complications.

Through our activities, we aim to increase awareness, promote the exchange of best practices and high-quality information about diabetes, and to influence policy. Of key importance is the realisation that diabetes is a serious disease and that people with diabetes can only live a long and healthy life through their own self-management and adequate support. It is also critical to understand that the diabetes curve can only be flattened by creating health-enabling environments, addressing the determinants of health, and promoting early action by healthcare systems including a shift in focus to prevention rather than treatment.



One of IDF Europe's main activities is policy and advocacy at the regional (EU institutions, Council of Europe, World Health Organization European Region) and national level (bridge between member associations and Europe-wide policy developments). **Strong advocacy is essential to elevate diabetes on the public agenda and foster key policy changes at European and national levels.**

In 2022, we continued promoting a paradigm shift with greater emphasis being placed on a holistic approach to diabetes, addressing stigma and discrimination and promoting person-centred, value-based and integrated care.

We are working closely with our Member Associations at the national level as well as PwD and HCPs, academia, public health and consumer non governmental organisations (NGOs) and the private sector. We are continuing our outreach to influence national and pan-European policy-making through close collaboration with institutions of the EU as well as WHO European Region.

No population group is immune to diabetes



Close to 1 in 11 European adults (61 million) live with diabetes. This is forecast to increase to 67 million by 2030.



297,500 children and adolescents (0-19) live with Type 1 Diabetes (T1D).



1 in 5 live births is affected by hyperglycaemia in pregnancy. Exposure to hyperglycaemia in utero may predispose children to a high risk of becoming overweight or obese.

Only with adequate support and round-the-clock self-management can people with diabetes live a long and healthy life



Close to 1.1 million adults aged 20-79 years died in 2021 as a result of diabetes and its complications.



The life expectancy of people living with T2D is up to 10 years shorter compared to that of people not living with the disease.

Creating health-enabling environments, addressing the determinants of health and promoting early action by healthcare systems are central to tackling diabetes.



Over 1 in 3 (41%) adults living with diabetes were undiagnosed (24 million).



The cost of diabetes-related health expenditure was estimated at €167.5 billion.

All figures relate to the European Region in 2021, from the IDF Diabetes Atlas, 10th edition.



EU LEVEL ADVOCACY

EU NCD Initiative - Healthier Together



On December 15, 2021, the European Commission DG SANTE launched the EU Non-Communicable Diseases Initiative - Healthier Together, aimed at supporting EU countries in reducing the burden of non-communicable diseases (NCDs).

During the first months of 2022, we held a consultation with our Member Associations and participated in the initiative's stakeholder webinars to share a **list of priorities**.

In June, we welcomed the European Commission's publication of a **toolkit** to help Member States reduce the burden of diabetes and other NCDs.

MEP Interest Group on Diabetes - MEPs Mobilising for Diabetes (MMD)

In 2022, IDF Europe organised a series of events in collaboration with the **MEPs Mobilising for Diabetes interest group**, for which we provide the Secretariat. The MMD group, which currently consists of 19 MEPs, passionate about the diabetes cause who engage in various activities aimed at **fostering EU policy measures and actions to improve the lives of PwD**.



Webinar:
Improving diabetes outcomes and quality of life for PwD
If not now, when?

25 January 2022
MEP Interest Group on Diabetes -
MEPs Mobilising for Diabetes (MMD)

www.mepinterestgroupdiabetes.eu



On January 25, the MMD group hosted a **webinar** on **'Improving diabetes outcomes and quality of life for people living with diabetes: If not now, when?'** High-profile diabetes experts and a young diabetes advocate shared insights on what it means to live with diabetes today and addressed the need for, and relevance of, a new diabetes narrative to build back better.

On May 12, the MMD group, with the support from the MEP Heart Group, hosted a **webinar to explore the progress achieved on tackling diabetes and CVD in the past decade** and how an ambitious 'Healthier Together – EU NCDs Initiative' can help achieve the many objectives that are still outstanding since the first EU Parliament Motion for a Resolution on Diabetes 10 years ago.

MEPs MOBILISING FOR DIABETES EVENT
with the support of
MEP HEART GROUP

Supporting ambitious Diabetes and CVD Roadmaps in the context of the 'Healthier Together - EU NCD Initiative'

Hosted by MMD co-chairs, MEPs Sirpa Pietikäinen and Christel Schaldemose

Virtual event
12 May, 2022 | 08.00 - 09.00 CET





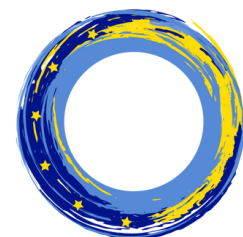
www.mepinterestgroupdiabetes.eu

www.mepheartgroup.eu



Towards a New Diabetes Resolution - The Time to Act is Now!

