



IDF Europe COVID-19 Survey for People Living with Diabetes

Presentation of results
IDF Europe Webinar, 22 April 2021



**International
Diabetes Federation**
Europe

A survey of 3,480 people living with diabetes across Europe

22 languages

75 questions on:

- COVID-19 testing and treatment
- Diabetes management
- Access to medication, supplies, technologies and care

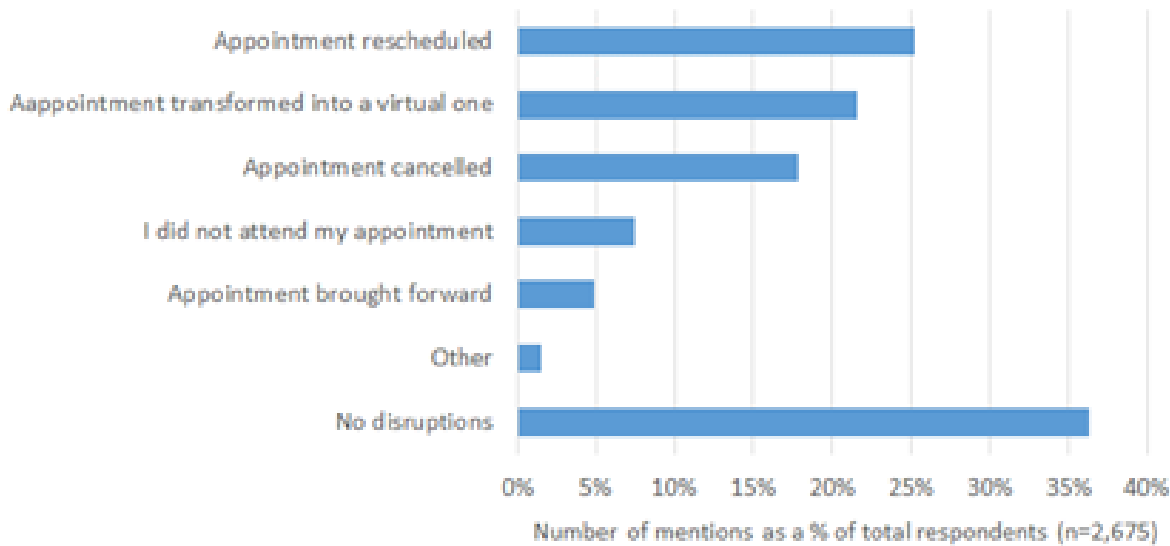
Conducted between August and October 2020 – first wave

Disseminated through IDF Europe network of member associations, plus social media platforms + other organisations

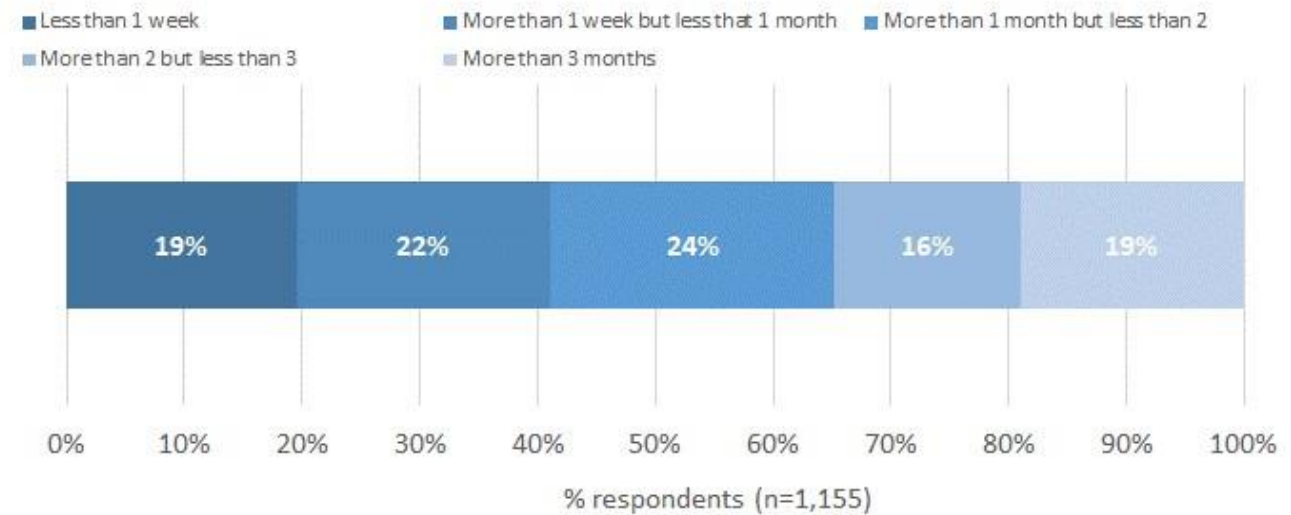


Healthcare systems adapted quickly to the pandemic but diabetes care was disrupted across all countries

Disruption experienced with face-to-face diabetes care appointments during COVID-19



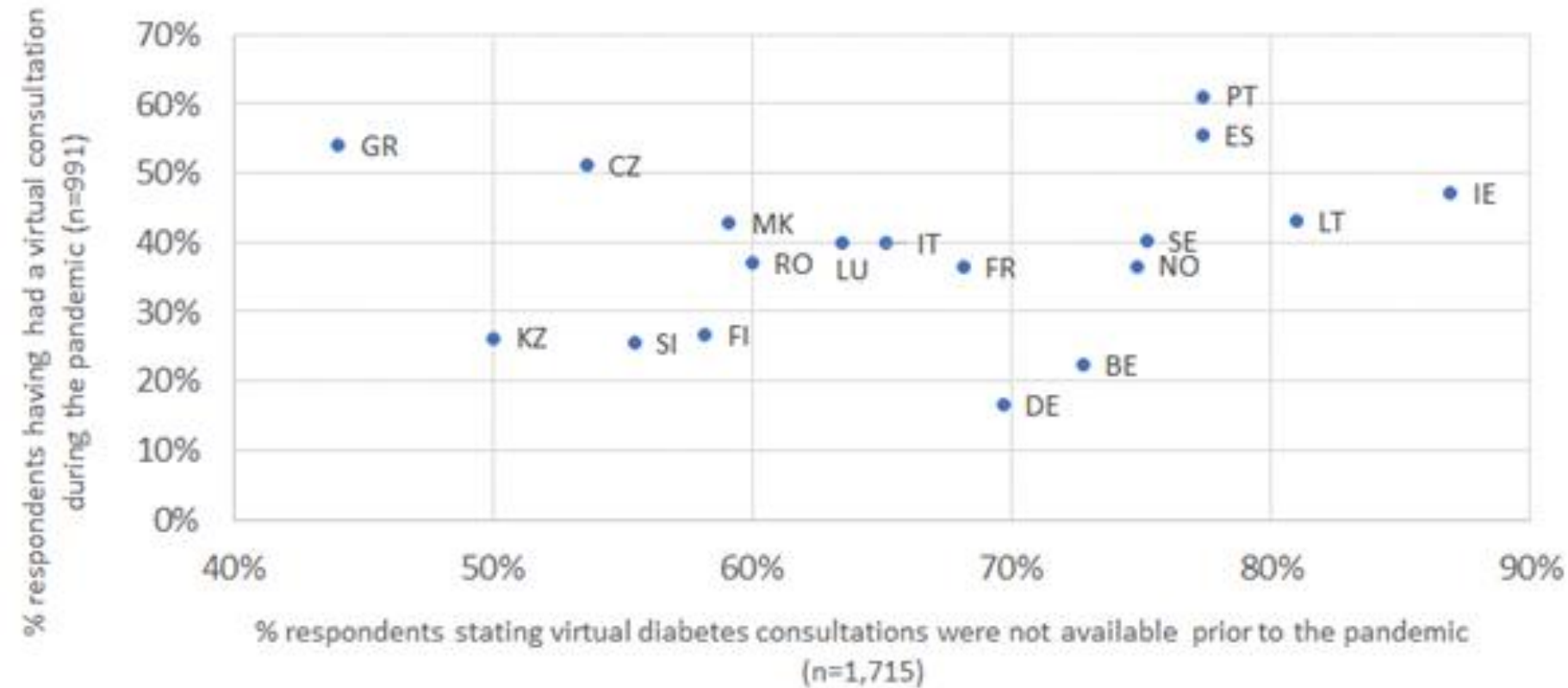
What was the delay in rescheduling your appointment?



