

2018

IDF EUROPE

ANNUAL REPORT

From Abu Dhabi

To Tirana



**International
Diabetes Federation**
Europe



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FOREWORD

Dear Friends,

Every year, the title of our annual report links with the cities where our General Council is taking place. This is no coincidence; Abu Dhabi and Tirana are not only cities but also the milestone of our annual progresses. IDF Europe is a wonderful assembly of dedicated people and associations working hand in hand for the same aim all around Europe.



This year, we stayed active to strengthen the critical role we play in Europe. Built around our five priorities, we pursued the implementation of long-term strategies to prevent diabetes and provide better settings for the people living with diabetes. Our advocacy approach, *Mobilising with Diabetes*, provided us with the tools to raise the political and financial attention around diabetes in Europe. As of end of 2018, we continued to work on formulating our policy priorities, in view of the next 2019 European context.

We are also an active actor in various EU funded projects. In October, IDF Europe met for the first time with the partners of the *OPEN project*. IDF Europe is a non-academic partner of the consortium and we will bring research expertise in the first quarter of 2019. Besides, we are an ongoing partner in *Feel4Diabetes*, a study for diabetes prevention among children and we are part of the consortium in the *CarpeDiab* e-health for Type2 self-management solution.

Unrestricted grants from our Corporate Partners helped us deliver some of our activities. We kept on working closely with them, evaluating and improving our current cooperation and discussing further opportunities for collaboration in 2019.

Moreover, we have taken part in many EU high-level meetings, sharing our positions and expertise within multi stakeholder discussions and working groups. For example, we lead the Symposium on diabetes care during EASD conference and we participated actively in the EU Platform for action on diet, physical activity and health and in the WHO meeting in November.

Finally, our future is in good hands thanks to the energy and creativity of our youth advocates. The 8th IDF Europe Youth Leadership camp took place in Prague in another successful edition and the Youth Advocacy Group (YOURAH) continuously work to support the empowerment of youth to engage in policy, advocacy and support activities.

I am very proud and thankful to the work done everyday by our 69 members in 44 countries, our Board and our Regional Office. Everyone deserves to be thanked for his or her commitment, dedication and hard work. Together we are stronger!

Prof Dr Sehnaz Karadeniz Chair, IDF Europe.

IDF EUROPE'S VISION AND PRIORITIES

IDF Europe represents 69 national organisations in 44 countries across Europe. IDF Europe's vision has guided our objectives and activities in 2018 and will serve as the gateway towards the EU elections and the new European framework in 2019.

Improving the lives of people with diabetes and those at risk

IDF Europe's current and future focuses on 6 priority areas:

- Improving access to care and awareness across Europe
- Quality of Life for people with diabetes
- Empowering youth
- Preventing diabetes and its complications
- Partnerships with all stakeholders
- Increase the voice of people with diabetes on all levels (#nothing about us without us)

With a dedicated leadership at the Board and Regional Office level, IDF Europe commits to be an influential and effective diabetes advocate throughout the European Region.

FROM ADVOCACY TO POLICY

MOBILISING FOR DIABETES (M4D)

IDF Europe's long-term advocacy strategy is to continue raising awareness about diabetes as a societal challenge across the greater European region as well as creating impact in the policy arena. Over the years, we have launched different initiatives on mobilising patients, healthcare professionals, partners and policy makers to form as a strong voice to create influence.

As of 2018, the Regional Office has turned a new page and is currently working on formulating the new policy priorities. Europe and EU healthcare systems are facing unprecedented tasks from an ageing population, the digital health challenges and opportunities, and the complex political environment marked by, among others, the 2019 European elections. Thus, the office has been preparing to seize this opportunity and to further engage with stakeholders.

EUROPEAN REGION FOCUS

IDF Europe Chair and Regional Manager, Sehnaz Karadeniz and Ignacio Garamendi, participated in the Social Affairs, Health and Sustainable Development of the Parliamentary Assembly Committee of the Council of Europe on 25 June.

IDF Europe brought Diabetes perspective to the meeting and aimed at positioning the organisation to be under the Council of Europe's general policy framework to build as a consultative body for Diabetes. Our intervention and contributions were welcomed and followed with interest by the the Committee members. Special interest was given to Type 2 incidence within children and adolescents and concern was expressed concerning the epidemic figures, mainly in the mentioned age groups.