In the months leading up to World Diabetes Day 2022, IDF Europe, in collaboration with the MMD group and with the support of key diabetes stakeholders, organised a series of events to gather political support for a new [Diabetes Resolution](#) and developed [information materials](#) to explain why it is required and how diabetes is a marker of the performance and resilience of healthcare systems.



The new Diabetes Resolution was adopted by overwhelming majority during the Strasbourg plenary session on 23 November.

DIABETES:

LIFELONG DISEASE WITH NO CURE

1/3 of PwD are **undiagnosed**

up to 1/2 of PwD **do not achieve** optimal blood glucose targets

ROOT CAUSE OF MANY OTHER NCDs

1/3 of PwD develop CVDs

Diabetes/+ hypertension cause **80%** of end-stage renal disease

1/3 of PwD develop diabetic retinopathy

€78 bn **3/4** of diabetes costs result from diabetes-related complications

MORE MIGHT BE TO COME

COVID-19 increases the risk of developing diabetes

Diabetes during pregnancy may program the unborn child to be more susceptible to diabetes



Events leading up to the resolution and World Diabetes Day 2022:

- **Lunch Debate and blood glucose testing:** “Towards a new Diabetes Resolution: The Time to Act is Now!”
EU Parliament in Brussels, October 12
- **Breakfast Symposium:** "Improving diabetes care for more resilient healthcare systems"
EU Parliament in Brussels, November 15
- **Exhibition and blood glucose testing:** "Centenary of the Discovery of Insulin"
EU Parliament in Strasbourg, November 21-24
- **Plenary debate and adoption of the Diabetes Resolution**
EU Parliament in Strasbourg, November 21-23

World Diabetes Day
EUROPEAN PARLIAMENT
BREAKFAST SYMPOSIUM
"Improving diabetes care for more resilient healthcare systems"
15 November, 8:00 – 9:00
Co-chaired by:
MEP Sirpa Pietilä (EPP, Finland)
MEP Christel Scriver (S&D, Denmark)

INSULIN AT 100
THE DISCOVERY OF INSULIN
1921-2021
A JOURNEY THROUGH DIABETES' HISTORY
ON THE CENTENARY OF THE DISCOVERY OF INSULIN
THE KNOWN HISTORY STARTS HERE!



World Diabetes Day 2022 (WDD)

World Diabetes Day 2021-23's campaign theme is Access to Diabetes Care. In 2022, the day focused on the **need for better access to quality diabetes education for HCPs and PwD.**

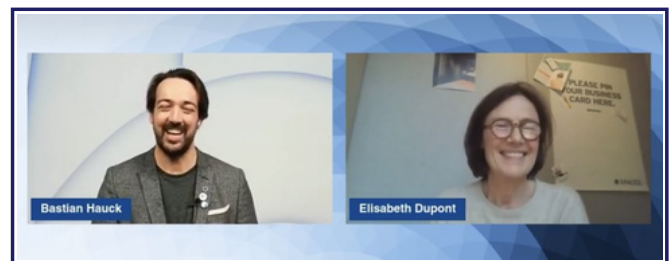


world diabetes day
14 November

As part of our efforts to raise awareness of the urgent need for action, around WDD 2022, we held a series of events focusing on all aspects of diabetes prevention and management, including the importance of diabetes education for PwD and HCPs and we urged MEPs to support a new Diabetes Resolution.

IDF Europe Events on WDD 2022

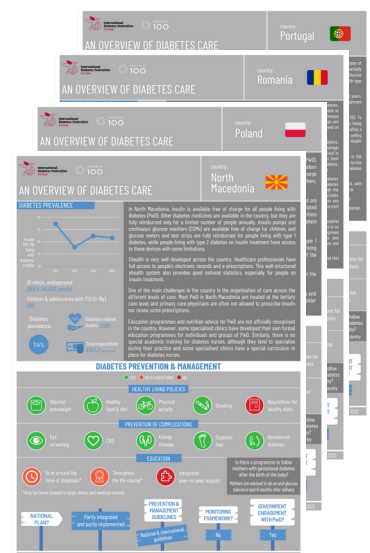
To celebrate WDD 2022, as well as the events leading up to the adoption of the new Diabetes Resolution at the EU Parliament, IDF Europe participated in a **joint event with #dedoc on November 14.**



IDF Europe Centenary of Insulin campaign

The Centenary of the Discovery of Insulin provides a great opportunity not only to celebrate the milestones achieved in the past 100 years and use this as a catalyst for new scientific breakthrough in the future, but also to **raise awareness of the challenges which some people continue to face in accessing the diabetes medicines, supplies, technologies, care and education** which they require to achieve the best possible health outcomes.