- More than one third of respondents did not experience any disruptions
- About a quarter saw their appointments being rescheduled and more than one in five had a virtual consultation
- Marked differences in the time gap between appointments

There was a rapid shift towards more digitalisation and the virtualisation of care

Shift to virtual - Proportion of respondents with access to virtual consultations before COVID-19 compared with having virtual consultations during COVID-19

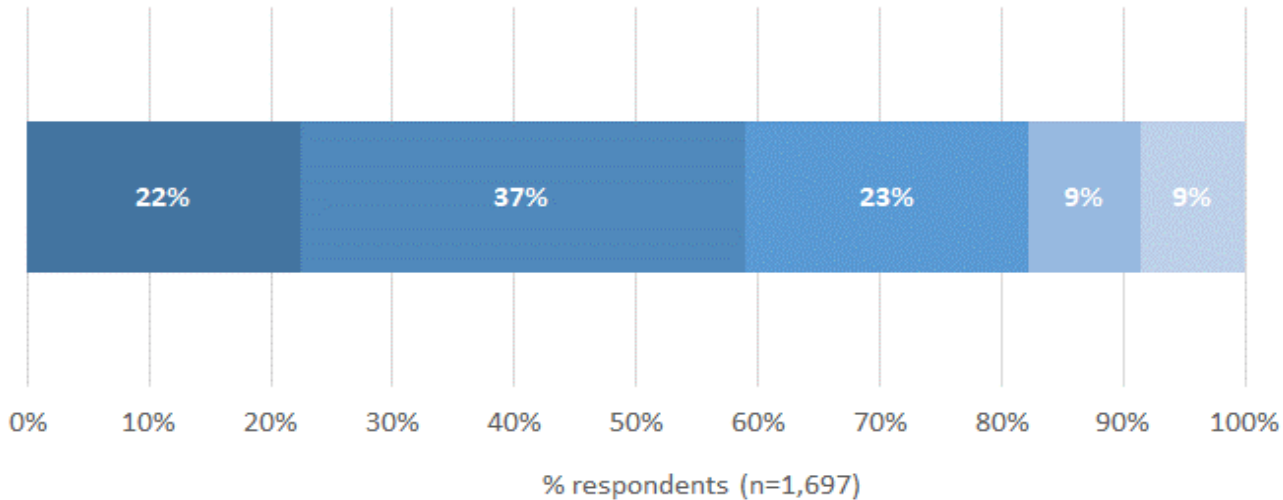


- One third of respondents across Europe had virtual diabetes-related consultations

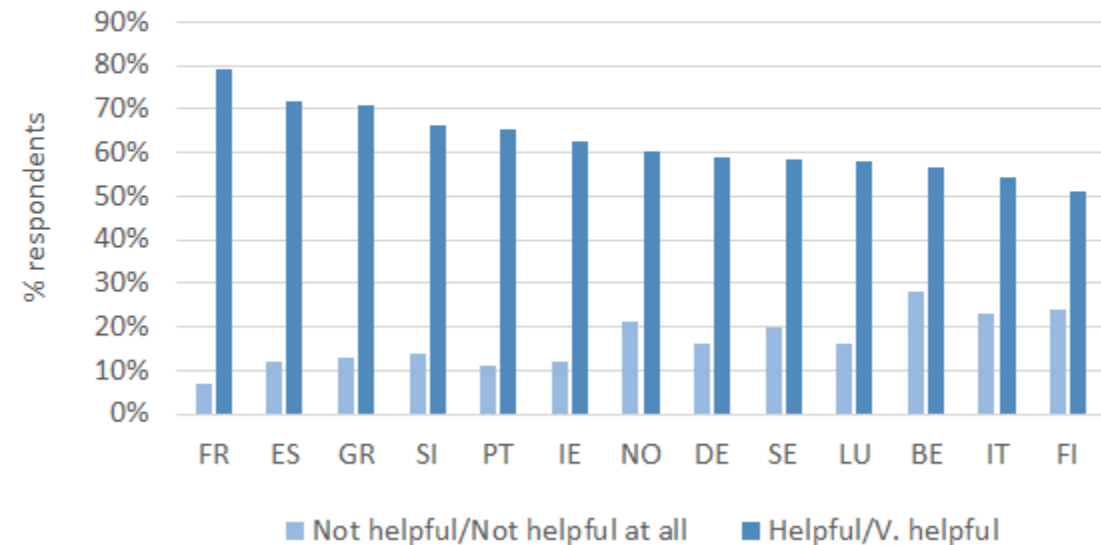
Remote care was generally well-received

How would you rate the virtual diabetes consultations you had?

Very helpful Helpful Average Not helpful Not helpful at all

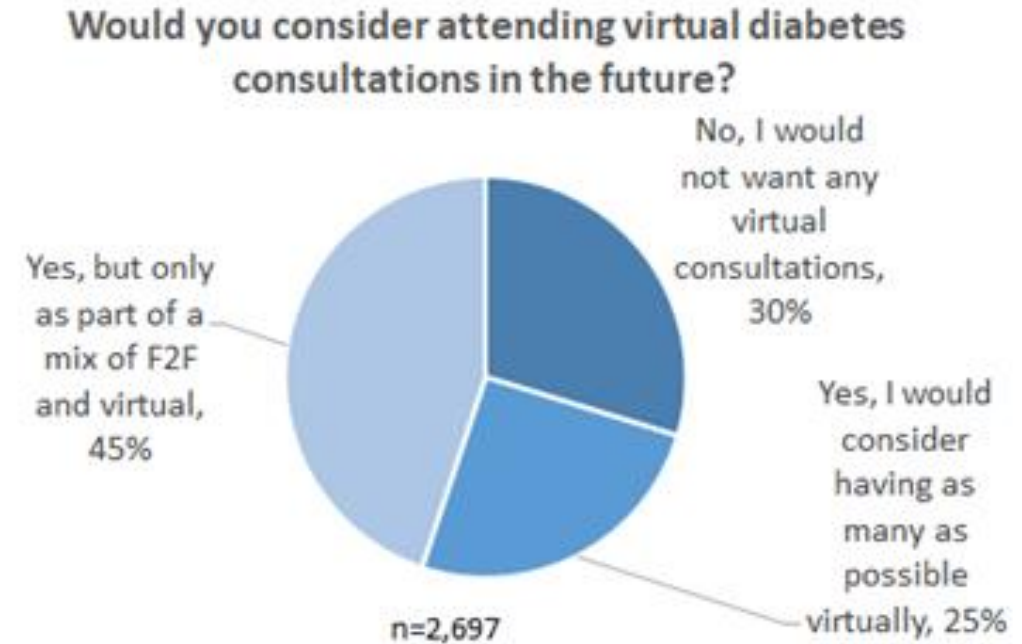
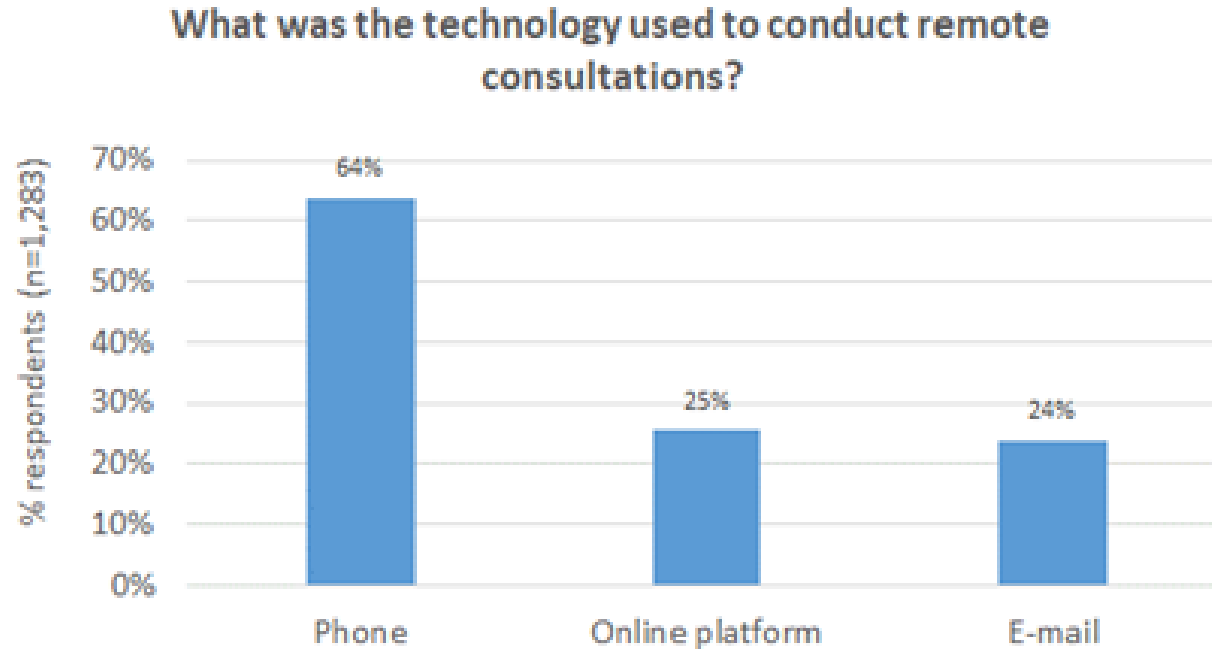


