



International
Diabetes Federation
Europe

A large circular collage of various photographs from diabetes-related events. The photos show groups of people at conferences, individuals at booths, people participating in outdoor activities like running, and various informational displays and banners. Some banners include text like "DIABETES UK", "WORLD DIABETES DAY", and "ADVANCING THE DIABETES TEAM".

FROM LISBON TO ABU DHABI

IDF EUROPE ANNUAL REPORT 2017

FOREWORD

Dear Friends,

The titles of our annual reports, linking cities where our General Council is taking place annually, demonstrates what is for me the philosophy of our Federation: a wonderful assembly of dedicated people and associations fighting for the same aim all around Europe. These titles are not only cities, they are milestones of our annual progresses.



As you will read in our 2017 annual report, our Federation has continued being active since we left Lisbon in November 2016 on our way to Abu Dhabi. Built around our five priorities, it is a clear demonstration of the critical role we at IDF Europe and our Members play, and the long-term strategies we are implementing to prevent diabetes and provide better living conditions for the people affected by the condition. This is illustrated by the development of our advocacy strategy, Mobilising for Diabetes, designed to provide us with the necessary tools to increase the political and financial attention around diabetes in Europe during the next ten years. For example, IMPACT, our Initiative to Mobilize Parliamentarians to Act to prevent, Care and Treat diabetes is one of the tools we use to rally parliamentarians around this fight. 11

Our future is in good hands thanks to the energy and creativity of our youth advocates. As a spinoff of IDF Europe Youth Leadership Camps, whose 7th edition took place in Romania, they have set up the YOURAH group. Under this new initiative, they organize social media and fundraising activities to promote diabetes around Europe. Their enthusiasm and experience is also often featured in the interviews we promote on selected international days, which are distributed electronically all over Europe. These news items are very much appreciated. For example, the inspiring interview with Dr Katarina Braune, former IDF young leader, on the management of refugees with diabetes in Germany on World Refugee Day was read by more than 4.000 people.

We can also observe this enthusiasm and energy to learn and share through our Staff Exchange programme. It is one of the flagship activity of IDF Europe linking our work with that of our Members. Application for 2018 is open so spread the word and send us your brightest youths!

Indeed, we will need our youth and their enthusiasm in the future to support and lead our fight. Despite our efforts, from Western Iceland to Eastern Russia, the pandemic of diabetes is spreading fast in Europe, much faster than the international political and financial mobilisation. Nevertheless, I am convinced that our efforts will soon pay off and that we will observe more and more political and financial convergence towards better prevention policies for type 2 diabetes, better care, better access to medicines and less discrimination against people living with any type of diabetes.

For the last two years, I had the opportunity to participate to several activities of our Members across Europe and meeting so many interested and motivated people. They all had extremely positive comments about the work and activities of IDF Europe. This makes me very proud and thankful to the work done every day by our 70 Members in 47 countries, our Board and our Regional Office. Everyone deserves to be thanked for their commitment, dedication and hard work. Together we are stronger, together everyone achieves more!

Prof Dr Sehnaz Karadeniz
Chair, IDF Europe

IDF EUROPE'S VISION AND PRIORITIES

On 6-7 February 2016, the newly elected Board of IDF Europe adopted its guiding vision:

*Together
advocating for diabetes across Europe
improving access to care and
creating dynamic new partnerships between
people with diabetes, healthcare providers and other stakeholders*

Five priority areas were identified, under which IDF Europe's current and future activities fall:

- Advocacy at all levels
- Communication with Members and the wider community
- Partnership with all concerned
- Unified access to care
- Youth

With a dedicated leadership at the Board and Regional Office level, IDF Europe is confident that we will continue to be an influential and effective diabetes advocate throughout the European Region.

ADVOCACY

ADVOCACY STRATEGY: MOBILISING FOR DIABETES (M4D)

IDF Europe's long-term advocacy strategy saw increased contacts with policy makers on the European Union level, with Members of the European Parliament (MEPs) being contacted in regards to IMPACT and the Diabetes Pledge. At the wider regional level, IDF Europe was able to build a network of policy makers through its work with the Committee of the Regions in Brussels. In September 2017, seven Members of the Committee of the Regions signed the Diabetes Pledge.

Equally important, advocacy efforts are also directed at institutions covering the broader European region and other parts of Europe, such as the Council of Europe, WHO EURO, the Commonwealth of Independent States and OECD, as well as targeting national governments and Members of Parliament (MP).

IDF Europe's strategic priorities include:

- the decrease of diabetes incidence and prevalence and optimum management of the condition through health promotion and prevention of the disease and its complications
- attention to research
- ensuring that the rights of people living with diabetes are fulfilled

We are aiming for maximum impact in the context of the current European political climate of deregulation and voluntary commitments, conscious of the fact that we will not achieve our aims working alone. Cross-cutting themes that contribute to our overall goal include working with youth across Europe, working in partnership with civil society, capacity-building for policy makers and advocates.

The diagram below summarises IDF Europe's Strategic Goals and Objectives over the next ten years with highlights of 2017 activities:

<i>Strategic Goal</i>	<i>To mobilise political and financial resources to a) combat the growth and burden of diabetes through prevention, improve diabetes management and control of complications, and support research and education and, b) ensure that the rights of people living with diabetes to treatment, equal treatment and healthy lifestyles are fulfilled</i>		
Specific Objectives	Objective 1. Mobilise Parliamentarians to Act to Prevent, Care and Treat diabetes (IMPACT diabetes).	Objective 2. Rally the support of key stakeholders such as in the Institutions of European Union, Council of Europe, WHO EURO, CIS and OECD to support mobilisation for diabetes across Europe.	Objective 3. Combine advocacy actions across the European Commission, Parliament and Council to result in an EU Diabetes Strategy by 2025.
Highlights of 2017 activities	IDF Europe organised two workshops where members were able to share information with policy makers. At World Diabetes Day events in the European Institutions, representatives of the IDF Europe's member associations were able to bring important issues to the attention of the Members of the European Parliament.	In 2017, IDF Europe continued to share information and remained in contact with the Council of Europe in Strasbourg. Policy meetings in the European Parliament, where IDF Europe was represented by Board Members and staff, were useful platforms to keep diabetes on the EU agenda and recruit new policy makers to the IMPACT initiative.	World Diabetes Day 2017, taking place in three different EU Institutions, together with a workshop on the effects of Brexit which will be organised on the 28 of November in the CoR allows IDF Europe to combine its efforts on a regional, national and European level. In September 2017, IDFE initiated a new and fruitful collaboration with the Committee of the Regions in Brussels.
Geographical Scope	European Region	European Region	European Union
Horizontal Priorities	H1: Mobilise Youth Across Europe to advocate for M4D		
	H2: Working in Partnership with Civil Society		
	H3: Capacity-Building for policy makers, IDF Europe and Member Organisations		