As part of our campaign, in 2022, we continued updating our dedicated **website: [insulin at 100](#)** with our events and initiatives, we released new **[country profiles](#)** on the status of diabetes care across Europe, and we launched the **[Twinning Programme](#)**, a knowledge exchange programme for our Member Associations.





IDF Europe Symposium at EASD 2022

During the 58th EASD Annual Meeting on September 19, IDF Europe held a **symposium** to explore the key components of the relationship between people living with T2D and their primary HCPs for achieving optimal health outcomes and quality of life, and to highlight what needs to be put in place to ensure that this interaction is effective and promotes a person-centred and holistic approach to diabetes management.



IDF EUROPE'S NEW PUBLICATION

To support our advocacy work and ensure broad dissemination of key facts and messages on diabetes management, care and risk reduction approaches, every year, IDF Europe publishes position papers and statements, white papers as well as other publications exploring various aspects of diabetes and public health. In June 2022, **we released a new publication on "Delivering Value through Innovation in Diabetes Care Delivery"** which highlights key innovative developments and ways in which the adoption of innovation can be promoted.

Delivering Value through Innovation in Diabetes Care Delivery

"Delivering Value through Innovation in Diabetes Care Delivery" highlights novel approaches in healthcare design, delivery and financing that, together with technology-led innovation have the potential to address the key barriers to the delivery of high-quality diabetes care and the huge burden to PwD associated with fragmented care.

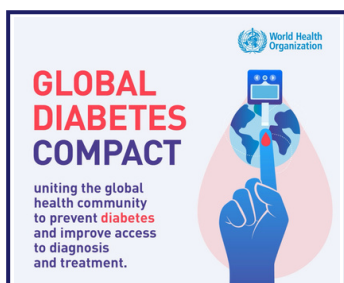
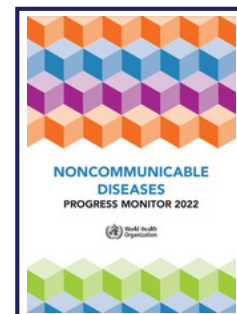
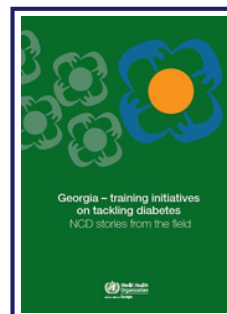
To launch the publication, we held a **webinar** on June 16 during which our guest panellists shared their experience and insights on how innovation is enabling a transformation in the delivery of diabetes care.





OUR WORK WITH THE WORLD HEALTH ORGANIZATION

Throughout 2022, we continued our collaboration with the World Health Organization European Region. On multiple occasions, we worked as a point of contact for the identification of experts and PwD that could contribute to various WHO/Europe projects and we published several articles to promote WHO's publications and initiatives addressing diabetes and other NCDs.



Global Diabetes Compact

We keep following the development of the WHO Global Diabetes Compact launched in 2021, and we are excited to see the benefits it will ultimately bring to PwD.

72nd session of the WHO Regional Committee for Europe (RC72)

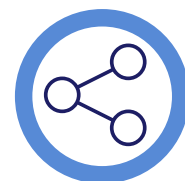
On September 12-14, we attended online the 72nd session of the WHO Regional Committee for Europe and provided a [written statement](#) on the agenda item "[Leveraging digital transformation for better health in Europe: regional digital health action plan for the WHO European Region 2023-2030](#)". We strongly welcomed the action plan as we are convinced that adopting digital health has become imperative to ensuring the transition towards more resilient healthcare systems and lowering the risk of people developing diabetes and other NCDs as well as ensuring more efficient treatment and management of chronic conditions.

WHO Office at the EU meeting with non-state actors working on cancer and other NCDs

On May 17, 2022, we attended the WHO Office at the EU meeting with non-state actors working on cancer and other NCDs.

During the meeting, we shared comments and ideas on how to achieve better health outcomes for PwD and other NCDs, and on the role of WHO within the EU policy environment.