Helpfulness of virtual consultations, by country



- France, Spain and Greece were amongst the most appreciative of this mode of consultation

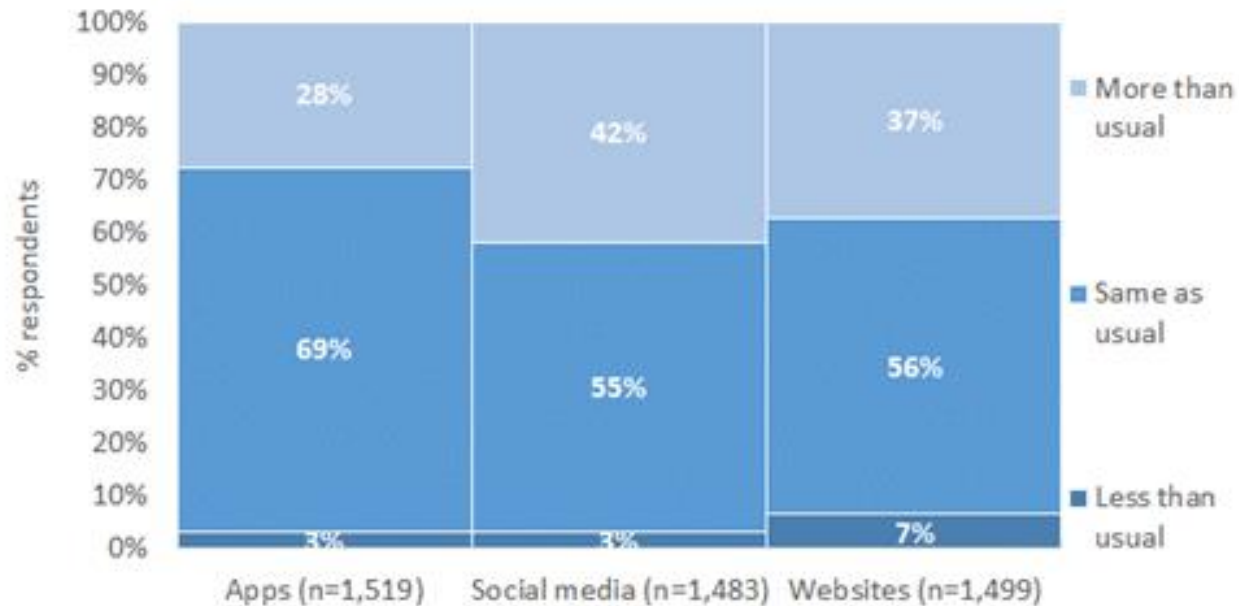
Low-tech solutions remained prevalent during the crisis, reflecting current digitalisation/virtualisation levels



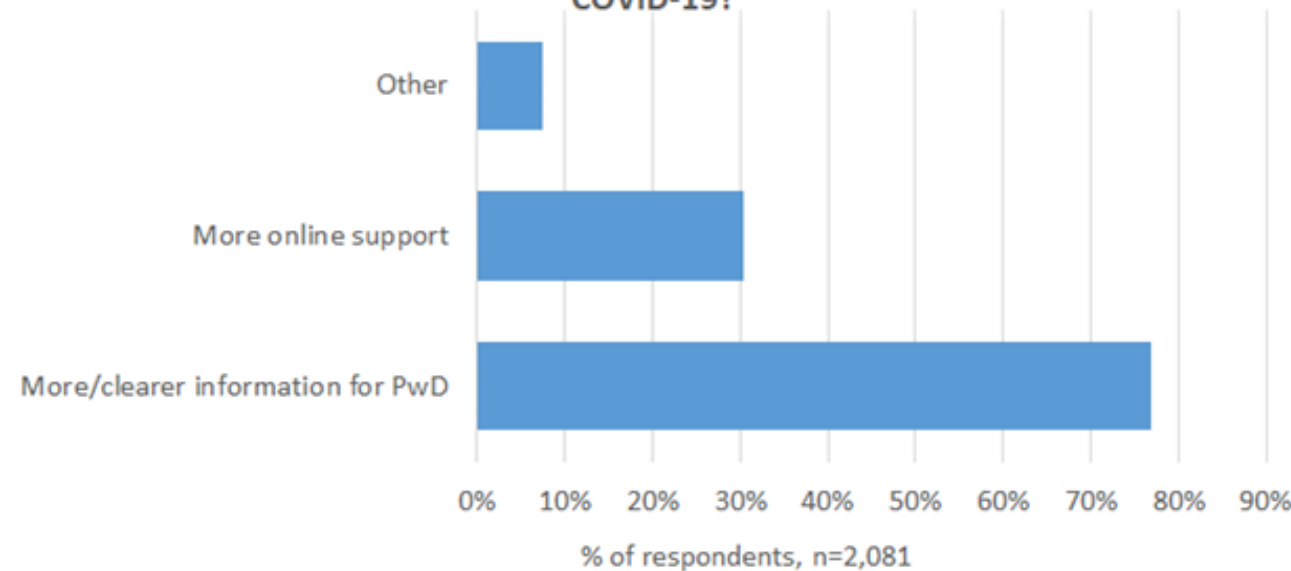
- Telephone consultations were by far the single most common form of communication during the pandemic
- About a quarter of respondents showed great enthusiasm for virtual consultations

There was a sharp rise in use of social media during the pandemic, perhaps linked to gaps in guidance

