



International
Diabetes Federation
Europe

IDF EUROPE ANNUAL REPORT 2020

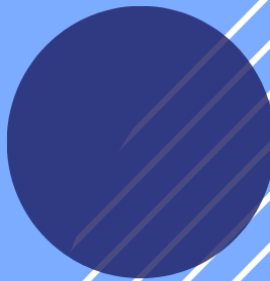


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FOREWORD

It gives me great pleasure in writing this foreword to the annual report for IDF Europe.

It has been an extraordinary year for us, we started the Biennium and almost immediately after our first board meeting COVID-19 hit us and a global pandemic started to unfold.

We saw the devastating effects of the virus on people living with diabetes in almost every country in Europe, and the effect on planned care and routine appointments with people struggling to get access to healthcare professionals the way they were used to.

However, we also saw a rapid uptake of digital technologies, of an extraordinary effort by healthcare professionals to move services into the community away from hospitals that patients could not access for a variety of reasons.

We summarise this in a COVID-19 survey carried out across Europe that many of our members contributed to.

We set out a plan for this board which is in the body of the annual report and have delivered this in these challenging times. I would like to thank Professor Lalic, President elect, and the whole board for being available to do this work virtually, we meet for shorter board meetings but more regularly online. We have held corporate partner table meetings and found a good engagement platform with our very generous corporate partners. I thank them for holding faith with us and supporting us.

We launched our MEP platform at the WDD and thank Christel Schaldemose and Sirpa Pie-

tikäinen for chairing this.

We also celebrated this year the Year of the Nurse, extraordinary healthcare professionals that have helped improve the lives of so many people with diabetes and contributed to the development of multidisciplinary care. Our partners Fend have supported us generously in this effort.

Our Youth Leadership Lab replaced the face to face meeting we usually have and what successful experiment that has been thanks to all the young leaders, chaired by Uroš Bogdanović.

It has been a demanding difficult year, but we have strengthened our governance, kept ourselves financially stable, advocated for people with diabetes, contributed to thought leadership across Europe. None of this was of course possible without the support of the Staff at our office and most of all you, our member associations. I look forward to working with you collaboratively for the future.



Dr. Niti Pall -
Chair, IDF Europe

Uniting the Voice of People living with Diabetes



IDF EUROPE
Vision: to improve the lives of people with diabetes
Mission in Europe: to unite the voice of people with diabetes and to engage all stakeholders in creating a person-centred diabetes ecosystem.

IDF Europe is a federation representing 70 national organisations of people living with diabetes (PwD) and/or healthcare professionals in 44 countries across Europe. In early 2020, to better reflect its ambitions and the current realities of the European diabetes landscape and operating environment, **the IDF Europe Board for the biennium 2020-2021 reviewed the Federation’s Vision and Mission for the European Region.** As part of this, IDF Europe’s primary objectives were re-defined as:

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

In March 2020, to support the realisation of these objectives, and following a consultation process with its Member Associations, IDF Europe’s Board Members approved a new Operational Plan, articulated around three themes and three channels.

IDF EUROPE IS THE EUROPEAN BRANCH OF THE INTERNATIONAL DIABETES FEDERATION. AS AN UMBRELLA ORGANISATION IT SERVES 70 MEMBERS – NATIONAL DIABETES ASSOCIATIONS REPRESENTING BOTH PEOPLE LIVING WITH DIABETES AND HEALTHCARE PROFESSIONALS		
VISION	IMPROVING THE LIVES OF PEOPLE WITH DIABETES	
MISSION	TO UNITE THE VOICE OF PEOPLE WITH DIABETES AND TO ENGAGE ALL STAKEHOLDERS IN CREATING A PERSON-CENTRED DIABETES ECOSYSTEM	
PRIORITY OBJECTIVES		
IMPROVING ACCESS TO CARE AND QUALITY OF LIFE FOR PEOPLE WITH DIABETES (PwD)		
INCREASING THE VOICE OF PwD ON ALL LEVELS (#NothingAboutUsWithoutUs)		
REDUCING DIABETES INCIDENCE AND PREVENTING COMPLICATIONS		
FOCUSED THEMES		
ACCESS to the appropriate and affordable diabetes medicines, technologies, devices and care throughout Europe	INNOVATION in diabetes care and advanced therapies including new technologies as well as digital health and personalized medicine	PRIMARY AND SECONDARY PREVENTION including through integrated healthcare systems and improved national plans including monitoring frameworks
PRIORITIZED CHANNELS		
EMPOWERED YOUTH		
STRONGER PARTNERSHIPS WITH ALL STAKEHOLDERS		
GREATER POLITICAL VISIBILITY		

Impactful advocacy for stronger political action

IDF EUROPE'S NEW ADVOCACY STRATEGY

Influencing pan-European and national policy through impactful advocacy to improve the care and quality of life of people living with diabetes is central to all IDF Europe activities.