COMMUNICATION

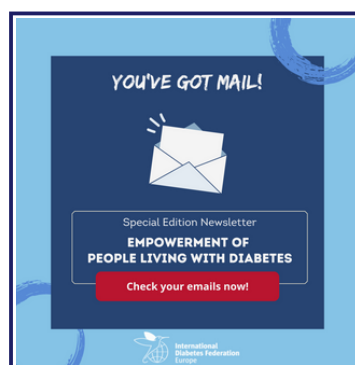
Our legitimacy and ability to represent our members and the interest of the people they serve lie in the close **collaboration, information and knowledge exchanges** which we strive to foster. We believe that communication has a major role to play to support this collaboration and guarantee our joint impact on policy makers, the public opinion and the media. We disseminate our key messages around the burden of diabetes and the need for urgent action and foster discussion around possible actions and solutions through a host of channels and communication tools, such as the **IDF Europe website, IDF Europe newsletters** and **social media platforms**.

IDF Europe's Website

IDF Europe uses its [website](#) to enhance its role as an effective **online platform to communicate with Members and engage with relevant stakeholders**. A dedicated [Members' News Page](#) on the website gives more visibility to our Members' news. All our Member Associations are invited to inform us of with information they wish to disseminate.

IDF Europe's Newsletter

IDF Europe's **monthly newsletters** provide useful and inspiring **information on our activities and those carried out by our Member Associations**.



IDF Europe's initiatives on International Days

Some International Days are a great opportunity to communicate on diabetes and related challenges. In 2022, we placed a special focus on a number of days and weeks, amplifying key messages via our social media channels through a variety of activities such as **interviews, videos, testimonials, and articles**. Here are some examples:

- International Day of Education
- World Cancer Day
- World Health Day
- International Women's Day
- World Immunisation Week
- EU Mental Health Week
- Global Week for Action on NCDs
- International Nurses Day
- EU Green Week
- EU Week of Sports
- World Stroke Day
- World Mental Health Day



Partnerships



Another key mode of advocacy action is our participation in various alliances, fora, roundtables and conferences with our partners. IDF Europe strongly believes that **improving PwD's quality of life can only be achieved through effective, sustainable collaborations** across a broad range of partners. We are increasing collaboration with all our partners through involvement in working groups to represent the voice of PwD and raise awareness on the seriousness of diabetes in health policies.

EU Health Coalition



European Federation of Pharmaceutical Industries and Associations



EU Health Policy Platform



European Patients' Forum



European Chronic Disease Alliance



European Public Health Alliance



European Diabetes Forum



Health First Europe





CORPORATE PARTNERS

IDF Europe's industry partnerships **help us meet our strategic goals and deliver on our mission and vision to succeed in creating real and lasting impact for PwD.** In 2020, IDF Europe introduced a tiered partnership scheme to offer more flexibility in the type of collaboration and the desired degree of engagement.

Grants from our Corporate Partners allow us to **explore new and innovative ideas** and deliver the work outlined in this report. We wish to express our sincere thanks to each one of our partners for their support. IDF Europe values these successful and sustainable partnerships and looks forward to continuing a sustained and open dialogue about expectations, shared values, challenges and solutions in the future.

Gold Strategic Partners



Silver Strategic Partners



Project Partners



EU-funded projects



IDF Europe welcomes the opportunity to take an active role in EU-funded research that aims at **improving PwD's health and quality of life through novel treatments and approaches in diabetes care, management and risk-reduction approaches**. IDFE's role in these projects consists in ensuring that PwD's voice and needs are heard and met and that the project outcomes are broadly disseminated. We are currently involved in five EU-funded projects.



DIGICARE4YOU aims to reduce the burden of T2D and hypertension by firstly, identifying people living with undiagnosed, or at high risk of developing, diabetes and/or hypertension, using schools as an entry point, and secondly, implementing an evidence-based intervention in the community using digital tools.



ISLET aims to build and implement an innovative programme for the production and marketing of human pluripotent stem cell (hPSC)-derived advanced therapy medicinal products (ATMPs) for the treatment of people living with T1D.



RECOGNISED studies the biological mechanisms that cause structural and functional alterations in the retina in people with T2D to determine whether these same pathways play a role in the events observed in the brain during the development of cognitive impairment and dementia.



SPORT&DIABETES, a project co-funded by the Erasmus+ programme of the European Union, aims to explore the barriers to the participation in sport of PwD and create content that will address the concerns of PwD themselves as well as their carers and relatives, coaches and sports and teachers.



TRIALS@HOME is an Innovative Medicines Initiative 2 project, exploring the viability of moving conventional clinical trials to a home setting in the form of decentralised clinical trials to streamline data collection, participant recruitment and retention.



IDF EUROPE PLATFORMS OF PEOPLE LIVING WITH DIABETES

Critical to bolstering the resilience of healthcare systems and improving health outcomes and quality of life for PwD is to ensure that they are empowered to play a role not only in their daily diabetes care but at all stages of the journey from drug discovery/development of tools and devices through to their authorisation and reimbursement.