Use of technologies during COVID-19



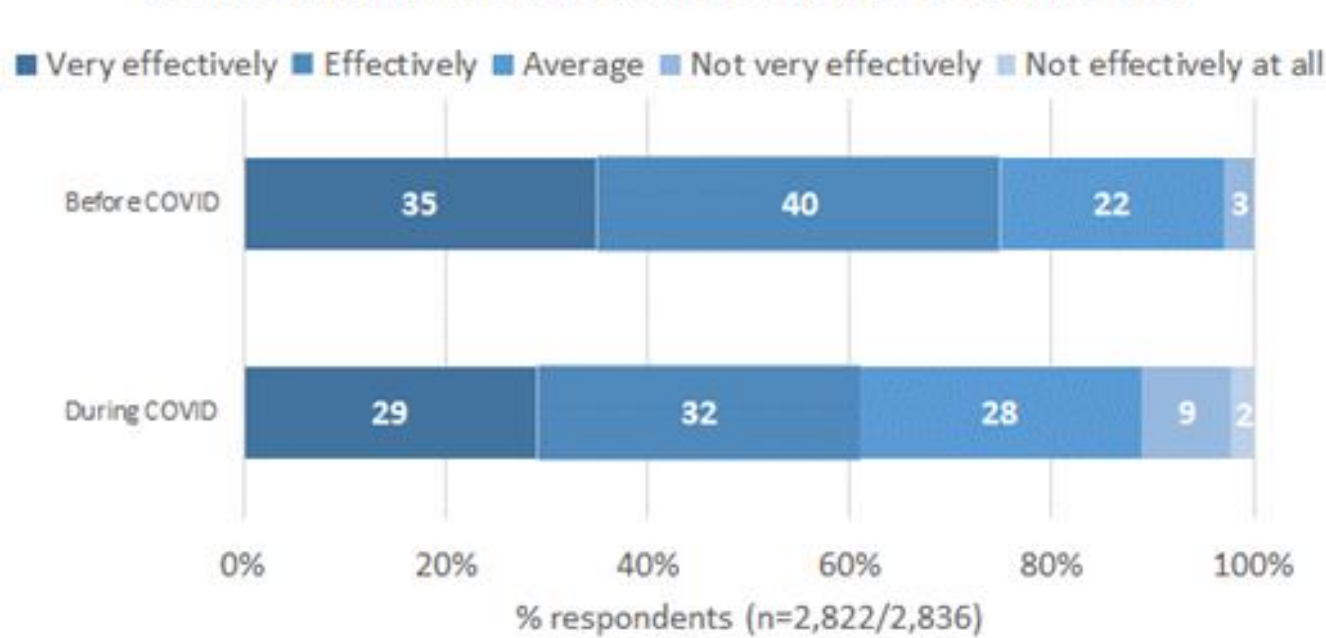
What would have helped you better manage your diabetes during COVID-19?



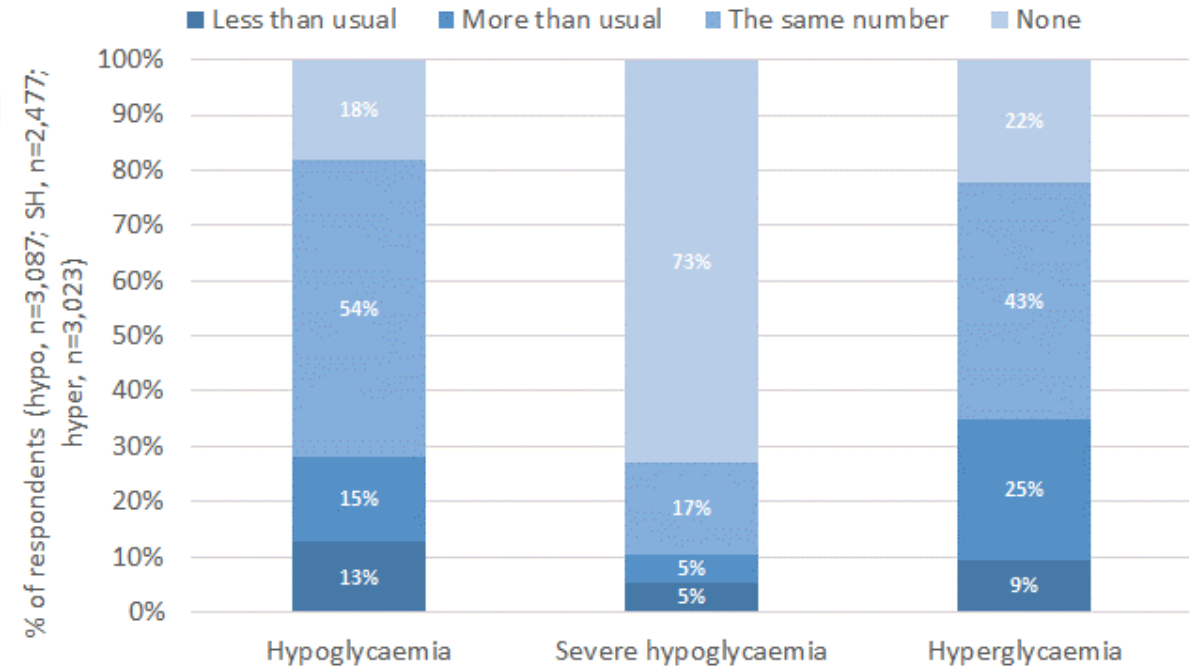
- About a quarter of respondents did not use any form of technology to support their care
- Of those that did, there was a sharp increase in use of all formats
- Clearer information was singled out as needed during the pandemic

People's ability to manage their diabetes was adversely affected across most countries

How would you rate your ability to manage your diabetes?

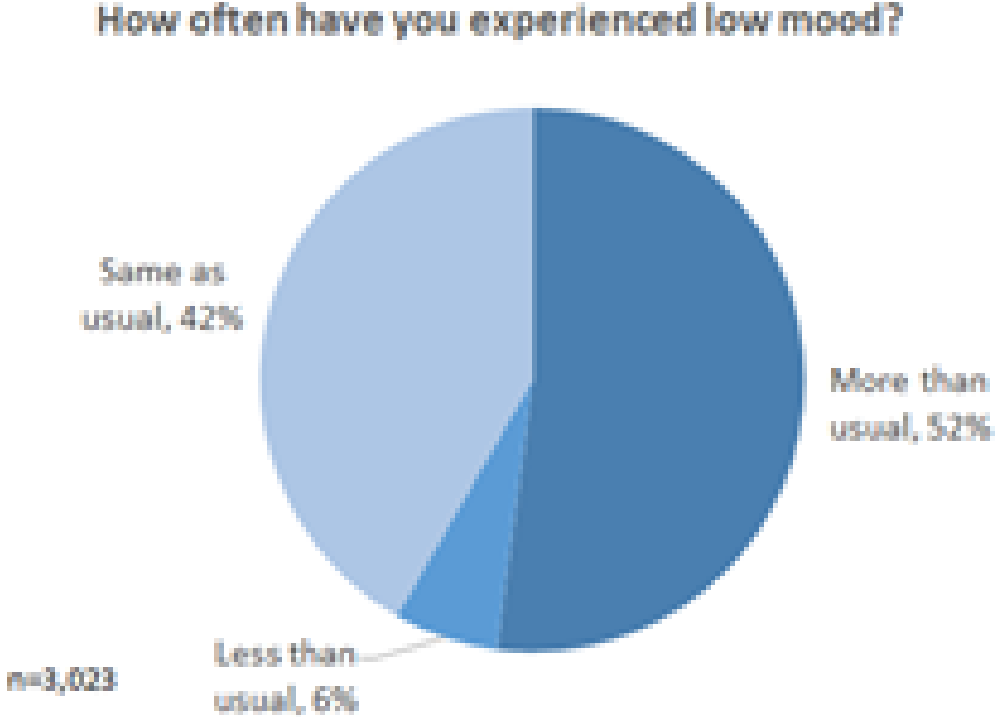
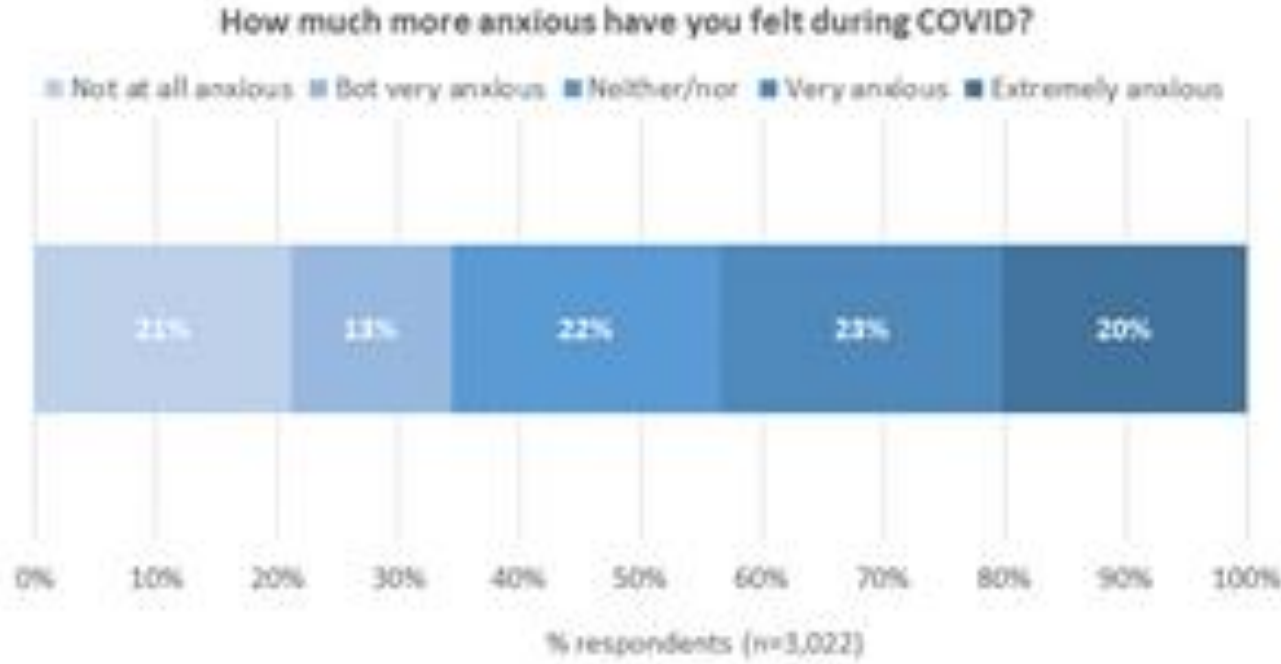