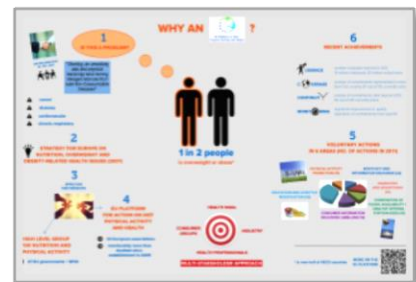
EU Focus

EU PLATFORM ON DIET, PHYSICAL ACTIVITY AND HEALTH

IDF Europe continues to collaborate closely with the EU Platform for action on Diet, Physical Activity and Health.

We participated in the Joint meeting of High Level Group on Nutrition and Physical Activity and EU Platform for Action on Diet, Physical Activity and Health on 26 October in Luxembourg. Together with other stakeholders, we discussed the recent nutrition and physical activity initiatives as well as the next steps forward.

IDF Europe is also part of the *Feel4Diabetes* EU funded study. Our on-going commitment consists in developing, implementing and evaluating a community-based intervention. The objective is to create a supportive social and physical environment for lifestyle changes to prevent diabetes in vulnerable families across Europe. It provides an example of coordinated action on this problem by different parts of society that will encourage national, regional or local initiatives across Europe.



The EU platform is a forum for European-level organisations, ranging from the food industry to consumer protection NGOs, willing to commit to tackle the current trends in diet and physical activity.

For more information, please visit ec.europa.eu/health/nutrition_physical_activity/platform

PUBLICATIONS

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

In January 2018, we officially published the IDF Europe publication ***Integrating Diabetes Evidence into Practice: Challenges and Opportunities to Bridge the Gaps*** in full. The report was first launched at the World Diabetes Congress 2017 in Abu Dhabi. Throughout the year, we have continued to promote the findings and policy implications of this publication.

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. Read the full publication [here](#).

UPCOMING POSITION PAPER

Position papers are designed to offer all stakeholders the organisation's position on core and relevant topics. These documents are thus key to support advocacy efforts and to lead the way to generate medium and long-term policy impacts.

Biosimilars is an emerging new treatment option for people living with diabetes. IDF Europe recognises not only its potential benefits but also the importance of accessing them.

Following our last published *Position on Biosimilars in the Treatment of People with Diabetes* in 2017, we are currently working on a new position statement on biosimilars use in diabetes, a highly relevant topic to our constituency and other stakeholders.

We thank our Members for their input in developing these documents.

WORLD DIABETES DAY

Every year, the World Diabetes Day (WWD) is a great occasion to raise awareness on the escalating health threat posed by diabetes at the European, national and local level.



For 2018-2019, WWD focused on the theme "Family and Diabetes". Over 425 million people are currently living with diabetes. Most of these cases are type 2 diabetes, which is preventable through physical activity, a healthy diet and healthy living environment. Families play a key role in addressing these modifiable risk factors and must be provided with the education, resources and environment to live healthily .



WDD is crucial for highlighting the high-level advocacy efforts towards Members of the European Parliament (MEPs). This year, WDD coincided with the European Parliament's plenary session in Strasbourg. At the regional office, we took advantage of the opportunity not only to raise our voice in Brussels but also in Strasbourg, through organising multiple parallel awareness raising activities.

AT THE EUROPEAN PARLIAMENT IN STRASBOURG (13-15 NOVEMBER)



From left to right: Insulet representatives, nurses from CEED, IDF Europe office and FFD in EP in Strasbourg

Throughout the week, the IDF Europe team, our French member Fédération Française des Diabétiques (FFD) and the nurses from Centre Européen d'Etude du Diabète (CEED) were present at the Flower carpet exhibition area in the European Parliament in Strasbourg. We also thank our corporate partner Insulet for their commitment and support on 13 November.

Among the various planned activities, we offered MEPs and staff in the European Parliament a blood glucose test conducted by nurses from CEED to emphasise the importance of regular testing and early diagnosis.



CEED nurses performing blood glucose tests at the European Parliament in Strasbourg

Not only supporting MEPs dropped by our stand, but also European Commissioners did! Health and transport Commissioners, Vytenis Andriukaitis and Violeta Bulc, showed commitment and tested their glucose level together with our Regional Manager, Ignacio Garamendi!



Left to right: Regional manager Ignacio Garamendi (IDFE), Transport Commissioner Violeta Bulc and Health Commissioner Vytenis Andriukaitis showing their blood glucose test results

Besides, since diabetes can be prevented and managed through a healthy diet, this year we proposed the 'Healthy bowl', a healthy and tasty option for lunch at the European Parliament restaurant.