In 2022, we continued building our existing youth programmes, the Youth Leadership Camps/Labs and our network of Youth Advocates, YOURAH, and we established a new platform of people living with T2D and other types of diabetes in Europe.

Youth Platform

IDF Europe strongly values the essential role that young people play in raising awareness and advocating for the rights of PwD.

Our [Youth Platform](#) aims to:

- **Educate and nurture** a new generation of youth advocates
- **Support capacity building** at a national and pan-regional level
- **Strengthen the diabetes ecosystem** by increasing connections across all diabetes stakeholders



Youth Leadership Camp 2022

The [YLC 2022](#) was held in Krotoszyce, Poland, from 10 to 16 July 2022. It was co-hosted by the national Polish Diabetes Association and the Polish Diabetes Association of Złotoryja. **The theme of the YLC 2022 was Diabetes and Humanitarian Crises** with the following sub-themes: diabetes and COVID-19; diabetes and humanitarian man-made crises; and diabetes and natural disasters/climate change.

IDF Europe Hackathon

On October 14-15 2022, IDF Europe held its first ever Hackathon in Brussels. Twenty-five alumni from the YLC and YLB of the past 10 years participated in the event for a weekend of **collaboration and idea generation on the theme of the Blue Circle - the universal symbol for diabetes.**





Type 2 Diabetes Platform

One of IDF Europe's priorities is to strengthen the voice of all PwD. To this effect, IDF Europe launched a [platform of People living with T2D and other types of diabetes](#) in Europe, interested in representing the voice of PwD in advocacy initiatives as well as through participation in other projects, to complement YOURAH and the already active network of people living with T1D.



Type 2 Diabetes working group

In 2022, we established a **first working group** within the T2D platform which **looked at the key components of a successful relationship between PwD and HCPs**.

The working group contributed to the development of a **survey to collect information on what influences the quality of the PwD-HCP relationship**. The results of the survey will ultimately contribute to the development of recommendations on how to improve the relationship and, subsequently, the quality of life and health outcomes of PwD.



The initial work of the T2D platform was officially presented during the IDF Europe Symposium at EASD, on September 19.

SUPPORT FOR PwD AFFECTED BY THE WAR IN UKRAINE

IDF Europe platform: Connect Solidarity

Since the beginning of the conflict in Ukraine, as well as calling for an immediate end to it, IDF Europe has been working with our international partners and member associations on ensuring the **delivery of medicines, devices and supplies that PwD require in Ukraine and in the countries in which Ukrainian citizens seek refuge**.



To coordinate efforts, we developed the platform "[Connect Solidarity](#)", which gathers information to help Ukrainians living with diabetes understand what support they can get in the country where they are displaced, as well as resources for medical and psychological support. The platform also highlights the **fundraising initiatives** endorsed by IDF Europe to support the delivery of medical supplies to PwD in Ukraine, as well as our own fundraising efforts to support the work of our member associations offering assistance to Ukrainian refugees living with diabetes.



IDF EUROPE'S REGIONAL COUNCIL AND TEAM MEETING

In 2022, the IDF Europe Regional Council and the TEAM meeting (Together Everyone Achieves More) took place in Lisbon on December 4. The Regional Council has traditionally taken place the day before the IDF Congress, and it represents one of IDF Europe's most important annual events. The day is an opportunity to **review** the **activities** carried out throughout the year, **share best practices** and **discuss upcoming projects** as well as **financial matters**. **This year, the Regional Council also elected the new IDF Europe Regional Board for the years 2023-2025.**

IDF EUROPE BOARD 2022



Dr Niti Pall
Regional Chair
United Kingdom



Professor Nebojsa Lalic
Regional Chair-Elect
Serbia



Ms Stella de Sabata
Board Secretary
Switzerland



Ms Bogdana Gratton
Treasurer
Slovenia



Mr Chris Aldred
Board Member
United Kingdom



Dr José Manuel Boavida
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Ms Aldona Danyliene
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Lithuania



Mr Bastian Hauck
Board Member
Germany



Dr Konstantinos Makrilakis
Board Member
Greece



Dr Tatjana Milenkovic
Board Member
North Macedonia



IDF EUROPE REGIONAL OFFICE 2022



Elisabeth Dupont
Regional Manager



Sabine Dupont
Policy and Projects



Mia Bajramagic
Project Coordinator



Martina Boccardo
Content and Project Coordinator



Sarah Bourgois
Administrative Coordinator



Alina Chebes
Policy Coordinator



Leo Maru Dazun Watanabe
Project and Policy Coordinator



Svea Krutisch
Communication Officer



Jean Langford
Youth Coordinator



Maartje Roskams
Project and Youth Coordinator
(Until July 2022)