Variations in episodes of hypoglycaemia, severe hypoglycaemia and hyperglycaemia during COVID-19



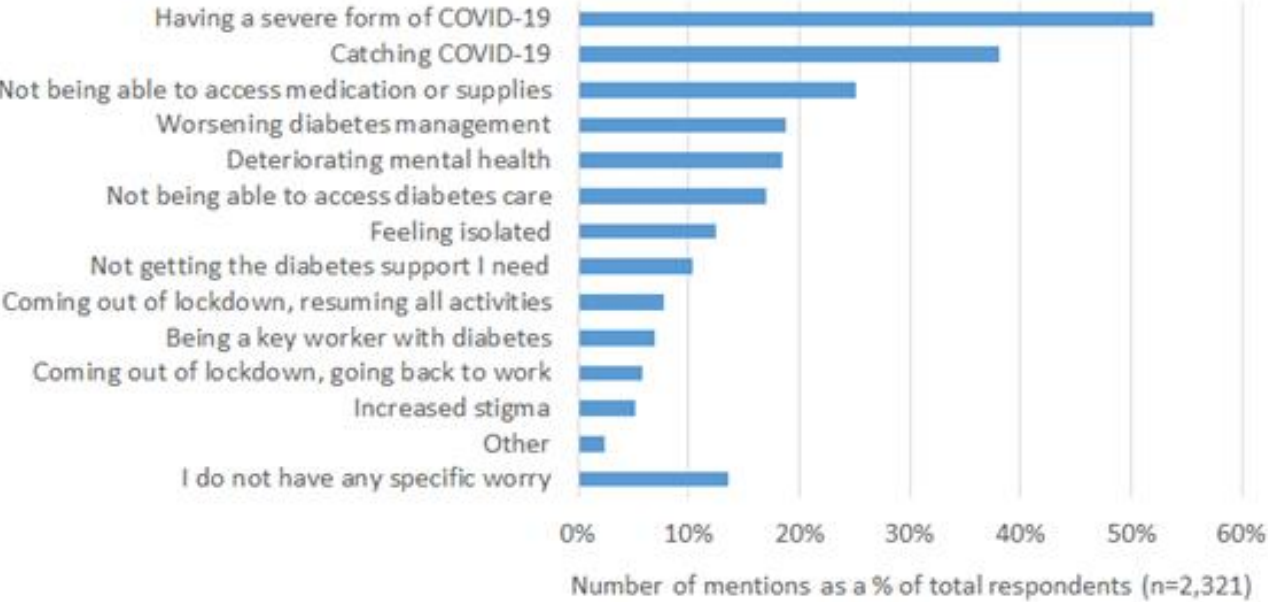
- 31% of respondents gained weight; 57% were less active; 30% reported higher variability in blood glucose levels

The pandemic and its consequences took a strong toll on the mental health of people living with diabetes

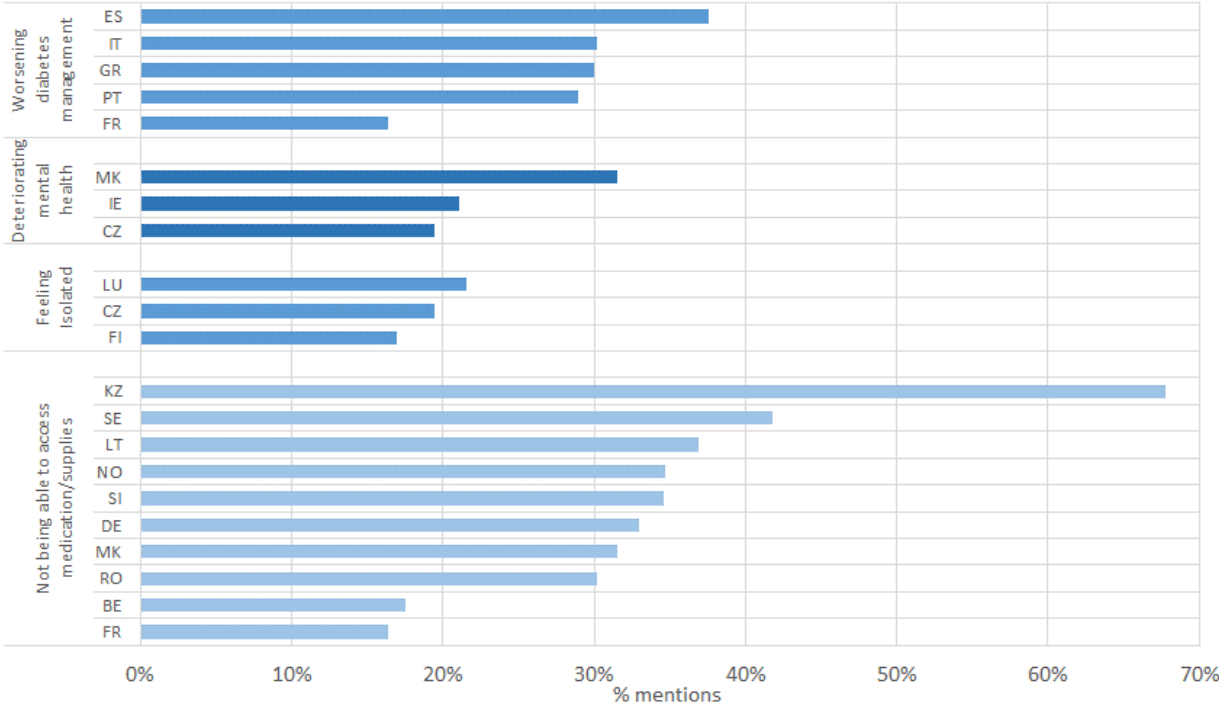


Catching COVID-19 and developing a severe form of the disease were the main worries