To ensure its advocacy work remains impactful and leads to the required policy changes, IDF Europe re-defined its advocacy strategy in 2020, with a greater focus on collaboration and on ensuring that the voice of people living with diabetes continues to be heard loud and clear, at all levels. Part of the challenge in fostering greater public awareness and policy action lies in the prevalent misconception (and subsequent dismissal) of diabetes as a lifestyle disease. In turn, this leads to the condition not being given the political attention it deserves, while also placing the responsibility for the prevention and care of the disease solely on the individual.


To tackle these challenges, IDF Europe's new advocacy strategy reframes the diabetes narrative around three key messages (see opposite frame).


Alongside this, IDF Europe is working very closely with a number of key stakeholders across Europe to gain greater political mindshare — Member Associations as well as people living with diabetes, international institutions and organisations (e.g. European Union, WHO Euro, OECD, etc.), other NGOs and the private sector.


A major initiative in 2020 is the rekindling of the Diabetes MEP Interest Group, which will be announced at the IDF Europe World Diabetes Day event on November 17 and will have its full launch on January 22, 2021, to mark the start of the Centenary of the Discovery of Insulin Campaign. In parallel, IDF Europe has continued its outreach to national and pan-European policy-makers, notably seeking to influence the content and scope of the EU's new EU4Health Programme.

Revised Narrative


No population group is immune to diabetes


 Close to 10% of adults (59 million) live with diabetes. This is forecast to increase to 66 million by 2030.

 296,500 children and adolescents (0-19) live with Type 1 Diabetes; and more than 30,000 new cases occur each year.


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


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

 465,900 adults died from diabetes and its complications in 2019; close to a third were under 60.

 The life expectancy of people living with Type 2 Diabetes is up to 10 years shorter compared to that of people not living with the disease.

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

 More than 40% of adults living with diabetes were undiagnosed (24.2 million).

 The cost of diabetes-related health expenditure was estimated at €147.9 billion.

REGIONAL FOCUS

IDF Europe has been very active since the beginning of the year in redefining and reinvigorating its advocacy actions at a pan-European level.

EU4Health programme



The COVID-19 crisis has brought to light the weaknesses of European health systems. In response to this, the European Commission (EC) announced the launch of a major, new health programme for the period 2021-2027—EU4Health.

On Monday December 14, the European Council and European Union reached a deal on the EU4Health programme. Over 20% of the 5.1 million budget allocated to the programme will be reserved for disease prevention and health promotion. IDF Europe welcomes this move.

Before the summer, IDF Europe conducted a major outreach campaign to the European Commission and Members of the European Parliament (MEPs) on the proposed Programme. The EU4Health EC proposal represented a step change in EU's approach to health, and signalled its ambition to truly place health at the heart of EU policy to protect EU citizens and build resilient health systems in Europe.

In response to the Commission's Proposal and the European Parliament's draft report, IDF Europe shared its views on the proposed programme with DG Santé and several MEPs. IDF Europe also submitted several amendments to the proposal. IDF Europe's considerations on the text and proposed amendments, which takes into account comments received following consultation with our Members, can be found on our [website](#).

Following the agreement reached in July by the

European Council to cut down drastically on the programme, and ahead of the next round of negotiations within the EU institutions, IDF Europe also contacted several European health attaches and Ministers of Health/Finance to reiterate the need for a strong EU programme.

WHO Europe's 70th Regional Council



On September 14 and 15, IDF Europe attended the virtual 70th session of the WHO Regional Committee for Europe (RC70), the Region's annual decision-making meeting. Health ministers and high-level representatives of the 53 Member States of the WHO European Region, along with partner organisations and civil society, virtually met to discuss a new vision for health in Europe.

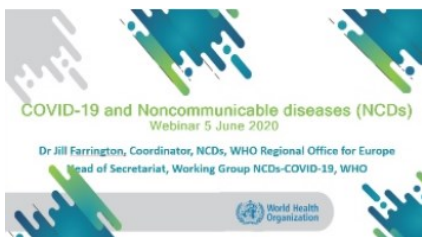
IDF Europe contributed through [two statements](#) - one on the upcoming European Programme of Work and one on Mid-term evaluation of the implementation of the Action Plan for the Prevention and Control of Noncommunicable Diseases in the WHO European Region 2016–2025 which shows an alarming picture for diabetes and obesity. While many other targets are on track to be achieved, the report indicates that the WHO European Region is failing to meet target 7 of “halting the rise in diabetes and obesity”.

Strengthening WHO Collaboration

As part of IDF Europe's efforts to strengthen its collaboration with WHO Europe, we have also

started discussions to gain official relations — as the IDF **European Region** — with the organisation.

Earlier in the year, we also supported WHO's efforts to share knowledge on the COVID-19 response. Prof Nebojsa Lalic, IDF Europe Chair-Elect, participated as a commentator in WHO Europe's Webinar on Diabetes Services During the COVID-19 Pandemic Response.