PAN-EUROPEAN NETWORK OF PARLIAMENTARIANS: IMPACT DIABETES

IMPACT diabetes, the Initiative to Mobilize Parliamentarians to Act to prevent, Care and Treat Diabetes, aims to build a network of national and European Members of Parliament (MPs and MEPs) as well as experienced policy-makers, to work with national diabetes associations in advancing diabetes prevention, treatment and care through inclusive national policies. A core element of the initiative is supporting and strengthening the capacity of IDF Members in the European region to advocate for stronger diabetes prevention and better diabetes outcomes at the national level.



With IMPACT diabetes, IDF Europe intends to pursue its contribution to a more informed political environment, where knowledge and understanding are provided by people living and working with diabetes so that effective policies are developed, adopted, financed, implemented and evaluated.

IMPACT also aims to encourage, wherever possible, stronger linkages between action at the Member State and European levels. The first activities carried out under IMPACT in 2016 were a concerted outreach to MEPs together with our Members, to reach the required number of signatures for the adoption of the Written Declaration on Diabetes, as well as outreach to MPs and MEPs to bring attention to diabetes with targeted activities on World Health Day.

These efforts continued in 2017, as more parliamentarians were contacted around World Health Day and other relevant International Days.

National and European parliamentarians and policy-makers supporting IMPACT also endorse the Diabetes Pledge. We take this opportunity to thank them for their engagement! <https://goo.gl/MfUcw8>



DIABETES PLEDGE

IMPACT diabetes: the Initiative to Mobilize Parliamentarians to Act to Prevent, Care and Treat diabetes

I PLEDGE TO LEND MY SUPPORT TO PROMOTING DIABETES PREVENTION, SCREENING, TREATMENT AND CARE BY COMMITTING TO THE FOLLOWING TASKS:

- STRIVE TO CONVENE PUBLIC DISCUSSIONS BRINGING TOGETHER PATIENTS, CAREGIVERS, CONSUMER GROUPS, PROVIDERS AND PAYERS WITH THE AIM OF IMPROVING THE LIVES OF PEOPLE WITH DIABETES AND THOSE AT RISK BY ENGAGING IN INCLUSIVE MULTISTAKEHOLDER DIALOGUES
- SUPPORT NATIONAL DIABETES ASSOCIATIONS AND NATIONAL EFFORTS TO DEVELOP / IMPLEMENT / MONITOR / EVALUATE NATIONAL DIABETES PLANS AND STRATEGIES
- SUPPORT NATIONAL INITIATIVES AIMING TO GUARANTEE EQUITABLE ACCESS TO PREVENTION AND QUALITY HEALTHCARE FOR ALL PEOPLE WITH DIABETES
- AIM TO ACHIEVE HEALTH LITERACY FOR ALL
- COMBAT HEALTH INEQUALITIES FOR PEOPLE WITH DIABETES IN ACCESS TO HEALTH SYSTEMS AND DISCRIMINATION IN OTHER AREAS OF LIFE INCLUDING EDUCATION, EMPLOYMENT AND SERVICES
- PROMOTE THE EXCHANGE OF BEST PRACTICE ON DIABETES PREVENTION AND SCREENING
- SUPPORT CONTINUOUS EDUCATION FOR PEOPLE WITH DIABETES AND THEIR CAREGIVERS ON ALL ASPECTS OF DIABETES MANAGEMENT
- LEND SUPPORT TO THE EUROPEAN DIABETES COMMUNITY AND THOSE AT RISK BY ENCOURAGING MEMBERS OF THE EUROPEAN PARLIAMENT TO JOIN THE EU DIABETES WORKING GROUP AND ACTIVELY SUPPORT ITS WORK

https://www.idf.org/images/DIABETES_PLEDGE_IMPACT_ENG.pdf

The IMPACT initiative receives support from Sanofi and Eli Lilly.

PUBLICATIONS

Position papers are developed on relevant topics and released at particularly appropriate times, such as when the issue is discussed at a national or European level. We thank Members for their input in developing these documents, which are also meant to support advocacy efforts.

IDF EUROPE POSITION ON MOBILE APPLICATIONS IN DIABETES

IDF Europe is a strong supporter of innovation in healthcare. Witnessing the emergence of mobile applications (Apps) in the field of diabetes in recent years, and given the general uptake of a connected

lifestyle, IDF Europe reflected on ‘Mobile Applications in Diabetes’ in a position paper which was published in February 2017.

The paper was noticed by researchers and policy makers at events such as the Diabetes Europe Roundtable meeting (11th April 2017 in Brussels), the Steno high level debate in chronic diseases (26th April 2017 in Brussels), was discussed by Board Member Mr. Kyle Jacques Rose at the eHealth week 2017 – ‘My eHealth, My Way: Personal Experiences in Effective eHealth Use’ – in a session organised by the European Public Health Alliance (EPHA) on 10-12 May in Malta, as well as during the IDF Europe’s pre-EASD Symposium on compliance to diabetes care (10th September, Lisbon). It is also featured in the Journal Diabetes Research and Clinical Practice.



We thank authors and reviewers which contributed to this effort. The paper is available online at <https://goo.gl/3e3eLS>

UPCOMING POSITION PAPER

A position paper on biosimilars use in diabetes - a topic very relevant to our constituency and other stakeholders, is due for the end of the year.

INTEGRATING DIABETES EVIDENCE INTO PRACTICE: CHALLENGES AND OPPORTUNITIES TO BRIDGE THE GAPS

Led by Prof Kamlesh Khunti (Leicester University), the IDF Europe 2017 Publication on “Integrating Diabetes Evidence into Practice: Challenges and Opportunities to Bridge the Gaps” will be launched at the World Diabetes Congress in Abu Dhabi, UAE, in December. Initial findings will be highlighted during World Diabetes Day events.