Afternoon debate

Yet, we must mention the highlight of the week was the lunch debate that took place on 13 November. Under this year theme "Families and Diabetes", the debate was a cross-party event hosted by Francis Zammit Dimech MEP. The objective of this high-level debate was facilitate a discussion between MEPs, the Commission and social and health experts on subjects affecting diabetes such as impact of the ageing population and teachers' involvements on early diabetes management. Other MEPs from all around Europe contributed by giving their inputs on these and other subjects.

Thanks MEP Francis Zammit again for hosting us on this year World Diabetes Day and to MEPs Nicola Caputo, Marisa Matias, Anna Hedh, Roberta Metsola, Jana Žitňanská,

speakers Katarzyna Gajewska, Dr Isabelle Bourdel-Marchasson and board member Bastian Hauck for their support.



Left to right: Katarzyna Gajewska, Isabelle Bourdel-Marchasson, IDFE Regional Manager Ignacio Garamendi, MEP Anna Hedh, MEP Francis Zammit Dimech, MEP Jana Žitňanská, Board Member Bastian Hauck, Insulet representative Melanie Baxter and other debate participants

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

We also carried out awareness raising activities at the European Commission in Brussels in 13 - 15 November. Over 700 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 distributed, allowing us to promote IDF Europe as a frontline organisation representing people living with diabetes as well as healthcare professionals.



Left to right: IDFE Professional Officer Ernest Karurunga, Belgian Diabetes Association (ABD) representative Viviane de Laveleye, IDFE Policy Officer Winne Ko and IDFE Youth Advocate Weronika Kowalska

We would like to thank Viviane de Laveleye and Weronika Kowalska for dedicating their time during the three days of World Diabetes Day awareness raising activities.

Moreover, our project and policy officer, Winne Ko together with Ernest Karurunga, professional officer; offered a lunch presentation entitled "From individuals to families: key takeaways for the prevention of Type 2 Diabetes". The presentation was live webstreamed and was followed by more than 300 online users! This presentation can be viewed for the next 24 months following this [link](#).

We want to thank all our European members for their dedication and creativity at the national level during the week of 14 November.

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

COMMUNICATIONS

IDF Europe has started building a new path on communications since 2018. We believe that communications has a transversal role in all IDF Europe's activities and an accurate and studied communication strategy will result in stronger impact not only among our members, but also among policy makers, public opinion and media.

We have indeed began building a new media relations approach that will be aligned with the rest of our external communications activities and goals. Engaging with media will place IDF Europe as a reference on health and diabetes in Europe, leading to potentially higher impact at many levels. Moreover, social networks constitute channels that may bring influential possibilities and thus, we have also embarked on developing a community management strategy that will start running from 2019 onwards.

In short, 2018 has marked the beginning of a wider and ambitious plan for IDFE's communications, in which its scope include members, the wider community and media.

WITH MEMBERS

Internal communications are not only key to strengthen links between IDF members, but can also improve mutual understanding of each other's work and to enhance our conjoint influence both at national and European level. Along 2018, IDF Europe Board Members and Member Associations met in several annual meetings.

EASTERN EUROPEAN COUNTRIES SUMMIT

UNITY FOR GOOD

25-27 May. Chisinau, Republic of Moldova.

The 16th Summit of Heads of Diabetic Associations of Eastern European countries "Unity for the Good" was held in Chisinau, Republic of Moldova on 25-27 May. The event was held at the Parliament of Republic of Moldova. The Summit began with the welcoming speech of Boris Golovin – the President of



Family photography, May 2018

“PRODIAB” - the Diabetes Association of Moldova, Member of Parliament of Republic of Moldova.

Members of Parliament and representatives from the Government of Moldova joined the first day of the summit. This opening, led by IDF Europe Chair Professor Dr Sehnaz Karadeniz, Board Member Dr Iryna Vlasenko and delegations of national and regional organisations; covered topics such as the achievements and challenges on diabetes faced by the areas of Moldova and included the presentation of the project “[Development of a national network of diabetes schools](#)”, funded by the World Diabetes Foundation.



Participants of the debate in Moldova

During the meeting, participants also discussed the role of IDF Europe in improving communications and highlighted the need of involvement of policymaking organisations and of intergovernmental cooperation of the East European countries to address diabetes challenges. The summit also included information on innovative technologies in diabetology and experiences in eHealth. Novo-Nordisk was the partner of the summit.

Many thanks to Boris Golovin and the entire team of PRODIAB Association!

NORDIC COUNTRIES MEETING

Every year, the European Nordic diabetes organisations meet to catch up and exchange experiences at the Nordic Diabetes Forum. Representatives from Iceland, Faroe Islands, Finland, Denmark, Sweden and Norway met this time on Faroe Island on 7 - 9 June.