Broadcast in Russian and English, the Webinar featured a presentation by Prof Joao Raposo, Clinical Director,

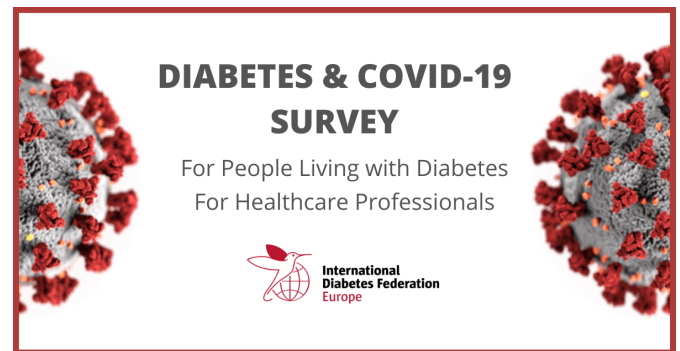
Associação Protectora dos Diabéticos de Portugal (APDP), presenting how his centre adapted its management of people living with diabetes during COVID-19.

Leveraging the COVID-19 learnings for more resilient health systems and improved care now and in the future

The COVID-19 crisis has not only highlighted the inherent fragility of health systems in Europe but has also had a major negative impact on PwD. As well as being at heightened risk of developing a serious form of the disease and/or dying from it, COVID-19 has also disrupted the access to care and essential complications screening of people living with diabetes and impeded the diagnosis of some new cases. The lockdown measures imposed in many countries have also constrained people's ability to exercise and/or eat healthily and caused psychological distress. All of this may lead to severe complications for people living with diabetes over the longer term.

To support the diabetes community during, and in the immediate aftermath of the crisis, while also preparing for the future, **IDF Europe launched new resources as well as fostered the exchange of information, learnings and experiences among key stakeholders.** IDF Europe's resources on COVID-19 can be found on the [website](#).

One key initiative is a survey of both healthcare



professionals and PwD. The survey is designed to learn from the crisis to promote stronger healthcare systems for a lasting systemic change in diabetes care and improve the preparedness of healthcare systems and the diabetes community to counteract future health emergencies as well as ensure that diabetes remains a high priority for policymakers and health professionals in the response and recovery phase and over the long term.

The highlights of the initial results of the People Living with Diabetes and COVID-19 survey were presented at IDF Europe's World Diabetes Day Symposium on November 17. The aim of the survey is to collect data on how COVID-19 has impacted the lives of people living with diabetes in order to implement policy changes in the future.

The results indicated a worrying decrease in one's ability to manage their diabetes due to a number of factors, including lockdown restrictions, increased levels of anxiety, and difficulties accessing healthcare. The results also highlighted how health systems were able to adapt to the situation by implementing virtual alternatives and how people living with diabetes responded to this.

The Healthcare Professionals survey will remain open until December 31.

We thank our Members for their help in translating and disseminating the surveys. National fact sheets will also be made available for national advocacy initiatives.



Pharmaceutical Strategy for Europe

On November 25, the European Union (EU) released its 'Pharmaceutical Strategy for Europe'. This document is a key component of the 'European Health Union' that calls for closer cooperation among EU Member States on health-related matters for more resilient health systems and better preparation for future crises.

The EU Pharmaceutical Strategy promises an increased focus on person-centred healthcare and personalised medicine. Placing the focus of innovation on patients' unmet needs, aligned with the needs of health systems, could be of great benefit for people living with chronic diseases such as diabetes.

IDF Europe welcomes the strong focus on improving access to medicines present in the Pharmaceutical Strategy. The Strategy recognises the existence of health inequalities and will specifically review incentive mechanisms as well as Intellectual Property rights and procurement/reimbursement systems to promote more equal access.

IDF Europe also supports the intention to open the market to generics and biosimilars. In the latter's case, however, and taking into account the specificities of biosimilars, substitution will not be acceptable, without full transparency of the characteristics of the biosimilars versus the reference product.

IDF Europe also welcomes the Commission's renewed commitment to the adoption of the health technology assessment legislation, which should help accelerate the spread of innovation through more cooperation between Member States and less geographically-fragmented assessment of the value of innovative solutions to patients and cost-effectiveness for health systems.

The EU Health Summit 2020 draws lessons from COVID-19

The EU Health Summit took place virtually on October 26 with the title "Time for Action": 'Lessons learnt from the COVID-19 pandemic'. The event was organised by the EU Health Coalition, a group of 33 stakeholders, including IDF Europe, who are committed to ensuring the best possible health outcomes for the citizens of Europe.



In 2020, health has risen to the top of the political agenda. To harness this momentum, the EU Health

Coalition developed a set of 10 revised policy recommendations from the 20 that were initially developed in 2018. The EU Health Summit discussed how to put these recommendations into practice.

The event was split into four breakout sessions concentrating on different areas of health: digital health, healthcare systems, policies for health, and research and innovation.

For IDF Europe, the main takeaway was that people living with diabetes must be kept at the centre of all diabetes/health-related decision making. We would like to see advisory committees of people living with diabetes in all research projects to ensure that the people whose lives will be affected by such projects are being listened to. We also welcome the suggestion that healthcare systems must focus more on risk reduction approaches and health promotion to tackle the non-communicable disease epidemic.