The aim of the publication is to map the gaps and non-adherence patterns in the implementation of evidence in practice of the management of diabetes. By mapping these gaps found in three different levels - the system level, the health care professional level and the patient level, opportunities and challenges can be identified in health systems both at micro and macro levels in order to bridge them.

The research covers a literature review, members’ survey and an analysis of social media posts. Initial results show that there are gaps in all the three sectors considered (policy and management of health systems, health care professionals, and persons living with diabetes) and identify the main barriers in each of them.

We appreciate the fruitful collaboration with IBM for offering expert support in Text Analytics and Social Media Analytics, which increased breath, depth and efficiency of the analysis.

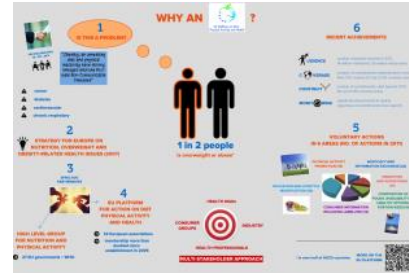
Educational grants were received from Eli Lilly, Roche Diagnostics and Sanofi for this publication.

EU Focus

EU PLATFORM ON DIET, PHYSICAL ACTIVITY AND HEALTH

IDF Europe has an ongoing Commitment in the EU Platform for action on Diet, Physical Activity and Health, related to the Feel4Diabetes project (see under EU-funded projects): to develop, implement and evaluate a community-based intervention to create a more supportive social and physical environment for lifestyle changes to prevent diabetes in vulnerable families across Europe.

The EU platform for action on diet, physical activity and health is a forum for European-level organisations, ranging from the food industry to consumer protection NGOs, willing to commit to tackling current trends in diet and physical activity. The platform provides an example of coordinated action on this problem by different parts of society that will encourage national, regional or local initiatives across Europe. For more information, please visit ec.europa.eu/health/nutrition_physical_activity/platform



JOINT ACTION ON CHRONIC DISEASES



The Joint Action on Chronic Diseases, ended in March 2017, was a Member State-led initiative looking at best practices across Europe on the prevention, promotion, treatment, and training for chronic diseases.

Type 2 diabetes was chosen as a case study exemplifying best practices in these areas. Emphasis was also placed on the development and content of National Diabetes Plans to encourage EU Member States to recognize the need for national strategies.

IDF Europe has contributed through WP7 across all levels to the Joint Action, providing expertise and involving a number of Members in the analysis of their National Diabetes Plans. The collaboration has officially ended with a final conference held in Brussels on 27-28 February. Results and outcomes from this final conference can be consulted at <http://chrodis.eu/ja-chrodis-final-conference/>.

WORLD DIABETES DAY



IDF Members in the European Region are extremely active around World Diabetes Day at the local and national level. We wish to thank them for their dedication and creativity and look forward to hearing about the activities they will be carrying out on or around 14 November!

The theme for the World Diabetes Day (WDD) 2017 is “Women and Diabetes”. There are currently over 199 million women living with diabetes and this number is projected to increase to a staggering 313 million by 2040. One in seven births is affected by gestational diabetes. Gender roles and power dynamics influence vulnerability to diabetes, affect access to health services and health-seeking behaviour for women, and amplify the impact of diabetes on women. Women play a major role in the prevention and the care of diabetes but unfortunately, do not get the credit they deserve in most cases.

Youth advocates from Europe were engaged in selected outreach, as their voice is particularly well received by politicians and policy-makers.

Below is an overview of activities we organised at major European institutions.

AT THE COMMITTEE OF THE REGIONS (26 SEPTEMBER)



For the first time in recent history of IDF Europe, a new collaboration was forged with the Committee of the Regions (CoR) in Brussels. The European Committee of the Regions represents the regions and cities in the European Union. The 28 EU Member States are represented by 350 regional and locally elected members. Six commissions cover competences in the following policy areas based on the EU Treaties:

- Employment, vocational training, economic and social cohesion, social policy, health
- Education and culture
- Environment, climate change, energy
- Transport and trans-European networks
- Civil protection and services of general interests



Hosted and supported by policy-maker Ms Birgitta Sacrédeus (Sweden), a Diabetes Awareness Day exhibition and blood glucose testing were organised on 26 September in the CoR premises in Brussels. The event was extremely well attended. More than 200 blood glucose tests were completed and 7 policy-makers signed the Diabetes Pledge, showing formally their commitment to a world without diabetes.

AT THE EUROPEAN PARLIAMENT IN STRASBOURG (13-16 NOVEMBER)

World Diabetes Day is crucial for the highlight of our high-level advocacy efforts towards Members of the European Parliament (MEPs). Hosted this year by Roberta Metsola, MEP (Malta), and chaired by Bogdan Brunon Wenta, MEP (Poland), our afternoon debate was articulated around the 2017 theme “Women and Diabetes”. It was again a great success with the participation of six MEPs. IDF Europe gave presentations on the role of women in the improvement of health outcomes (Ms Sandra Bršec Rolih, Croatia), on Diabetes in pregnancy by (Prof Nebojsa M. Lalic, Serbia), and on our IMPACT initiative Mobilising Parliamentarians to Act to Prevent, Care and Treat diabetes (Prof Dr Sehnaz Karadeniz, Turkey, IDF Europe Regional Chair). During the debate, Ms Rachel Portelli (Malta) and Ms Cristina Petrut (Romania) also shared their personal story as women living with diabetes.



At the end of the debate, six MEPs signed our Diabetes Pledge, our powerful statement on diabetes (available in seven languages on www.idf.org/europe/impact-diabetes), joining the network of 30 Members of national and European Parliaments who already signed it.

We also incorporated an exhibition containing key messages of diabetes prevention into the programme and 270 blood glucose tests were performed by IDF member, Fédération Française des Diabétiques from 14 to 16 November at the Parliament.

We thank the support from our French member association and the office of MEP Metsola.

AT THE EUROPEAN COMMISSION IN BRUSSELS (13-15 NOVEMBER)

For the second consecutive year, IDF Europe was invited to organize a lunch time presentation at the European Commission (EC), the executive body of the European Union. On 15 November Professor Konstantinos Makrilakis (Greece), spoke on the “Prevention of Diabetes in the modern era of affluent society and economic constraints” to European institutions staff members in Brussels and colleagues in other locations through live streaming.