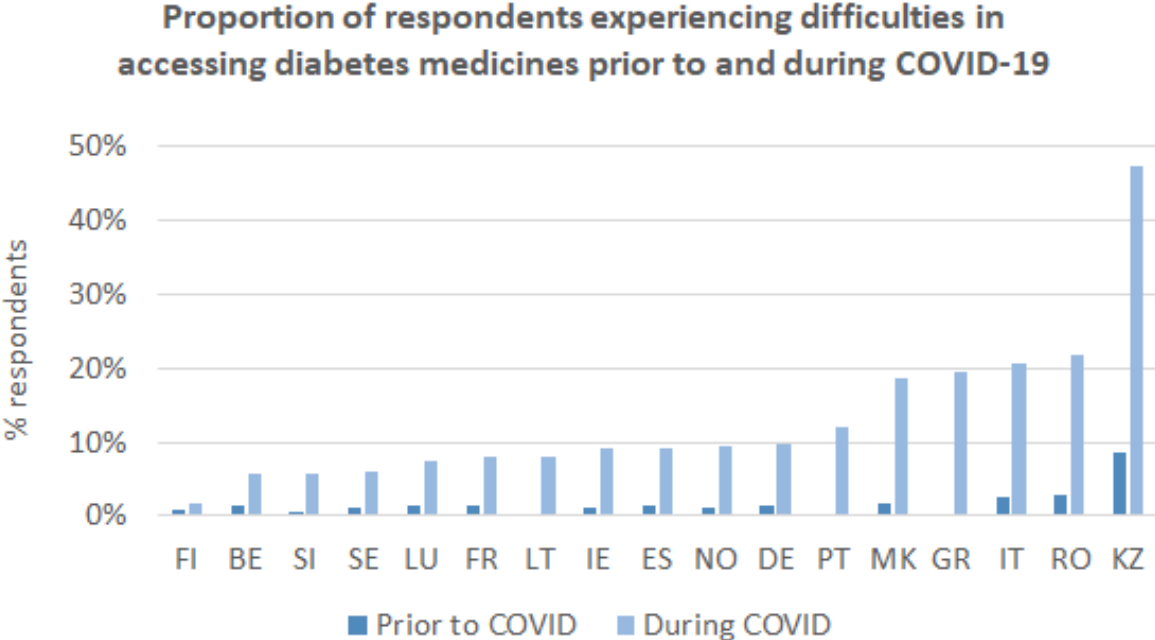
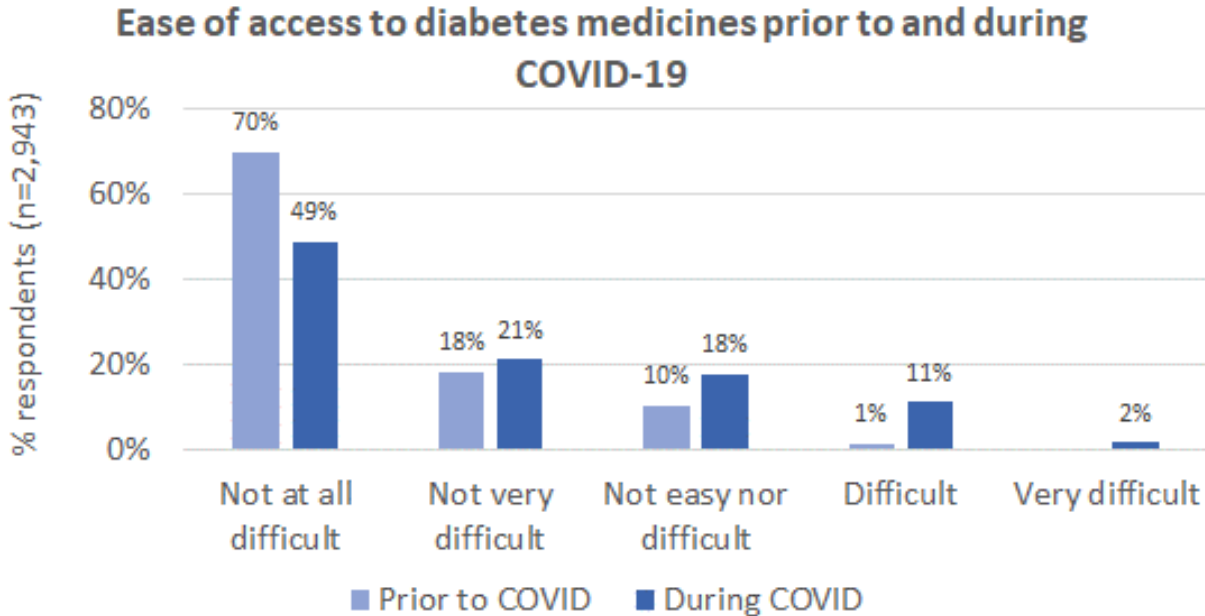
PwD's biggest worries during COVID-19



Single most mentioned worry by country (excluding fear of catching or developing a serious form of COVID-19)