In 2018, the exchanges focused on topical subjects such as mental health and diabetes, peer to peer support, and the field of new technology, do-it-yourself artificial pancreas. The participants also shared their best practices in the form of successful and failed stories from each country.

IDF EUROPE PRIZES IN DIABETES

For the sixth consecutive year, IDF Europe prizes reward excellence, innovation, and commitment in diabetes and acknowledge individuals who are dedicated to improving the lives of people with diabetes and aim at increasing awareness.

Since 2012, two categories acknowledge these contributions: the Long-Standing Achievement and Young Researcher categories.

This year, the Long-standing Achievement prize went to the Slovenian member Zveza društev diabetikov Slovenije for its efforts towards improving diabetes education in schools. Vice



SLODA Vice President Alojz Rudolf and Secretary Špelca Rudolf receive IDF Europe long-standing achievement prize, awarded by Eli Lilly and Company

Rudolf collected the award sponsored by Eli Lilly and Company.



Prof Dr Martin Heni receives the prize from Air Liquide Healthcare representative, Communication Director Muriel Doucet

Prof Dr Martin Heni was the second winner at the venue. He was awarded the IDF Europe Young Researcher prize for his studies on pathogen of insulin resistance and type 2 diabetes and his interesting research on the effect of the hormone insulin in the human brain. Air Liquide Healthcare funds this prize.

A third prize on Innovation will be awarded as from next year.

WITH THE WIDER COMMUNITY

WEBSITE

IDF Europe's website got a makeover as part of IDF's website revamping, allowing a more reader-friendly orientation and the 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 this renewal.

We will continue to improve its user-friendliness and to enhance its role as an effective online platform to communicate with members and engage with relevant stakeholders.

Visit our [website](#)

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. This year a special edition of the [Newsletter](#) has been dedicated to the Youth Leadership Camp.

The regional office will further enhance IDF Europe's newsletter approach not only by improving its user-friendliness and layout, but also by enriching its content with a the new and more transversal approach we will address from 2019 on.

SOCIAL MEDIA

Social media is an integral part of IDF Europe's outreach. Young advocates, MPs, MEPs, policy makers, the EU health community and international organisations are important stakeholders to reach out to. Moreover, when communicating on relevant debates and events, we contribute to make the diabetes voice heard in Europe.



Facebook – 4,984 followers

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



Twitter – 1,947 followers

Follow us on [Twitter](#): @IDFEuropeBXL

INTERNATIONAL CALENDAR

Some international days are a great opportunity to communicate on diabetes, its incidence or issues affecting the people living with diabetes. We have thus identified some relevant days throughout the year that will serve us on our continuous work of raising awareness on diabetes. Our statements on these days have been firstly shared with Members and corporate partners; and secondly with other interested stakeholders and posted on our website.

Our 2018 statements have focused on the following key days:

- 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 Diabetes Day (11 November)

IDF Europe plans to identify other potentially relevant dates for 2019, following a more transversal approach of diabetes framework.

PARTNERSHIPS

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

- Patient & Consumer Involvement in EUnetHTA (Brussels, 26 January)
- European Patients' Forum Annual General Meeting (Brussels, 14-15 April)
- Joint meeting Member States and Stakeholders on front-of-pack nutrition labelling (Brussels, 23 April)
- Launch of MEP Digestive Health Group (Brussels, 15 May)
- European Chronic Disease Alliance European Parliament event (Brussels, 16 May)
- International Centre for Parliamentary Studies Roundtable – Diabetes Europe Roundtable (Brussels, 16 May)
- EASO Policy Conference - Obesity Policy in Europe (Brussels, 17 May)
- Solutions for Type 1 Diabetes and National Diabetes Plan in Europe to Improve the Life of Patients Living with Diabetes European Parliament meeting (Brussels, 6 June)



- Whole Grain for Health and Well-Being - why consumers should choose whole grain first (Brussels, 27 June)
- European Public Health Alliance Annual General Assembly (Brussels, 28 June)
- Healthier Kids in a Healthier Europe (Brussels, 20 September)
- 68th session of the WHO Regional Committee for Europe (Rome, 17-20 September)
- CityLabs Debate: Diabetes care in the digital age: accessing innovation & fostering self-care (Brussels, 21 November)

EUROPEAN COLLABORATIONS

We continue 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 closely with the following organisations (not exhaustive):

WHO EUROPEAN OFFICE

Our collaboration with the WHO European office focuses on joint communication efforts during key important dates such as the World Health Day and the World Diabetes Day. We also actively participates in WHO Europe regional meetings.