Blood glucose testing was also offered at three EC locations over three days; the Directorate General Environment office, the Berlaymont (the landmark of the EC in Brussels) and the Atrium over a period of 3 days). Over 500 blood glucose tests were performed providing us with an excellent window to educate participants about diabetes, its prevention and complications. The exhibition on diabetes prevention



presents the key messages of diabetes in engaging graphics and various European languages. Furthermore, educational flyers on risk factors of Type 2 Diabetes were given out which allowed us to promote IDF Europe as a frontline organisation representing people living with diabetes as well as healthcare professionals.

We would like to thank Ms Viviane De Laveleye for dedicating her time during the three days of blood glucose testing and acknowledge the support from the EC’s Medical Service department for making this public outreach possible.

World Diabetes Day activities are supported by educational grants from Eli Lilly and Roche Diagnostics.

COMMUNICATION WITH MEMBERS AND THE WIDER COMMUNITY

To strengthen links and to better understand the work of Member Associations, IDF Europe Board Members were present at several annual meetings of our Member Associations.

EASTERN EUROPEAN COUNTRIES SUMMIT

UNITY FOR GOOD, 12-14 MAY, BISHKEK

The XV Summit of Heads of Diabetic Associations of Eastern European countries "Unity for the Good" was held in Bishkek, the Kyrgyz Republic between 12-14 May. The event was held at the state residence No. 1 "ALA-ARCHA". The Summit began with the welcoming speech of Svetlana Mamutova – the President of the Diabetes and Endocrinology Association of Kyrgyzstan.



The press conference was attended by Members of Parliament and representatives from the Government of Kyrgyz Republic, IDF Europe Chair Professor Dr Sehnaz Karadeniz, IDF Europe Board Member Iryna Vlasenko, delegations of countries and regional organizations.

A parallel award ceremony to veterans of the diabetic movement in the Kyrgyz Republic also took place, with the aim of praising their selfless work on protecting the rights of people living with diabetes.

A number of themes were raised during the working sessions, such as intergovernmental cooperation of the CIS countries in addressing diabetes problems, the implementation of IDF-Europe development priorities. The summit also incorporated an information session devoted to innovative technologies in diabetology and financial opportunities for non-governmental organisations.

Many thanks to Svetlana Mamutova, Rosa Sultanalieva and the entire team of the Diabetes and Endocrinology Association of Kyrgyzstan!

NORDIC COUNTRIES MEETING

NORDIC FORUM IN MIDNIGHT SUN, 9-10 JUNE, TROMSØ

37 participants from hosting Norway, Sweden, Finland, Denmark, Faeroe Islands and Iceland were gathered in Tromsø the second weekend of June for good discussions combined with arctic summer and midnight sun. And for the first time representatives from the youth organizations joined the Forum throughout the whole programme!

Friday 9 June focused on diabetes and diabetes care: “How to change the diabetes care” (based on experiences from Tromsø and Northern Norway), a short presentation of “New technology and equipment”, “Child to young adult in diabetes care” (with an interactive session) and “Living with diabetes in a psychological perspective” (by Jon Haug, who will publish a book on the topic in September). Saturday 10 June was mostly dedicated to matters such as organization, membership, democracy, cooperation between youth and the mother organization.



The professional discussions and interactions were constructive; the social part – getting to know each other better – was equally important in this Forum. The setting could not be more ideal: full arctic summer, midnight sun, mountains with snow, and nice local food. The Nordic Forum in Tromsø was successful in all matters and everyone looks forward to the 2018 edition which will take place in the Faeroe Islands.

IDF EUROPE PRIZES IN DIABETES



IDF Europe has been awarding Prizes in Diabetes since 2012 in the Long-Standing Achievement and Young Researcher categories. These prizes acknowledge the outstanding contributions made to people living with diabetes.

The jury for the Young Researcher Prize was chaired by Prof Dr Sehnaz Karadeniz, Turkey. The jurors were: Mr Alexander Mayarov, Russia, Mrs Maria Mota, Romania, Prof Dr Anna Novials, Spain and Prof Dr Peter Nilsson, Sweden. The jury for the Long-Standing Achievement Prize was chaired by Dr Niti Pall, UK. The jurors were: Prof Dr Carine de Beaufort, Luxembourg, Mrs Marjatta Stenius-Kaukonen, Finland, Mrs Elena Shelestova, Georgia and Mrs Anna Zammit, Malta.

Applications from 10 countries were received for the two Prizes. Winners will be announced and recognized at the Regional Council in Abu Dhabi on 3 December.

The Long-Standing Achievement Prize in Diabetes is supported by an Eli Lilly educational grant.

REACHING OUT

WEBSITE

IDF Europe's website got a makeover as part of IDF's website revamping allowing for a more reader-friendly orientation and integration of social media feeds. We have since then received very positive feedback from our member associations and friends in the European diabetes community about the renewal of the website. We will continue to use the website as an online platform to communicate about our latest news and events, and to engage with different stakeholders.

INTERNATIONAL CALENDAR

Diabetes is not brought to the forefront only on World Diabetes Day. The international days below give us the opportunity to communicate on diabetes and make important connections. Statements are shared in advance with Members, corporate partners, other interested stakeholders and posted on our website. <http://www.idf.org/regions/europe/news>.

- World Cancer Day (4 February)
- Zero Discrimination Day (1 March)
- International Women's Day (8 March)
- World Kidney Day (9 March)
- World Water Day (22 March)
- World Health Day (7 April)
- World Malaria Day (25 April)*
- European Patients' Rights Day (10 May)
- European Obesity Day (20 May)
- World No Tobacco Day (31 May)*
- Global Parents Day (1 June)
- International Youth Day (12 August)
- World Humanitarian Day (19 August)*
- European Week of Sport (23-30 September)
- World Heart Day (29 September)
- World Obesity Day (11 October)
- World Sight Day (12 October)
- World Food Day (16 October)*
- United Nations Day (24 October)
- World Cities Day (31 October)
- World Diabetes Day (14 November)
- Universal Children's Day (20 November)
- International Day of People with Disability (3 December)
- Human Rights Day (10 December)
- Universal Health Coverage Day (12 December)
- International Migrants Day (18 December)

(*social media only)

NEWSLETTER

IDF Europe's Newsletters provide useful and inspiring information on activities carried out by our Members and updates from the Regional Office. We thank all our Members for their contribution and for enabling us to showcase the work and activities of our network.