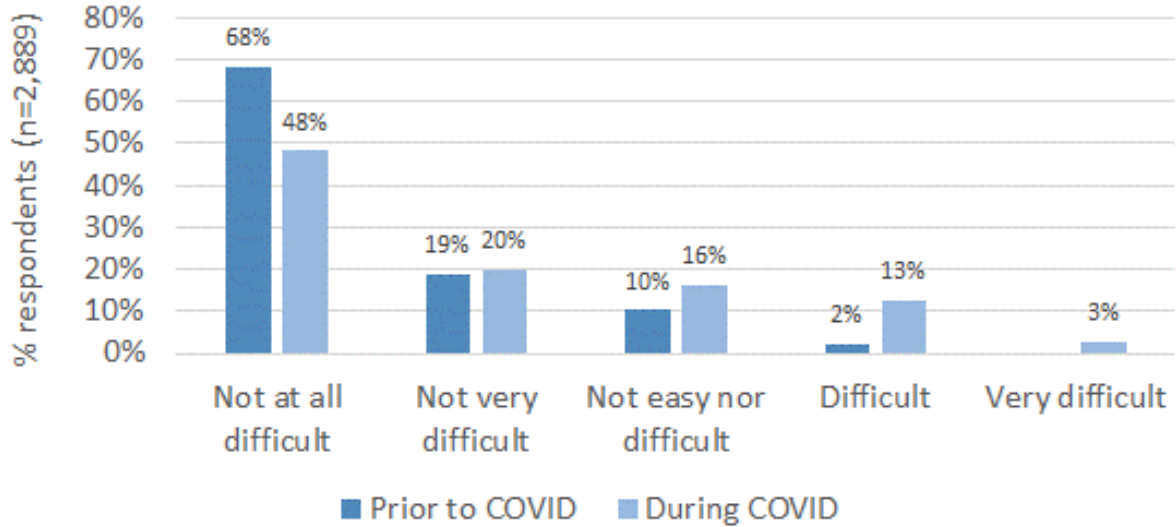


The ability of PwD to access medicines varied widely across Europe

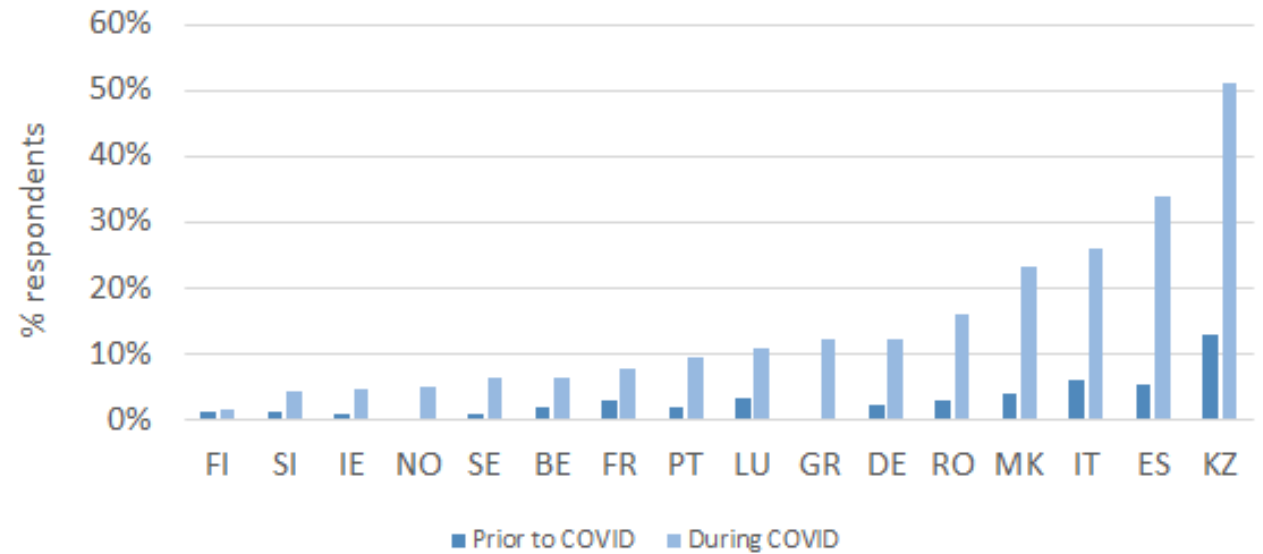


The same was true for supplies...

Ease of access to diabetes supplies prior to and during COVID-19

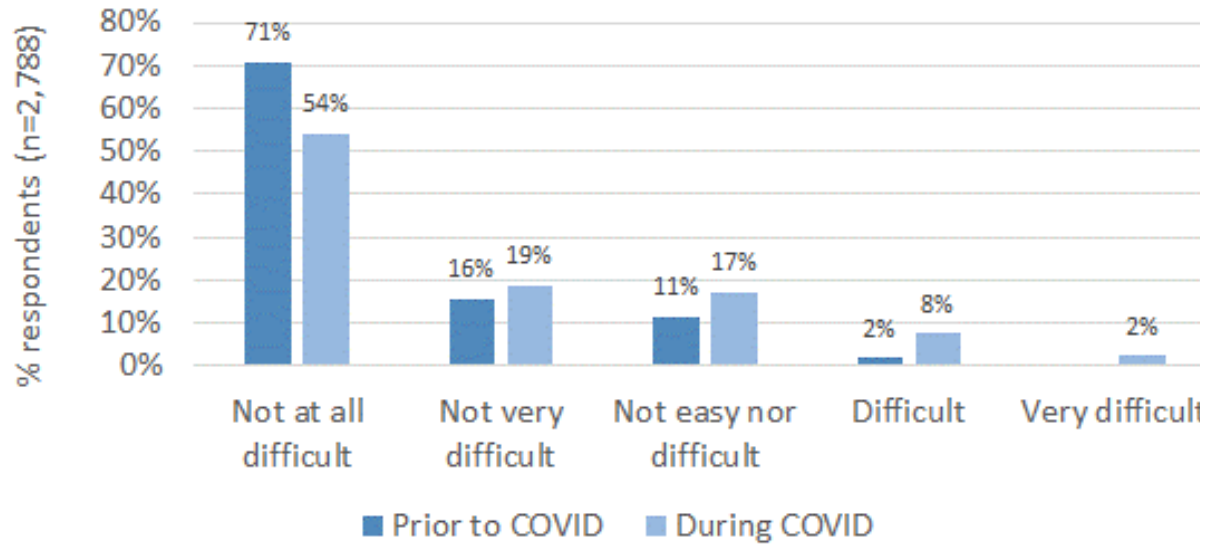


Proportion of respondents experiencing difficulties in accessing diabetes supplies prior to and during COVID-19

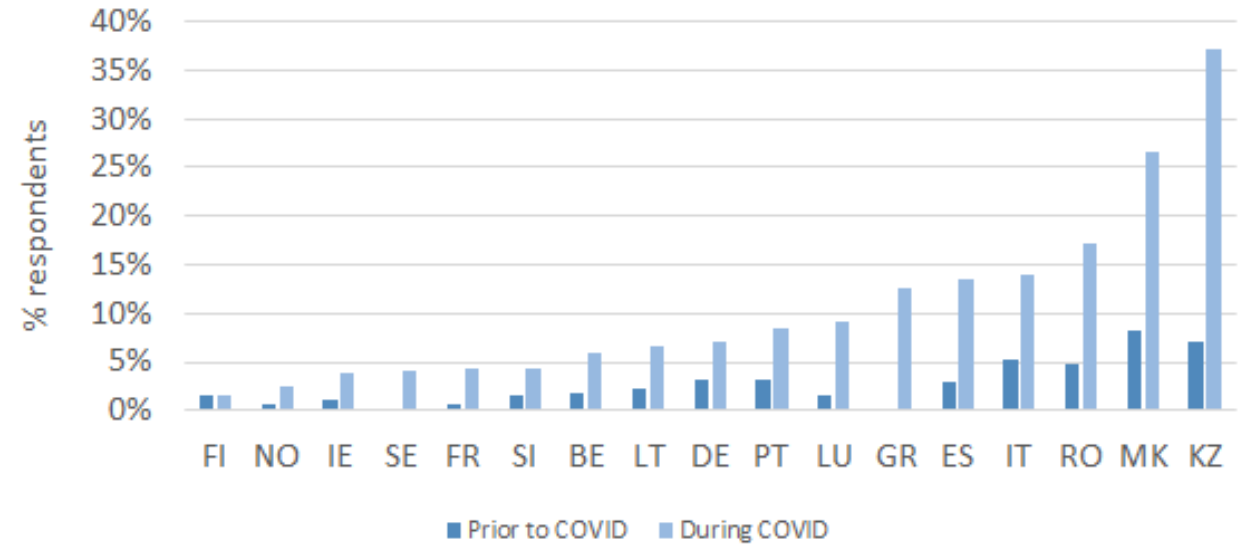


... and technologies

Ease of access to diabetes equipment prior to and during COVID-19

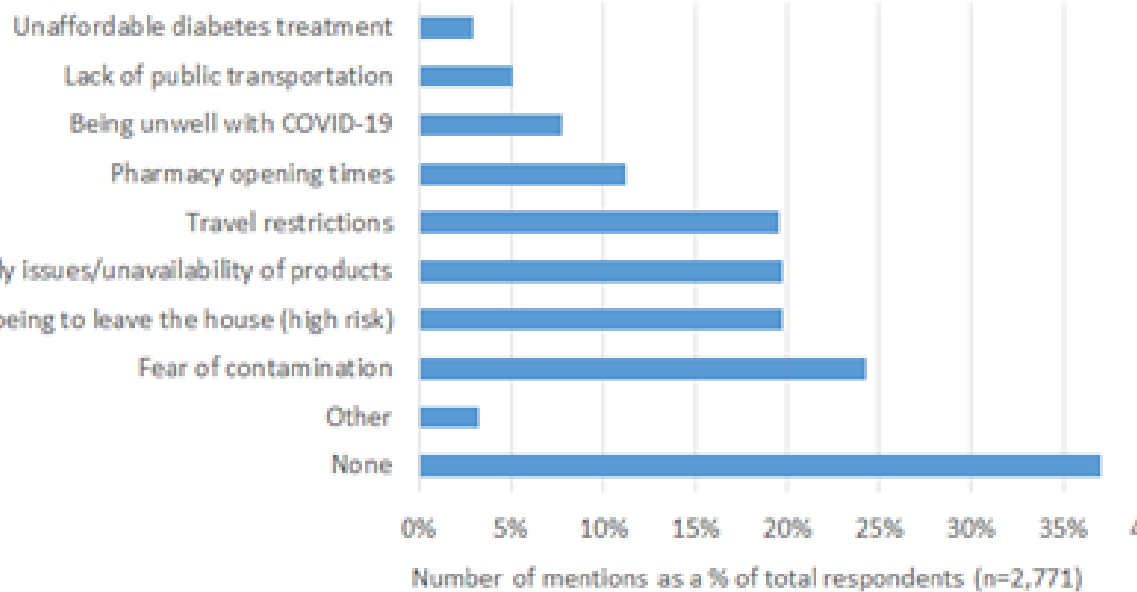


Proportion of respondents experiencing difficulties in accessing diabetes equipment prior to and during COVID-19