Many of the speakers highlighted the fact that coordination and collaboration among European countries is the key to success in terms of health data, innovation, restructuring health systems, and protecting Europe against future cross-border threats.

IDF EUROPE'S PUBLICATIONS

To support its advocacy work and ensure broad dissemination of key facts and messages on diabetes management, care and risk reduction approaches, IDF Europe publishes position papers and statements, white papers as well as other publications exploring various aspects of diabetes and public health.

Last year, alongside its traditional publications, IDF Europe started developing a new range of “awareness papers” designed to support PwD and/or healthcare professionals in managing various aspects of life with diabetes.

The paper [Nutrition and Physical Activity during COVID-19](#), outlines basic recommendations on eating and exercising well for optimal diabetes management, generally, and specifically in COVID-19 times.

Another paper, published earlier in the year, examines how to manage diabetes while ill ([Sick day rules for people with diabetes](#)).

An awareness publication titled “[Travelling with diabetes](#)”, led by the YOURAH group, has been released in December. This paper will prove useful for future, post-pandemic trips. Inside you will find everything you may need to consider and prepare when you are planning to travel as a person living with diabetes.

Another awareness paper titled “Hypoglycaemia”, also led by the Yourah Group, will be released soon.

IDF Europe is also working on a series of publications focusing on innovation in therapeutics, technologies, and delivery of care.

WORLD DIABETES DAY

Since its launch, the global diabetes community has gathered together to celebrate a day dedicated to building awareness of managing and caring for diabetes and lowering the risks of developing Type 2 diabetes and complications.

The theme for World Diabetes Day 2020 was [The Nurse and Diabetes](#). The campaign aims to raise awareness around the crucial role that nurses play in supporting people living with diabetes.



World Diabetes is a major milestone for IDF Europe’s advocacy work targeted at MEPs and national policymakers through a large-scale awareness campaign and events within EU institutions. Due to the COVID-19 situation, this year’s campaign took place online through various social media channels.

On the occasion of World Diabetes Day, MEP Marisa Matias talked about the [challenges of tackling the diabetes epidemic in Europe](#).

In addition, on November 17, IDF Europe marked the day with a [virtual symposium](#) on building a better future for diabetes nurses in Europe, hosted by MEP Sirpa Pietikäinen and MEP Christel Schaldemose, and moderated by Bastian Hauck, Board Member of IDF Europe.

The symposium was organised in collaboration with Verband der DiabetesBeratungs—und Schulungsberufe in Deutschland e.V. (VDBD) and the Foundation of European Nurses in Diabetes (FEND), and was the perfect opportunity to announce the re-establishment of the MEP Interest Group on Diabetes, co-chaired by MEPs Sirpa Pietikäinen and Christel Schaldemose.



MEPs Mobilising for Diabetes (MMD) will seek to improve diabetes management, care and risk reduction approaches, promote better, more affordable access to medicines and technologies, reduce health inequalities and eliminate discrimination.

The group will be formally launched in February 2021.

Communicating and Collaborating for Change

COMMUNICATION

IDF Europe is the voice of 70 national diabetes associations across Europe. **Our legitimacy and ability to represent our Members and the interest of the people they serve lie in the close collaboration, information and knowledge exchanges which we strive to foster.**

We believe that communication has a major role to play to support this collaboration and guarantee our joint impact on policy makers, the public opinion and the media. To this effect, we have also drafted a new communication strategy, which will be implemented from the last quarter of 2020.

Reflecting the limited possibility for face-to-face interaction resulting from the COVID-19 pandemic, IDF Europe has also revamped its newsletter and the way it promotes news from its Members. From September, our newsletter was published monthly, while we have also created a dedicated Members' News Page on the IDF Europe website. This page gives more visibility to our Members' news and promotes them closer to the time when they happen. All members are invited to inform us of their planned events, as well as to share with us a summary and photos of the events after they have taken place. **The annual TEAM meeting also took place virtually on October 22, and further webinars with our members are planned for 2021.**

In addition to our Membership, IDF Europe strongly believes that improving the quality of life of people living with diabetes can only be achieved through effective, sustainable collaborations across a broad range of stakeholders — other like-minded associations and alliances, European and international bodies, media, private organisations, networks of people living with diabetes etc.

We disseminate our key messages around the burden of diabetes and the need for urgent action and foster discussion around possible actions and solutions through a host of channels and communication tools, such as the IDF Europe

website, IDF Europe newsletters and social media platforms. International days are an important communication focus, which help us position diabetes within a broader framework.

IDF Europe's Website

In 2020, IDF Europe improved the user-friendliness of the website to enhance its role as an effective online platform to communicate with members and engage with relevant stakeholders.

IDF Europe's newsletter

IDF Europe's [monthly newsletters](#) provide useful and inspiring information on our activities and those carried out by our Members. Further work on the content and layout will take place in 2021.