COUNCIL OF EUROPE

We actively advocated towards the Council of Europe Advocacy on selected issues such as the topical issue of migration.

EUROPEAN COALITION FOR DIABETES (ECD)

IDF Europe and the ECD work hand in hand in some advocacy activities at EU level.

EUROPEAN CHRONIC DISEASE ALLIANCE (ECDA)

IDF Europe drafted together with ECDA a joint statement on employment of persons with chronic diseases, which was presented at the European Parliament.

EUROPEAN FEDERATION OF PHARMACEUTICAL INDUSTRY ASSOCIATION (EFPIA)

IDF Europe endorsed EFPIA and joined efforts for the communications activities at the EU Health Summit in November.

EUROPEAN MEDICINES AGENCY (EMA)

IDF Europe participated in the Patients and Consumers Working Party and Healthcare Professionals' Organisations.

EUROPEAN PATIENTS' FORUM (EPF)

As member of EPF, in IDF Europe we are part of the Taskforce on Nutrition.

EUROPEAN PUBLIC HEALTH ALLIANCE (EPHA):

IDF Europe is also member of EPHA so we actively participate on the Access to Medicines Working Group and on the monthly policy coordination meetings.

FOUNDATION OF EUROPEAN NURSES FOR DIABETES (FEND)

We closely collaborate with FEND, which annually help us supporting our Youth Leadership Camp. We also met at EASD meeting to strengthen collaboration.

HEALTH FIRST EUROPE (HFE)

As member, we collaborate with HFE in common advocacy activities at the EU level.

PRIMARY CARE DIABETES EUROPE (PCDE)

Focusing on care, we collaborate with PCDE on some policy and advocacy activities. We were also invited to the PCDE meeting to present our publication *Integrating Diabetes Evidence into Practice: Challenges and Opportunities to Bridge the Gap*.

RARE DISEASES EUROPE (EURORDIS)

IDF Europe together with EURORDIS and other 13 patients organisations and federations presented a joint statement on European institutions to adopt appropriate measures to fully incorporate *Patients Meaningful Involvement in European cooperation on Health Technology Assessment*. Please read the full statement [here](#).

EUROPEAN HEALTH TECHNOLOGY ASSESSMENT (HTA) JOINT STATEMENT

IDF Europe together with 13 European patients' organisations express concern that patient involvement is not adequately considered in the ongoing negotiations on the Health Technology Assessment (HTA) Regulation. The success of this legislation and the quality of HTA at any level cannot be separated from the adequate involvement of patients, in line with other EU legislation on healthcare. That is why IDF Europe joined

the call on negotiators to open up to the possibility of involving patients in the future cooperation on HTA.

Read the full statement [here](#)

The organisations joining HTA statement are:

- AE - Alzheimer Europe
- EATG - European AIDS Treatment Group
- ECPC - European Cancer Patient Coalition
- EFA - European Federation of Allergy and Airways Diseases Patients' Associations
- EFNA - European Federation of Neurological Association
- EHN - European Heart Network
- EMSP - European Multiple Sclerosis Platform
- EPF - European Patient Forum
- EUomo - European Prostate Cancer Coalition
- IDF Europe - International Diabetes Federation European Region
- IPOPI - International Patient Organisation for Primary Immunodeficiencies
- MPE - Myeloma Patients Europe
- EGAN - Patients' Network for Medical Research and Health
- EURORDIS - Rare Diseases Europe

EU HEALTH SUMMIT

IDF Europe organised together with other 27 EU stakeholder the 2018 EU Health Summit. More than 380 EU policy makers, national authorities and health stakeholders participated in the summit, taking place on 29 November in Brussels (Belgium).



The goal was to examine the role of the *High level panellists with IDF Europe logo at EU Health Summit* European Union in helping European health systems to make the most of these opportunities for the benefit of citizens and patients, while following a sustainable path.

This multi-stakeholder event addressed key subjects such as the threats and opportunities for Health in Europe ahead of the 2019 European Parliament elections; eHealth, Health data and Digital data and the EU added-value on health, among others.

Through this gathering, IDF Europe and partners distilled recommendations for the next European Commission and European Parliament to bring the necessary changes to health.

IDF Europe contributed to 20 recommendations that you can check [here](#)

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 2 May and 24 October to exchange views on the current working environments and trends, update them on our projects, and discuss other opportunities for collaboration. IDF Europe values these partnerships and looks forward to continue and enrich them in 2019 and beyond, through meaningful and innovative projects.