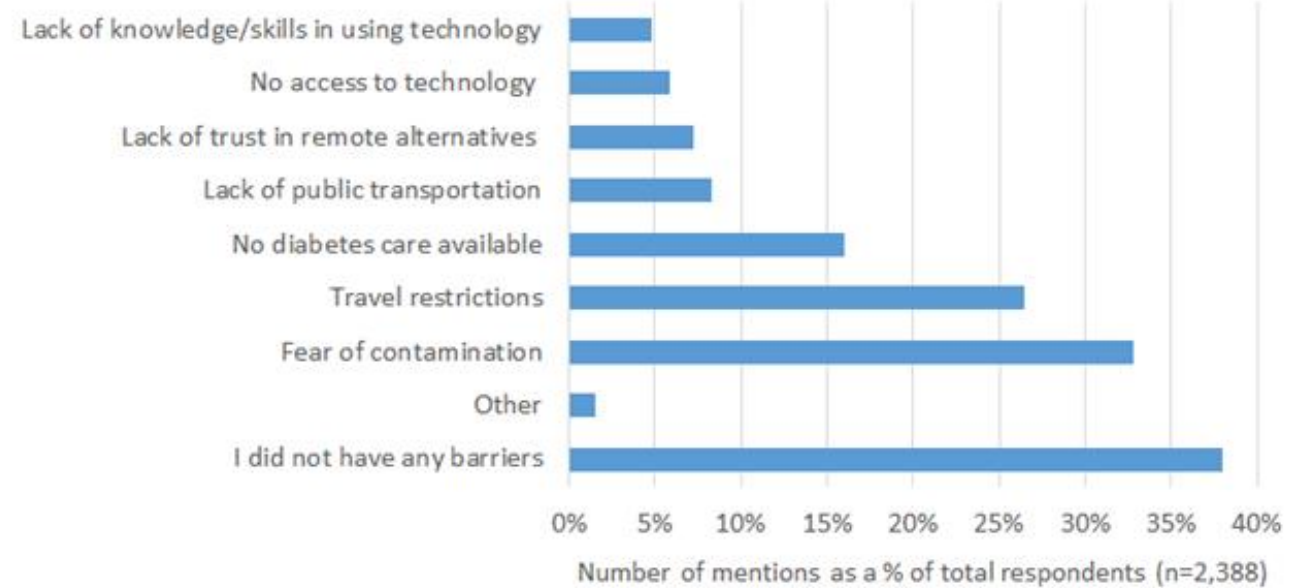


Fear of contamination was the single most common barrier to accessing medicines and care

Biggest barriers to accessing medicines, supplies, technologies during COVID-19



Biggest barriers to accessing diabetes care during COVID-19



Lessons from COVID-19 for more resilient health systems and improved quality of life and health outcomes for PwD

1. Reducing the diabetes burden through prevention of T2D and diabetes-related complications

The impact of diabetes

- 59 million PwD (expected to rise to 66 million by 2030)
- Euro148bn in diabetes-related expenditure – 75% of costs linked to complications
- Key risk factor for other NCDs

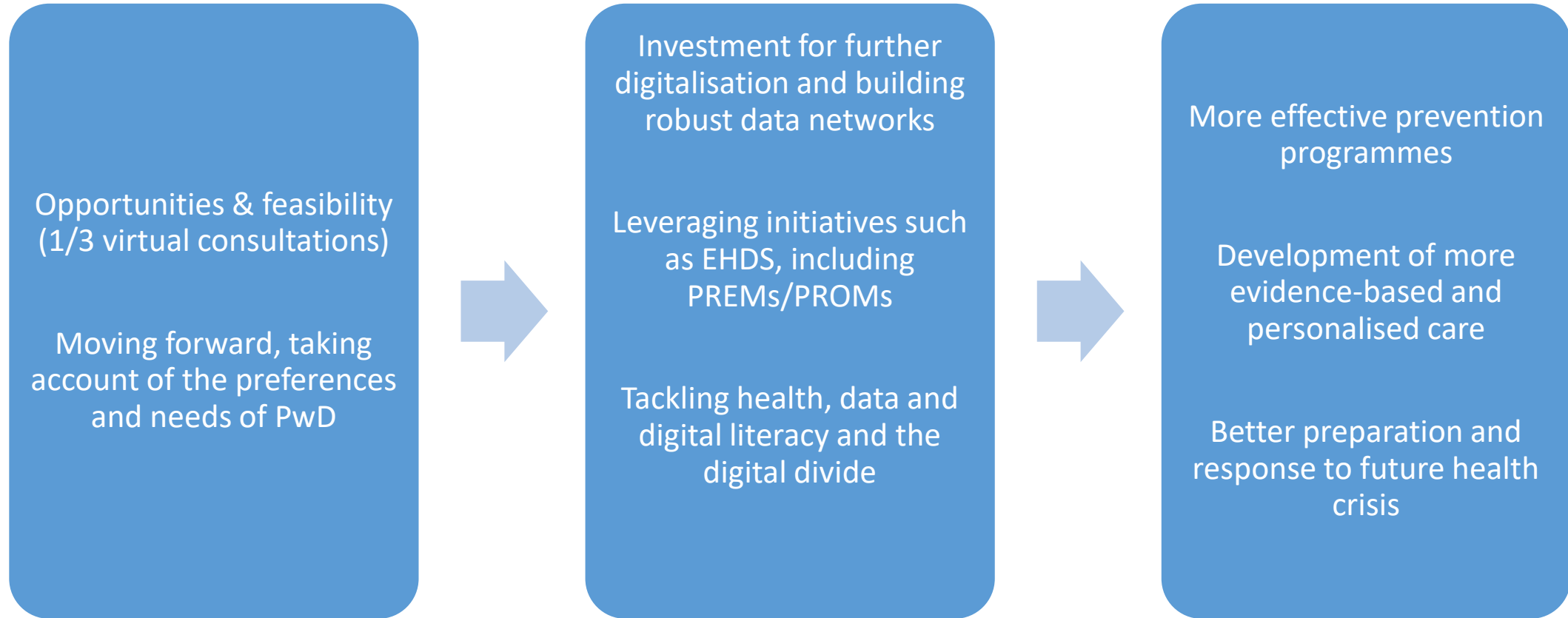
Reducing the burden

- Investment strategies focused on **prevention** rather than management:
 - Raising diabetes awareness
 - Tackling stigma and discrimination
 - Creating health-enabling environments and addressing the socio-economic determinants of health
 - Early action

Improving QoL and health systems

- Improvement in QoL
- Reduction in the economic burden of the condition on healthcare systems
- Freeing up resources for increased investment in strengthening of health systems and preventative measures
- Population better prepared for future health threats

2. Accelerating the pace of innovation and digitalisation



3. Engaging with, and supporting European citizens, diabetes associations and civil society



4. Reducing inequalities across and within Europe

Improving adequate and affordable access to care including medicines, technologies, supplies

Empowering and educating PwD

Tackling the social determinants of health & promoting equity-sensitive healthcare systems



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