IDF Europe's initiatives on International Days

Some International Days are a great opportunity to communicate on diabetes and related challenges. In 2020, we placed a special focus on a number of days and weeks, amplifying key messages via our social media channels through a variety of activities.



Social media posts

IDF Europe celebrated the **European Week of Sport** (23-30 September) on social media with the promotion of its “Nutrition and Physical Activity” publication. We also shared information about “Sports & Diabetes”, a project co-funded by the Erasmus+ Programme of the EU. This aims to uncover the barriers to participation in sports and educate all stakeholders in promoting the inclusion of youths living with diabetes in sporting activities. We also presented “Tour Ruote Blu 2020”, an ANIAD initiative, which consisted of a six-stage Bike for 14 non-professional cyclists with Type 1 Diabetes.

On **World Heart Day** (September 29), we supported the efforts made by many governments and the EU to promote healthy hearts by creating health-enabling environments.

On October 1, the **International Day of Older Persons**, IDF Europe emphasised the need for people to be able to live an active and balanced life and receiving adequate support to remain healthy while growing older.

On the occasion of **World Sight Day** (October 8), IDF Europe raised awareness of diabetic retinopathy. **World Food Day** (October 16), presented a unique opportunity to promote healthy living within Europe.

On October 17, on the **International day for the Eradication of Poverty**, IDF Europe called on European governments to put the measures in place to guarantee Universal Health Coverage to prevent people being driven into catastrophic expenditure as a result of health matters.

On the occasion of **World Cities Day** (October 31), we remarked the fact that it is important to address the environmental, social and economic determinants of health to in order to promote the health of the people living with diabetes who live in the city.

IDF Europe celebrated the **European Online Week of Active and Healthy Ageing** (2-6 November) supporting the right of people to age healthily involving a greater focus on a system of integrated care that listens to the needs of the individual.

On **International Whole Grain Day** (November 19), IDF Europe raised awareness of the importance of including wholegrains in one’s diet.

On **International Day of People with Disabilities** (December 3), IDF Europe highlighted the fact that many people living with disabilities also live with diabetes.

On December 14, on **Human Rights Day**, IDF Europe emphasized that access to all diabetes medicines and technologies that are required to achieve the best possible health outcomes for people living with diabetes must be considered a basic right.

Dedicated outreach to policy-makers

On August 12, on the occasion of **International Youth Day**, IDF Europe supported the voice of Youth living with Diabetes with the publication of an Open Letter to European leaders, calling for them to guarantee a more youth-friendly European Union and step up dialogue with young people living with diabetes. We also organised a virtual panel discussion, with the participation of several past Youth Leadership camps participants on the theme of youth engagement.



Interviews, videos & testimonials

To mark **World Humanitarian Day** on August 19, IDF Europe interviewed Sandro Gentile, Professor of internal medicine, who shared with us some of the protocols he adapted during the COVID-19 crisis.

On September 17, IDF Europe celebrated **World Patient Safety Day** with two testimonials, one from Tanja Shatanovska, who lives with type 1 diabetes, and one from Velimir Saveski, Resident Doctor at the Clinic of Infectious diseases, to understand how safety has been handled in North Macedonia since the beginning of the COVID-19 pandemic.

On the occasion of **World Mental Health Day** on October 10, IDF Europe promoted [four video testimonials](#) by people living with diabetes who shared their experience of the psychological burden of living with diabetes. MEP Alviina Alametsä also recorded a video, calling for more action on mental health.

To celebrate **World Children's Day** on November 20, we conducted an interview with eight-year-old Fara from Belgium who has been living with Type 1 diabetes for 3 years.

Polls

To mark the annual **Global Week for Action on NCDs** which took place from September 7 to September 13, IDF Europe conducted a poll on Twitter, asking our audience: 'If you had just 5 minutes with an MEP, what improvement in diabetes care would you convince them to act upon?'



Report from Eastern European Countries

Due to the COVID –19 pandemic, most of the activities in the Eastern European Countries took place online.

Armenian Association of Diabetes

- “Open Door” activity for people living with diabetes (analyses, examination and recommendation free of charge);
- Conference “Diabetes and Lifestyle” for Association’s Members was organized in February;
- Activity “Battle against Diabetes” was organized in March;
- The outbreak of COVID 19 and guidance for people with diabetes have been published on the AAD website and on the Facebook page;
- Publications on how to manage diabetes during an illness: “Sick day Rules” and “What should people with diabetes know and do”;

- Online conferences on “Diabetes and COVID 19” topics:
 - 2 conferences for people with diabetes;
 - 2 conferences for health professionals;
- Dissemination of the COVID 19 and Diabetes Surveys on AAD Facebook page and on Website:
 - For people living with diabetes;
 - For health care professionals.

Azerbaijan Diabetes Society

In cooperation with Heydar Aliyev Foundation, ADS managed to implement the project “Best Care to the Children with Diabetes” in spite of lockdowns. All 1600 registered children with type 1 diabetes were provided with a high quality insulin analogue Tresiba (Degludec) through 2020 and the project will go on in 2021. Trainings were held for poorly controlled children and their parents.