Issues can be accessed online <https://www.idf.org/our-network/regions-members/europe/publications-and-resources.html>



SOCIAL MEDIA



Social media is an integral part of IDF Europe's outreach. Young advocates, MPS, MEPs, policy makers, EU health community and international

organisations (such as WHO EURO, UNICEF, OECD) are important stakeholders to reach out to; communicating on relevant debates and events we contribute to making the diabetes voice heard in Europe.

During our campaign on World Health Day we received over 5000 Twitter organic impressions (appearance on newsfeeds).

The total impressions for our social media so far in 2017 are 365,475!

Facebook – 3,954 followers

Twitter – 1,557 followers

Follow us on [Facebook](#): @idf.europe and [Twitter](#): @IDFEuropeBXL

PARTNERSHIPS WITH ALL CONCERNED

To strengthen existing collaborations and to give visibility to IDF at the European level, we attend relevant meetings and give invited presentations. IDF Europe was represented at:

- Technical Workshop on Childhood Obesity (Valletta, 23-24 February)
- Diabetes UK Professional Conference (Manchester, 8-10 March)
- Optimization of methods of prevention and early diagnosis of T2DM (Tashkent, 10 March)
- EMA Joint PCWP/HCPWP Plenary meeting (London, 14-15 March)
- EPF Annual General Meeting (Brussels, 10-11 April)
- 53rd Turkish National Diabetes Congress (Kyrenia, 19-23 April 2017)
- Steno High level debate – Tackling Chronic Diseases in Europe (Brussels, 26 April)
- 2nd Diabetes Days (Dojran, 31 March-2 April 2017)
- European Commission's Biosimilars workshop (Brussels, 5 May)
- European Association for the Study of Obesity Policy Conference (EASO) (Brussels, 10 May)
- eHealth Week Malta (Valletta, 10-12 May)
- German Diabetes Congress (Hamburg, 24-27 May)
- 43rd National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases (Brasov, 24-27 May)
- EU Platform meeting for Action on Diet, Physical Activity and Health (Brussels, 1 June)
- European Patients' Forum meeting on Nutrition (Brussels, 29 June)
- European Federation of Pharmaceutical Industries and Associations (EFPIA) meeting on Health Technology Assessment (Brussels, 30 June)
- FEND Conference (Lisbon, 9-10 September)
- 2nd BRIDGE HEALTH /EUBIROD Meeting (Nicosia, 20-23 September)
- Primary Care Diabetes Europe 20th Anniversary (Lisbon, 13 September)
- World Health Summit (Berlin, 15-17 October)

INTERNATIONAL CENTRE FOR PARLIAMENTARY STUDIES ROUNDTABLE

DIABETES EUROPE ROUNDTABLE, 11 APRIL 2017, BRUSSELS

The aim of the Diabetes Europe Roundtable 2017, held on 11 April, was to bring together EU policy makers, healthcare professionals, patient groups, academic experts and healthcare players in order to examine the ongoing challenges in managing the prevalence of diabetes and to explore practical solutions to reach a consensus and implement a sustainable forward action plan.

IDF Europe was represented by Dr Stefanie Gerlach (Diabetes DE, German Diabetes Aid) who spoke about the position and strategy of IDF Europe and how they fit within the new overall European political framework. With a number of other relevant speakers and interesting topics, several themes linked to the work being done on a diabetes action plan were addressed.

STENO DIABETES CENTRE LAUNCH

TACKLING CHRONIC DISEASES IN EUROPE, BRUSSELS, 26TH APRIL

On 26 April Steno Diabetes Center Copenhagen and Copenhagen EU office hosted a high level debate in Brussels on tackling chronic diseases and in particular diabetes. The objective was to highlight the potential of effective and innovative regional ecosystems as well as cross-regional linkages in developing and implementing evidence in diabetes. In her presentation, IDF Europe Regional Chair Professor Dr Sehnaz Karadeniz noted with alarm the increasing prevalence of diabetes, and the human and economic costs associated with it. She deplored that although diabetes risk factors are well recognized, the evidence is not being effectively translated into everyday life. She finally emphasized that the ecosystem that surrounds diabetes patients should help make the disease a part of their life, and not cause additional problems.

EASD MEETING ON DIABETES TECHNOLOGY

DIABETES TECHNOLOGY, 31 MAY, BRUSSELS

On 31 May 2017 Member of the European Parliament (MEP) Bogdan Wenta (European Peoples' Party, Poland) organised, with the support of the European Association for the Study of Diabetes (EASD), a lunch debate on diabetes technology. The meeting took place in the European Parliament (EP) in Brussels.

The focus of the first part of the event was to discuss the current status of research in diabetes technology and the position of Europe vis à vis the US in terms of science and innovation. During the second part of the meeting different stakeholders reflected on the impact of the recently adopted medical device and In Vitro Diagnostics (IVDs) regulations. Board Member Ms. Cristina Petrut described in details the daily challenges of living with diabetes. To read the report visit <https://goo.gl/U4Rgxw>

WHO EUROPEAN MEETING OF NATIONAL NCD DIRECTORS AND PROGRAMME MANAGERS

TOWARDS THE THIRD DECADE, 8-9 JUNE, MOSCOW

From 8-9 June, the WHO Regional Office for Europe, in agreement with the government of the Russian Federation, hosted a meeting gathering directors, managers, policy-makers, experts as well as

representatives of relevant international organizations from the 53 Member States of the WHO European Region. The aim of the Meeting was to examine the status of the prevention and control of noncommunicable diseases (NCDs) in the Region and to assess opportunities in tackling cardiovascular diseases, cancer, diabetes and chronic respiratory diseases. Participants focused on how the experiences of those countries that have achieved a decline in deaths can spur others to accelerate progress in reduction of the NCD prevalence. Success stories and visionary scenarios presented in Moscow will be further synthesized in preparation for the 3rd United Nations Meeting on NCDs, scheduled in 2018. We would like to thank Prof Valentina Peterkova, Russian Diabetes Federation, for attending on behalf of IDF Europe and for sharing her expertise.