Our framework for working with funding partners and our Ethical Rules for partnerships, meet the highest standards of transparency and independence.

UNIFYING ACCESS TO CARE

IDF EUROPE SYMPOSIUM AT EASD

PEOPLE WITH DIABETES AT THE CENTRE OF CARE

More than 60 participants joined the IDF Europe's Symposium at the 54th meeting of the European Association for the Study of Diabetes (EASD) in Berlin, Germany on 1 October 2018.

The Symposium addressed one of the main challenges in diabetes: **People with diabetes at the centre of care**. National diabetes associations, healthcare professionals and persons living with diabetes presented their perspectives on the roles of civil society, languages and healthcare systems in advancing the care of diabetes.



IDF Europe booth at EASD 2018, Berlin



As in previous years, IDF Europe was offered a booth and a meeting room at the Associations' Village by EASD in Berlin, Germany. Flyers on IDF Europe and its core activities were distributed during the 5-days meeting (1-5 October 2018). Staff from the Regional Office and

Board Members did a tour with one third of the 69 member associations to update mutually on recent activities. The booth also served as a central point for stakeholders to meet IDF Europe throughout the congress.

EU-FUNDED RESEARCH PROJECTS: AN UPDATE

OPEN PROJECT

IDF Europe met for the first time with the OPEN project partners on 1 October in Berlin (Germany). IDF Europe is a non-academic partner of the consortium. Our main role is to facilitate the knowledge exchange mainly in topics related to advocacy and policy and in working with policy makers. Our policy and project officer Winne Ko is leading the collaboration with the Consortium.

The OPEN project establish an evidence-base surrounding the impact of Do-it-Yourself Artificial Pancreas Systems ([DIY APS](#)) on people with diabetes and wider healthcare systems.



IDF Europe will bring research expertise in the first quarter of 2019. Learn more on our contributions to the OPEN project [here](#)

FEEL4DIABETES - PROMOTING HEALTHY LIFESTYLE FOR FAMILIES ACROSS EUROPE

Feel4Diabetes is EU-funded project under HORIZON2020 (2014-2019). It stands for "Families across Europe following a Healthy Lifestyle for Diabetes prevention" with the objective of promoting healthy lifestyle and prevent type 2 diabetes in families from vulnerable population groups.



The study, led by the Harokopio University, 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 organised a 50-people dissemination meeting at the Committee of the Regions in Brussels on 24 September.

Participants from the academia, civil society and industry had a one-day engaging conversations regarding the prevention of type 2 diabetes among vulnerable communities and children. The dissemination meeting was very positively received by the attendees and the consortium partners.

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

CARPEDIAB – PROEMPOWER TENDER – INTEGRATED E-HEALTH SOLUTION FOR SELF-MANAGEMENT OF TYPE 2 DIABETES



CarpeDiab aims to be an advanced service for type 2 diabetes management. The project, which has received funding from the European Union's Horizon 2020, expects to have an impact on the behaviour of patients and the healthcare professionals to take full advantage of the possibility that technology opens.

IDF Europe is part of the consortium that brings expertise from 6 European countries: Italy, The Netherlands, Turkey, Spain, Belgium and Germany, which leads it.

CarpeDiab will continue its activity in 2019.

For more information, please visit: <https://proempower-pcp.eu/pcp-contractors/carpediab.html>

YOUTH

IDF Europe strongly supports the development of young people's advocacy capacity , as well as encouraging knowledge sharing and replication of successful activities. 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.

8TH IDF EUROPE YOUTH LEADERSHIP CAMP

The 8th edition of the IDF Europe Youth Leadership Camp (YLC) took place in Prague, the Czech Republic between the 8-14 July, in collaboration with Svaz diabetiků České republiky, z.s. and DIAstyl z.s.

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.



Some of the 2018 camp participants

As in previous years, the YLC involved a range of activities such as team building games, physical activities, presentations by the participants and workshops led 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 on the main square in Prague. 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!



Flash mob performed in the Old Town Square, Prague

Another important outcome of this 2018 Camp was the creation of a YouTube channel, [DIAmazing Team](#), as an effort to share experience and demonstrate that diabetes must not be an obstacle.

We would like to thank the Czech diabetes organisations, the members of IDF-Union of diabetes patients and the Czech Diabetes Society for their cooperation in the organisation of this year camp.



Czech diabetes organisation, IDF Union of Diabetes and Czech Diabetes Society participants

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

Read the full YLC 2018 newsletter [here](#)

YOURAH

IDF Europe continues to lead on the development of a Youth Advocacy Group (YOURAH) to support the empowerment of youth to engage in policy, advocacy and support activities.