A number of Webinars were held on different topics, such as prediabetes, modern approaches in insulinotherapy, obesity and diabetes,

hypoglycemia, etc.

Belarussian Humanitarian Organisation Children's Diabetes

- Diabetic school for people with type 1 and 2 diabetes, as well as for pregnant women with gestational diabetes;
- Action "Check your glucose" .
- Online seminars for doctors and nurses "COVID-19 and diabetes", as well as separately for people with diabetes.

Belarussian Society of Endocrinologists

- The Public Foundation «Belarussian Society of Endocrinologists» in order to develop the education of nurses and people with diabetes mellitus in Belarus in spite of COVID-19 pandemic, since March 2020, started the on-line Diabetes School (monthly) on the platform of Belarussian Medical Academy of Postgraduate Education Diabetes School for the nurses, educators and people with diabetes;
- Webinars: Belarussian Society of Endocrinologists organized together with the Medical Academy of Postgraduate Education Republican webinar in May 15, 2020 "Diabetes and COVID19 pandemic" for diabetologists, nurses and General Practitioners; for World Diabetes Day, an on line Republican webinar took place on November 10, 2020.

Georgian Union of Diabetes and Endocrine Associations

- A Protocol on Meal Planning for Diabetic Patients infected with COVID-19 Infection and a Protocol on Management of Hyperglycemia (DKA, HHS, Hyperglycemia) in COVID-19 Infected People;
- New issue on Diabetes and Health, published since 2003. Editorial: "What we know today about COVID-19 and Diabetes", and an article about the role of diabetes

nurses in the management of the condition (s);

- On-line Conferences: Conference organized by the Belarus MA, where they had lectures; "Diabetes- How to Halt the Diabetes Tsunami, Old and New Risk factors" (Prof. Ramaz Kurashvili) and "Diabetes Pandemic - the Role of Nurses in EEC s in 21-st Century" (Elena Shelestova).

Association of Doctors-Endocrinologists of Kazakhstan

- The XIX Annual International Conference "Almaty School of Endocrinologist" was held online with the participation of more than 1000 doctors from all regions of Kazakhstan, Uzbekistan and Kyrgyzstan on October 10, 2020;
- 8 online webinars dedicated to the presentation of various issues of endocrinology, 3 of them on the treatment of diabetes mellitus in the context of COVID -19, with coverage of 60-130 participants;
- A weekly cycle of webinars for general practitioners on the management of patients with diabetes mellitus 19-24.10;
- The monography "Diabetes mellitus" was published;
- A webinar was held outlining the main provisions of the ADA / EASD Algorithms, 2018 and 2020 for the treatment of type 2 diabetes;
- Methodical recommendations "Acromegaly: clinic, diagnostics, treatment", "Prolactinomas".



PARTNERSHIPS

Another key mode of advocacy action is our participation in various alliances, fora, roundtables and conferences as well as the publication of white papers and engagement in various consultations.

European Chronic Disease Alliance (ECDA)



IDF Europe is a member of ECDA. In the first half of the year, we participated in the Statement on [Europe's Beating Cancer Plan](#) (February), a statement on the [EU Green Deal](#) (May), [a letter to the European Commission on the Health Learnings of COVID-19](#) (May) and [a Paper on COVID-19, Chronic Diseases and EU Health Capacity](#) (June). On September 18, IDF Europe also attended a virtual meeting with the Commissioner for Health, Stella Kyriakides as well officials from DG SANTE.

European Federation of Pharmaceutical Industries and Associations



In June, IDF Europe joined in two webinars on « when two pandemics meet ».

Bastian Hauck, IDF Europe Board Member, was a speaker in the first one on "Rethinking health systems: integrated care and empowerment of primary care"; while Dr. Niti Pall, IDF Europe Chair, gave a speech during the event titled "Engage, define, track, measure, improve: the potential of the digital transformation in diabetes care."

EU Health Coalition



IDF Europe worked with the EU Health Coalition on several letters, statements and position papers, including one [on the need for health ministers to keep a pivotal role in the EU Recovery Instrument negotiations](#) (May), one calling for [an ambitious EU4Health Programme](#) (June) and one warning against [Budget Cuts in the](#)

[EU Health Research Budget](#). In October, IDF Europe participated in the [statement on the lessons learnt from the COVID-19 pandemic](#). IDF Europe is also contributing to the organisation of the second edition of the EU Health Summit which is taking place virtually on October 26.

EU Health Policy Platform (EUHPP)

Through EUHPP, IDF Europe, represented by Ana Lucia Covinhas from Associação Protectora dos Diabéticos de Portugal (APDP), has started engaging with a temporary network of European not-for-profit organisations to discuss and share knowledge and practices on COVID19-related mental health issues, "COVID-19: mental health support" stakeholder network.



European Patients' Forum (EPF)

IDF Europe has been an EPF member for several years now and is delighted that IDF Europe Board Member, Stella de Sabata, was one of five ever-elected Members of EPF's Ethics Committee, when it held its Annual General Meeting on April 25.