ITALIAN BAROMETER DIABETES OBSERVATORY FOUNDATION

10TH ITALIAN BAROMETER DIABETES & OBESITY FORUM, 4 JULY, ROME

On behalf of the IBDO Foundation, a member of EUPHA and NCDs Alliance, IDF Europe Regional Chair Prof Dr Sehnaz Karadeniz was invited as a key note speaker with a lecture on “Diabetes and Obesity global burden of disease” and the patronage of IDF Europe. The Forum saw the participation of representatives from the Italian Parliament, scientific societies and patients associations. The specific aim of this event was to discuss the current situation of the burden of diabetes and its care, and activate – together with the other countries involved – a shared and consistently updated system for the exchange of information and experiences.



EUBIROD

2ND BRIDGE-HEALTH, 21-23 SEPTEMBER, CYPRUS

The 2nd Bridge Health Meeting of the EUBIROD Network was held in Nicosia, Cyprus, 20-22 September 2017 at the University of Cyprus Shakolion Educational Centre for Clinical Medicine, hosted by the Ministry of Health of Cyprus, the University of Cyprus and the Cyprus Diabetes Association. The meeting focused on integrating the scope of clinical and epidemiological monitoring with the personal needs of people with diabetes and the goals of policy makers.

Ms Stella de Sabata, IDF Europe Regional Manager, gave an invited presentation on the role of civil society in the achievement of person-centered healthcare.

For more information on the EUBIROD network please visit: <http://www.hirs-research.eu/eubiroad.html>

EUROPEAN COLLABORATIONS

IDF Europe continues to develop and sustain relationships with key European NGOs working in similar areas, building a stronger platform to advocate together on common interests.

We work very closely at European level with the following organisations (list not exhaustive):

WHO EUROPEAN OFFICE – World Health Day, NCD regional strategy, Regional Committee, Regional meeting, World Diabetes Day

COMMITTEE OF THE REGIONS – World Diabetes Day

COUNCIL OF EUROPE – Advocacy on selected issues, e.g. migration

ECD – European Coalition for Diabetes: some advocacy activities at EU level

ECDA – European Chronic Disease Alliance: joint statement on employment of persons with chronic diseases

ECV – European Coalition for Vision and **EFAB** – European Forum Against Blindness: “*Your Eyes – Better sight Manual*”; World Sight Day, event in the European Parliament

EFPIA - European Federation of Pharmaceutical Industry Association

EMA – European Medicines Agency: Participation in the Patients and Consumers Working Party and Healthcare Professionals’ Organisations

EPF – European Patients’ Forum: Joint Action on Chronic Diseases, Policy Advisory Group

EPHA – European Public Health Alliance: Access to Medicines Working Group, policy coordination meetings

EUBIROD – European Best Information through Regional Outcomes in Diabetes: Diabetes Information System

FEND – Foundation of European Nurses for Diabetes: support to the Youth Leadership Camp; Driving better outcomes for Better Value: Launch of the early intervention toolkit

HFE – Health First Europe: advocacy activities at the EU level

MedTech Forum – Awareness-raising activities

PCDE – Primary Care Diabetes Europe - Anniversary reception on their 20th Anniversary

CORPORATE PARTNERS

Unrestricted grants from our Corporate Partners help IDF Europe deliver the work you are reading about – we wish to express our sincere appreciation to each of them for their support in the interest of the people we serve.

We met our Partners at our annual Corporate Partner Forum in Brussels on 2nd May and 24th October to exchange on the current working environments and trends, update them on our priority projects, and discuss other opportunities for collaboration. These exchanges are very fruitful, with perspectives complementing each other’s discourse. IDF Europe values these partnerships and looks forward to a continued and mutually enriching collaboration in 2018 and beyond, through meaningful and innovative projects.



Our framework for working with funding partners, our Ethical Rules for partnerships, meets the highest standards of transparency and independence. For the transparency report, please visit <https://goo.gl/FcqxAk>

UNIFYING ACCESS TO CARE

IDF EUROPE SYMPOSIUM AT EASD

ACHIEVING IMPROVED COMPLIANCE TO DIABETES CARE: THE COMMON TASK FOR CARE PROVIDERS, HEALTH SYSTEMS AND PEOPLE WITH DIABETES

More than 70 participants joined the IDF Europe's Symposium at the 53rd meeting of the European Association for the Study of Diabetes (EASD) in Lisbon, Portugal on September 10, 2017.



The Symposium addressed one of the main challenges in diabetes: improving compliance to diabetes care. Healthcare professionals and persons living with diabetes presented their perspectives on what needs to be improved in the health care systems, how the cohesion of the diabetes team can be improved and how mobile applications can contribute to improving compliance.

A recording of the symposium will be available on our website in the coming weeks.

IDF Europe booth at EASD 2017, Lisbon



As in previous years, IDF Europe was offered a booth and a meeting room at the Associations' Village by EASD in Lisbon, Portugal. Flyers on IDF Europe and its core projects were distributed during the 5-day meeting (11-15 September 2017). Visitors particularly appreciated the friendly and dynamic welcome given by our young advocates who gathered at the booth and promoted current and future youth activities supported by IDF Europe.

PUBLICATION: INTEGRATING DIABETES EVIDENCE INTO PRACTICE: CHALLENGES AND OPPORTUNITIES TO BRIDGE THE GAPS

To foster unifying access to care, IDF Europe has researched into gaps and non-adherence patterns in the implementation of evidence in practice of the management of diabetes. This leads to the identification of opportunities and challenges in health systems, at micro and macro levels, to bridge them. Please read more on page 7.

EU-FUNDED RESEARCH PROJECTS: AN UPDATE

FEEL4DIABETES - PROMOTING HEALTHY LIFESTYLE FOR FAMILIES ACROSS EUROPE

Feel4Diabetes stands for "Families across Europe following a Healthy Lifestyle for Diabetes prevention". It is a H2020 project (2014-2019) aiming to promote healthy lifestyle and prevent type 2 diabetes in families from vulnerable population groups. Led by the Harokopio University, the project includes partners from six European countries (Belgium, Bulgaria, Finland, Greece, Hungary and Spain) with the aim of developing, implementing and evaluating an evidence-based and potentially cost-effective, communal and scalable intervention to prevent type 2 diabetes across Europe.