A key part of YOURAH's advocate activity occurs through social networks. YOURAH, as well as EurMOVE Challenge, shares its activity through Facebook and Instagram.

YOURAH social networks:



Facebook: <https://www.facebook.com/YOURAH.IDFEurope/>



Instagram: <https://www.facebook.com/YOURAH.IDFEurope/>

The YOURAH initiative is supported by educational grants from Eli Lilly.

○ EURMOVE CHALLENGE

IDF Europe's young advocates has actively continue its activity and launched the 3rd edition of eurMOVE Challenge on 14 October. The objective this year was to encourage physical activity by engaging people to exercise and track the time spent to get Europe to move 525.600 minutes by November 14, the World Diabetes Day.

This year 2018 eUrMOVE Challenge reached the finish exceeding again all expectations and becoming the most successful edition since it exists! More than 2000 participants exercised for 16.670 hours... Which is more than 23 active months!



This Challenge was conceived 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' since people with diabetes need to manage their disease every day, every hour, every minute of their lives (the score 526.600 indeed corresponds to the total minutes of a year).

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.

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 be updated] whose participants were the most active!

A key part of EurMOVE's success has been catalyzed through social networks, which have had a core role on the dissemination and engagement of EurMOVE participants:

 Facebook: <https://www.facebook.com/groups/eurmove.challenge/>

 Instagram: https://www.instagram.com/eurmove_challenge/

○ **DIATRAVELLERS**

DiaTravellers is an online platform enabling people with diabetes to meet others with the same condition across Europe. Users will be able to connect with hosts in a desired location to either couch surf, learn about local diabetes events or simply to meet over a coffee – whatever services hosts are willing or able to provide in their home country.

In brief, the project aims to create a space where travelling is made easier and safer for people with diabetes by staying connected to a local member, as well as allowing members to make international friends!



The platform, which was launched in January 2018, is a project undertaken within IDF Europe's YOURAH group.

[Visit the official website](#)

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.

DiaEuro 2018 was organised by DIADOR Diabetes Organisation from Slovakia and took place in Bratislava, Slovakia on 22-28 July and brought together 17 Futsal teams from countries all around Europe (Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Hungary, Italy, Kyrgyzstan, Macedonia, Poland, Portugal, Romania, Russia, Slovakia, Slovenia, Ukraine, United Kingdom and Uzbekistan). Well done to all the teams that participated at DiaEuro 2018 and congratulations to Bosnia and Herzegovina who won this year edition!

DiaEuro is not only about football! It is a great opportunity expand the friends network in Europe and to learn from other regional cultures. This year, DIADOR-team also organised a visit to the historical place Devin Castle by boat through the Danube River.



DiaEuro 2018 participating teams visiting Devin Castle. Bratislava, Slovakia

Many thanks to Dr Lubomir Barak and the entire team of DIADOR Association for this great edition on DiaEuro. You can read more details about the tournament [here](#).

GOVERNANCE

IDF EUROPE REGIONAL COUNCIL AND TEAM MEETING

IDF Europe's Regional Council (RC) and annual Team Meeting (TM) met this year in the beautiful city of Tirana from 23 to 25 November hosted by our Albanian member [Shoqata e Diabetit në Shqipëri](#). As an annual meeting, this was an opportunity for members, board members and Executive office to meet, take stock of 2018 activities and share practices, but also to discuss the emerging challenges, 2019 priority projects and financial matters.



IDF Europe regional council welcomed by Albanian member Shoqata e Diabetit në Shqipëri president, Florian Toti

The Vice Prime Minister of Albania, Senida Mesi welcomed the audience of more than 80 attendees representing members, corporate partners and special guests that participated in this year's edition on Access to New Therapies.

TEAM MEETING, 24-25 NOVEMBER

Former IDF Europe chair and current president of the [Hub for International Health Research](#), Prof Massi Benedetti and Medicines for Europe general director, Adrian Van den Hoven; brought their expertise on new therapies, artificial intelligence and biosimilar during the Saturday morning session. These and other new therapies experiences were discussed in the following roundtable session, where members shared their national experiences on these issues.

We also enjoyed this morning session in meeting some of our corporate partners and discussing current projects and new collaborations. Ten Corporate partners currently funds some of IDF Europe projects.

This 2018 TM continued on Sunday when, among other, members shared a new call to actions and commitments before the next RC and Team Meeting in Busan in 2019.