European Diabetes Forum (EUDF)

In September, IDF Europe joined the European Diabetes Forum (EUDF), where it will represent the voice of people living with diabetes. EUDF's vision is to enable healthcare systems to cope with the diabetes pandemic while achieving the best possible outcomes for PwD. IDF Europe joins as a Member the organisation's Founding Members — EASD, EFSD, FEND and JDRF. IDF Europe's Board Member, Bastian Hauck, will represent IDF Europe on the Board. IDF Europe will also be represented on three strategic fora—Strategic Forum on Self-Care, Technology and Digitalisation; Strategic Forum on Integrated Care, Strategic Forum Data & Registries, and the EU Diabetes Policy Network.



European Public Health Alliance (EPHA)



IDF Europe is a member of EPHA and attends its Policy Coordination Meetings. Throughout the year, we joined in a number of activities, especially around the EU4Health Programme.

Health First Europe



Prof. Dr. Tatjana Milenkovic, IDF Europe Board Member and President of Macedonian Scientific Association of Endocrinologists and

Diabetologists also gave a talk during the first Webinar of the EU Health Policy Platform 2020 Thematic Network on “Profiling and Training the Healthcare Workers of the Future”.

Corporate Partners

IDF Europe’s partners help the organisation meet its strategic goals and deliver on its mission and vision. In 2020, IDF Europe introduced a tiered partnership scheme to offer more flexibility in the type of collaboration and the desired degree of engagement.

IDF Europe’s Corporate Partners Dialogue Table took place on November 23. The main objectives of the meeting were to strengthen existing partnerships, discuss mutual priorities for 2021 and receive input from our partners on projects and initiatives.

Grants from our Corporate Partners help IDF Europe deliver the work outlined in this report, and we wish to express our sincere thanks to each one of them for their support. IDF Europe values these partnerships and looks forward to continuing them in 2021 and beyond.

Gold strategic partners



Silver strategic partners



Project partner



Unifying Diabetes Care

IDF EUROPE'S SYMPOSIUM AT EASD ANNUAL MEETING

As in every year, IDF Europe held a symposium during the EASD meeting in September. Unlike in previous years, though, the meeting was held virtually. This year, in keeping with the International Year of the Nurse and the Midwife, the symposium explored the role of the diabetes nurse across Europe.

Following opening remarks from IDF Europe Chair, Dr Niti Pall, Ms Anne Felton, President of FEND, highlighted the need for more leadership programmes and enhanced collaboration between IDF Europe and FEND to support nurses and PwD.

During the first panel, "Shifting Tasks to Explore New Ways of Providing Diabetes Care – The Place of the Diabetes Nurse", Dr



Dr Miklos Szócska, Director of Institute of Digital Health

Services of Semmelweis University and former Minister of State for Health of the Hungarian Government, shared his optimism and concern about the shifting role of diabetes nurses. "Nurses are committed and ready to take up management jobs and more responsibilities, but resources are scarce. Who will take over the more traditional work that is still on their shoulders?"

asked Dr Szócska before addressing the importance of training, recruitment, incentives and technology. Dr. Kirsty Winkley, King's College London & Florence Nightingale Faculty of Nursing & Midwifery, stressed that diabetes nurses support PwD in their self-management. As such, diabetes nurses already have their own clinical and research remit but this could be further expanded. Dr Winkley also emphasised the importance of diabetes nurses remaining active clinically and academically and agreed with the previous speakers on the need for diabetes nurses to become leaders.

After the first panel, the discussion shifted to how diabetes nurses can harness the digital transformation. Ms. Aldona Danylienne, IDF Europe Board Member, pointed out that diabetes nurses must be trained to analyse and interpret the data collected by new technologies to offer better support. Prof. Dr. Tatjana Milenković, IDF Europe Board Member, while praising the digital transformation for the many benefits it brings also cautioned the audience about insufficient data surrounding the clinical validity of some apps and websites, and the negative impact of the lack of personal contact between nurses and their patients. Ms. Maartje Roskams, a student nurse living with diabetes, added

that 'nothing can replace a special bond between a patient and a diabetes nurse, but digitalization can be an added value'.



In his closing remarks, Prof. Nebosa Lalic, IDF Europe Chair-Elect, touched upon the importance of training diabetes nurses in personalising treatment. Digital tools have a critical role to play in this but their implementation must be supported by adequate training and we must ensure that people remain at the centre of care.



EU-FUNDED PROJECTS

IDF Europe welcomes the opportunity to take an active role in EU-funded research that aims at improving the health and quality of life of people living with diabetes through novel treatments and approaches in diabetes care, management and risk-reduction approaches. We are currently involved in four EU-funded projects, and are delighted to announce that a new project—**DigiCare4You**—was approved for funding in October 2020. The final grant preparations are expected to be completed over the next few months. DigiCare4You, building on the successful [Feel4Diabetes](#) project, will evaluate the scalability and transferability of an intersectoral solution involving digital tools oriented towards empowering families and integrating community care services for the prevention and management of T2D and hypertension.