IDF Europe is the leader of WP8, with the main role of disseminating results at the European as well as



international level. IDF Europe hosted a consortium meeting on 7-8 September 2017 and regional manager, Ms Stella de Sabata, represented the project at the annual scientific meeting of the Global Alliance for Chronic Diseases (GACD) in Buenos Aires in October.

For more information, please visit: <http://feel4diabetes-study.eu/>

EPREDICE – EARLY PREVENTION OF DIABETES COMPLICATIONS

 The project, led by the Fundación de Investigación en Red en Enfermedades Cardiovasculares (FIRCAVA) and the Servicio Madrileño de Salud (SERMAS), aims to assess the effects of a number of medical treatments and lifestyle interventions on different microvascular complications affecting people with intermediate hyperglycemia and screen-detected Type 2 diabetes. IDF Europe Board Member Professor Konstantinos Makrilakis represents IDF Europe in this project and attended meetings in Salzburg, Austria in February as well as the General Assembly in Lisbon in September to follow the latest development of the project. The recruitment and intervention is ongoing and an extension of the project has been requested.

For more information, please visit <http://www.epredice.eu/en/>

EURHYTHDIA – LIFESTYLES AND DIABETES

This 5-year project, led by the University Medical Center Hamburg-Eppendorf, ended in June 2017. It researched how changes in lifestyle will affect the internal clock, which is related to the development of Type 2 diabetes and cardiometabolic complications. Two dissemination workshops were organised on 24 May and 17-18 June, in Hamburg and Aachen, Germany, respectively. The Hamburg workshop took place within the programme of the German Diabetes Congress and was attended by over 300 participants. The dissemination session in Aachen was part of the International Taskforce for Prevention of Cardiometabolic Diseases.

Please read the release available in six languages at <https://goo.gl/ceAGci>.



YOUTH

Supporting the development of advocacy capacity of Youth, as well as encouraging knowledge sharing and replication of successful activities, is a core concern of IDF Europe. Engaged youth are role models for their peers today and will be even better positioned to be effective influencers as they progress in their professional life and civic engagement. IDF Europe is developing a Youth Advocacy Group (YOURAH) to support the empowerment of youth to engage in policy, advocacy and support activities.

YOURAH

IDF Europe's young advocates have been very active in the last few months organizing webinars on selected international world days, producing a video for the #youforG20 competition, producing a personal story for World Sight Day (12 October) and launching the second edition of eUrMOVE.



World Health Day Webinar: The first YOURAH webinar was held on April 7 and focused on the definition of depression, facts and figures around depression and diabetes, diabetes complications related to

depression as well as available support and care. Stories from the audience were shared and a very interactive Q&A session ended the webinar. To access the webinar please visit <https://goo.gl/gPRkeb>

European Patients' Day webinar: The webinar, held on 10 May, provided a general introduction on the rights of patients across Europe and was followed by a Q&A session. Another key theme of the evening was the discussion on the role of employers to improve the entrance of young people with diabetes into the job market. To access the webinar, please visit <https://goo.gl/g3Mipt>.

The **#youforG20 competition** is an initiative to support an important and promising project led by young people across the world, in view of the July G20 meeting in Hamburg. IDF Europe Young Advocates were up for the challenge, producing an inspiring video to gather online votes with the aim of securing funding for their project on peer support and education. Though perceived as an excellent project by the online community with over 1.000 votes, their proposal did not win the competition. Nevertheless, the episode demonstrated how our young advocates try the impossible for people living with diabetes!

International Youth Day webinar: To mark the annual International Youth Day (12 August), young advocates from the YOURAH group held a webinar focusing on the "Transition of Diabetes Care from Paediatrics to Adulthood" and "Diabetes and Heat", where useful tips for travelling were provided. All presentation materials and the recording of the webinar are accessible through IDF Europe's website. To access the webinar please visit <https://goo.gl/s2XjSa>

European Week of Sport Webinar: To join forces with the European Week of Sport (23-30 September) and to raise the awareness of being physically active among people living with diabetes, IDF Europe and its Young Advocates held a webinar to share tips on sports and their personal stories. To access the webinar, please visit <https://goo.gl/LxR3cJ>.

World Mental Health Day: Observed on 10th October, the theme of World Mental Health Day 2017 was mental health in the workplace. On this occasion, IDF Europe Young Advocates held a webinar to raise awareness on diabetes burnout. A general introduction on diabetes burnout followed by questions on maintenance factors (including work environment) were answered. To access the webinar please visit <https://goo.gl/c47g1K>.



World Sight Day: World Sight Day is an annual day of awareness to focus global attention on blindness and vision impairment. Currently, diabetic retinopathy is one of the leading causes of preventable blindness in working age adults, even in developed countries. Young advocate Rachel Portelli lives with type 1 diabetes and went through this very recently. In order to raise awareness on eye complications, she shared her personal story. To read her story, visit <https://goo.gl/N36J4Y>.

The YOURAH initiative is supported by educational grants from Sanofi, Medtronic and Eli Lilly.

7TH IDF EUROPE YOUTH LEADERSHIP CAMP

The 7th edition of the IDF Europe Youth Leadership Camp (YLC) took place in Cluj-Napoca, Romania, between the 10th and 16th July, in collaboration with the Federatia Romana de Diabet, Nutritie si Boli Metabolice. The organizing team welcomed 22 participants from 21 European countries for a full week of interactive workshops, presentations, and sports activities, with the aim of developing the next generation of young advocates in diabetes. The programme is available at <https://goo.gl/CDwLgS>.

As in previous years, the YLC involved a range of activities such as team building games, physical activities, presentations by the participants and workshops lead by the IDF Europe team. Topics covered included youth activism and advocacy in Europe, leadership, living with diabetes and healthcare systems in Europe.

It is no doubt that the highlight of the week was the flash mob. This was performed by the participants on 13th July in the salt mine of Turda, at 115 meters depth! The live performance was shared on Facebook and other social media platforms, attracting more than 600 views in less than a few minutes. An excellent example of their path towards more youth advocacy in diabetes!