REGIONAL COUNCIL, 24 NOVEMBER

The RC took place in Saturday afternoon, where IDF Europe's strategy and other governance issues were discussed. The council ended with the celebration of 2018 IDF Europe's prizes ceremony, awarded this year to Slovenian member Zveza društev diabetikov Slovenije for its Long-standing Achievement and to Prof Dr Martin Heni under the Young Researcher category.

Because together we achieve more, thanks to all members for their dedicated and passionate national work for diabetes, to our corporate partners for believing that we all achieve more through cooperation and to professional colleagues for bringing their expertise to our activities throughout the year.

Last but not least, special gratitude to our Albanian member and his president Florian Toti for hosting and organising so warmly our RC and TM in Tirana.



Family photo: IDF Europe participating members, partners and speakers at 2018 Regional Council



BOARD MEETINGS

Every year, IDF Europe Board meets four times to coordinate the annual activity of the Regional office. This year, these meeting took place on:

- 10-11 February, Brussels
- 5-6 May, Mali Lošinj
- 1 October, Berlin
- 23 November, Tirana

IDF EUROPE BOARD 2018-2019



Prof Dr Sehnaz Karadeniz
Regional Chair
Turkey



Dr Niti Pall
Regional Chair-elect
United Kingdom



Prof Nebojsa M Lalic
Secretary
Serbia



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Lithuania



Prof José Manuel Boavida
Board member
Portugal



Ms Cristina Petrut
Board Member
Romania



Dr Iryna Vlasenko
Board Member
Ukraine



IDF EUROPE REGIONAL OFFICE *(Alphabetical order)*



Erin Vera | Communications officer

I lead IDF Europe communications strategy, within our core programme, IDF Europe policy and projects and activities we are partnering in.

I have a journalistic ground experience. After working in different media in Spain, I moved to Brussels as a EU correspondent. Soon, I started working on communications for the EU institutions until I decided to focus on health within non-profit organisations.

I believe in healthcare as a human right and I work at IDF Europe because Diabetes, which affects million of Europeans, must not remain silent. I believe in communications as a key step to achieve better health outcomes for all.

Ernest Karuranga | Professional officer

I support IDF Europe research and projects, providing scientific insight within our programmes while involved in IDF Europe projects and policy activities.

Over seven years of medical and public health experience. I practiced medicine and carried out epidemic disease surveillance activities for public health in Kigali, Rwanda. My passion for improving health and patient empowerment brought me to IDF Europe.

I believe that educated and informed population is the surest ways of promoting health.



Ignacio Garamendi | European Regional Manager

I manage and lead IDF Europe creating impact and influence at European and country level, engaging with Members and in coordination with the Board.

I have led for profit and non- profit Companies and Organizations in Pharma and Biotech and Food and Drink as Director General and as President with National and International scope, with an accent on Innovation, Strategy and Governance.

I foster sharing knowledge and co-creation with stakeholders as the way to grow in consensus and value.

Lala Rabemananjara | Regional executive

My main responsibility is to support the European Regional Manager in the direction, coordination and overall management of the regional office. I coordinate and organize IDF Europe annual activities.

Prior to join IDF Europe in 2002, I worked at the European Commission and before that, I had experience on marketing and advertising fields.

I believe in the importance of strengthening members and empowering young advocates. My moto: Tomorrow is another day.



Winne Ko | Project and Policy officer

I advocate and push for policy changes on the priorities of our Member Associations, both at the EU and the broader European level.

My background is in political science and public health, which gives me a solid understanding the EU policy-making process as well as the importance of healthcare, both in terms of health policies and scientific research. Prior to joining IDF Europe, I have worked for a few Brussels-based health advocacy NGOs.

Coming from the cancer world, I believe that there are many opportunities for IDF Europe to lead on making real changes to improve the lives of many in Europe.





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

WE ARE AN UMBRELLA ORGANISATION REPRESENTING 69 DIABETES
ORGANISATIONS IN 44 COUNTRIES ACROSS EUROPE.

WE ARE DIVERSE AND INCLUSIVE MULTICULTURAL NETWORK OF NATIONAL
DIABETES ASSOCIATIONS REPRESENTING PEOPLE WITH DIABETES AND
THEIR FAMILIES, AS WELL AS HEALTHCARE PROFESSIONALS

A large, thick blue circular graphic that frames the central text.

IN 2017, IN EUROPE:

58 MILLION PEOPLE LIVED WITH DIABETES

€139 BILLION WAS SPENT ON TREATING DIABETES

DIABETES CAUSED OVER 477 715 DEATHS

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