We would like thank Eli Lilly and the Foundation of European Nurses in Diabetes (FEND), who are long-time supporters of this important initiative for young Europeans living with diabetes.

EURMOVE CHALLENGE, 2ND EDITION

This Challenge was conceived last year by a group of IDF Europe YLC participants as part of the project management workshop. The goal of the Challenge is to achieve an ‘Active year for diabetes in Europe’ because people with diabetes need to manage their disease every day, every hour, every minute of their lives.



Past Youth Leadership Camp participants and other existing online diabetes communities across Europe enthusiastically embraced this project once again, welcoming the opportunity to join forces around a highly visible awareness activity . As in 2016, the success of the challenge exceeded all expectations and 13 months of active minutes were collected. In line with YOURAH’s mission

the aim of the challenge is to raise awareness about diabetes in Europe, to promote physical activity, to strengthen the IDF Europe youth network, to highlight best practices and to encourage them to work closely with their national Diabetes Association and to strengthen the IDF Europe youth network and collaboration. Congratulations to Serbia, Greece and Portugal whose participants were the most active!

DIAEURO



Launched in 2012, the European Futsal Championship for people living with diabetes (DiaEuro) has become an exceptional annual event that raises awareness on diabetes at national and international level. In 2017 it took place in Bucharest, Romania on 16-23 July bringing together 12 Futsal teams from as many countries (Belgium, Bulgaria, Bosnia and Herzegovina, Croatia, Hungary, Kyrgyzstan, Macedonia, Portugal, Romania, Russia, Slovakia, and Slovenia).

Well done to the 12 teams that participated at DiaEuro 2017 and congratulations to the Croatian team who won this year’s edition! Matches were broadcasted live on the internet <https://goo.gl/PQ99cz>.

During her speech at the opening ceremony, Prof Dr Sehnaz Karadeniz, Regional Chair of IDF Europe, thanked all participants and reiterated the fact that DiaEuro was sending a wonderful message on the importance of sport for health. On the same note, Cristina Petrut, Board Member IDF Europe highlighted the fact that this annual event is a great way to bring attention to the worldwide problem of diabetes. Of note, DiaEuro was also attended by representatives from the Romanian Health Sector and other institutions.

GOVERNANCE

IDF EUROPE REGIONAL COUNCIL



2017 is also the year of the gathering of IDF Europe's Regional Council in conjunction with the IDF World Diabetes Congress. On top of reviewing 2017 activities, 2018 priority projects and financial issues, one important topic on the agenda is the finalization of the revised IDF Articles of Association (AoA),

which ensure adherence to Belgian law and alignment with IDF. The Regional Council will also elect new Board members to serve IDF Europe from 2017 to 2019. At the IDF World Diabetes Congress, IDF Europe will present activities and programmes relevant to the Region, highlighting possibilities for engagement and collaboration. This is an excellent occasion for learning and sharing!

BOARD MEETINGS

18-19 FEBRUARY, LONDON

IDF Europe Board Members held their first meeting in 2017 on 18-19 Feb in London, kindly hosted by Diabetes UK. Board Members discussed questions arising from the Regional Council in Lisbon, as well as the annual work plan for 2017. The meeting was followed by the first meeting of the YOURAH group.



17-18 JUNE, KIEV



On 17-18 June, IDF Europe Board Members met for the second time in Kiev, the capital of Ukraine to discuss the work plan in the next months, including highlights such as the IDF Europe Youth Leadership Camp, Symposium at the EASD and World Diabetes Day events.

Prior to the Meeting, the Board was invited to attend a Ukrainian Diabetes Federation (UDF) meeting with the Ukrainian Ministry of Health to discuss improvements for diabetes care in the country. Read more at <https://goo.gl/dz6HLp>. IDF Europe would like to thank the wonderful hospitality and opportunity provided by our member associations and the chance to have direct communications on site.

10 SEPTEMBER, LISBON

The third Board Meeting was held in Lisbon just after the IDF Europe Symposium at EASD, at our Portuguese member APDP's premises. The Board concentrated on issues related to the Regional Council and World Diabetes Congress.



IDF EUROPE BOARD 2017-2018



Prof Dr Sehnaz Karadeniz
Regional Chair
Turkey



Dr Niti Pall
Regional Chair-elect
United Kingdom



Dr Dario Rahelić
Secretary
Croatia



Ms Sandra Bršec Rolih
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Lala Rabemananjara
Regional Executive



Giulia Barengi
Policy Officer



Winnie Ko
Project Officer



Ms Elisabeth Dupont
Project Consultant



Mr Ronan L'Heveder
Advocacy Consultant

The Regional Office had the pleasure to welcome three interns in 2017. Their respective backgrounds and engagement in the diabetes community was a great asset to the work IDF Europe. Thank you all for your contribution!



Lauren Quinn
(United Kingdom)



Rachel Portelli
(Malta)



Weronika Kowalska
(Poland)

IDF EUROPE IS THE EUROPEAN CHAPTER OF THE INTERNATIONAL DIABETES FEDERATION (IDF)

WE ARE AN UMBRELLA ORGANISATION REPRESENTING 70 DIABETES ORGANISATIONS IN 47 COUNTRIES ACROSS EUROPE.
WE ARE A DIVERSE AND INCLUSIVE MULTICULTURAL NETWORK OF NATIONAL DIABETES ASSOCIATIONS, REPRESENTING
PEOPLE WITH DIABETES AND THEIR FAMILIES, AS WELL AS HEALTH CARE PROFESSIONALS.

IN 2017, IN EUROPE:

58 MILLION PEOPLE LIVED WITH DIABETES
DIABETES CAUSED OVER 477 715 DEATHS
€ 139 BILLION WAS SPENT ON TREATING DIABETES

IDF EUROPE'S VISION TO ADDRESS THIS GROWING PROBLEM:

TOGETHER
ADVOCATING FOR DIABETES ACROSS EUROPE
IMPROVING ACCESS TO CARE AND
CREATING DYNAMIC NEW PARTNERSHIPS BETWEEN
PEOPLE WITH DIABETES, HEALTHCARE PROVIDERS
AND OTHER STAKEHOLDERS

IDF EUROPE IS THE VOICE FOR THE GROWING NUMBER OF PEOPLE LIVING WITH DIABETES IN EUROPE,
THEIR CARERS AND THOSE AT RISK

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