Recognised

RECOGNISED studies the biological mechanisms that cause structural and functional alterations in the retina in people with

T2D to determine whether these same pathways play a role in the events observed in the brain during the development of cognitive impairment and dementia. The project brings together 21 partners and held its annual meeting earlier in the year, where the progress made on the clinical and preclinical aspects of the research as well as on the basic research component was discussed. IDF Europe co-leads the Work Package on Communication, which this year, launched the Recognised website and a twitter channel and produced a project leaflet.



ISLET aims to build and implement an innovative programme for the production and marketing of human pluripotent stem cell (hPSC)-

derived advanced therapy medicinal products (ATMPs) for the treatment of people living with T1D. IDF Europe role is to ensure the perspectives of people living with diabetes are represented throughout the project, raise awareness of diabetes and advanced therapies, and disseminate and communicate around the project and its outcomes. While COVID-19 has slowed down the progress of the project somewhat, communication work has continued apace, and a project website will be launched shortly as will a webinar which will look at the future of diabetes treatment, as part of IDF Europe's Centenary of the Discovery of Insulin campaign in January/February next year.



SPORT&DIABETES, a project co-funded by the Erasmus+ programme of the European Union, aims to explore the barriers to the participation in sport of PwD and create content that will address the concerns of PwD

themselves as well as their carers and relatives, coaches and sports and gym teachers. A first step in the project was the development of a [survey](#), which is now online. An expert committee meeting will take place in November, which will determine the next steps on the content to be developed, based on some early survey results.



TRIALS@HOME is an Innovative Medicines Initiative 2 project, exploring the viability of moving conventional clinical trials to a home setting in the form of

remote decentralised clinical trials (RCDTs). The project began in September 2019, and despite the challenges posed by the COVID-19 crisis, a lot has been achieved in one year. A set of recommendations was produced looking at best practices in the implementation of (remote) trials. The Work Package in charge of technology has developed an assessment framework for the technologies to be used in the trial, and a pan-EU trial will start in the next few months. IDF Europe is engaged in communication and dissemination activities and will provide the perspective from PwD for the pan-EU trial. IDF Europe also led a session during the project's Annual Meeting, on amplifying the voice of PwD in the project.

Empowering Young Advocates

IDF Europe strongly values the essential role that young people play in raising awareness and advocating for the rights of people living with diabetes. As an increasing number of children and young people are diagnosed with diabetes, it is vital that their voice is heard loud and clear. Building on our existing youth programmes, the Youth Leadership Camp and our network of Youth Advocates, YOURAH, our Youth Platform aims to:

- educate and nurture a new generation of youth advocates
- support capacity building at a national and pan-regional level
- strengthen the diabetes ecosystem by increasing connections across all diabetes stakeholders

IDF EUROPE'S YOUTH ACTIVITIES

YOUTH LEADERSHIP LAB

For the past ten years, the IDF Europe [Youth Leadership Camp \(YLC\)](#) has helped nurture some 150 youth diabetes advocates throughout Europe. In response to the COVID-19 crisis, this year's camp edition was transformed into the "Youth Leadership Lab" (YLL). The YLL is an online-based leadership development programme lasting four months, structured in 11 online sessions, held by expert guest speakers and fellow diabetes advocates. With a strong focus on learning-by-doing and sharing experiences from both guest speakers and panellists, the Lab aims to motivate active and engaged youth leaders to develop their strengths to achieve greater impact at local, national and European levels.

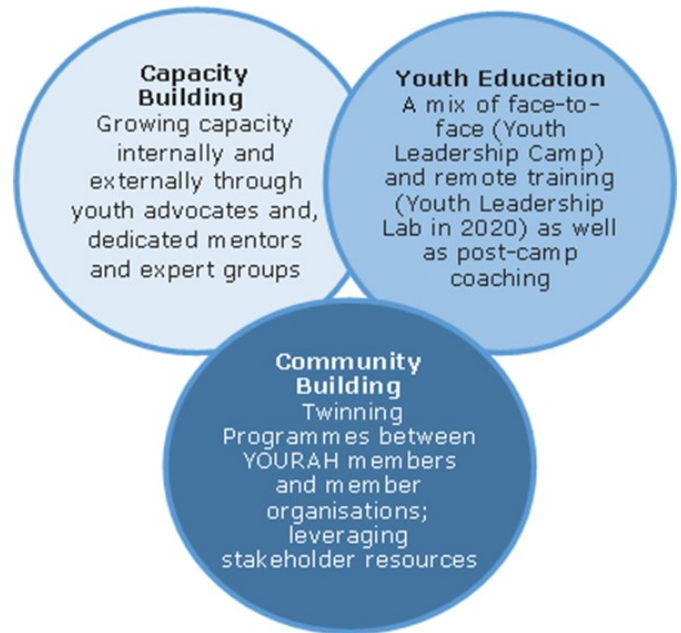
YOURAH

YOURAH was launched by IDF Europe in 2017. The network consists of alumni from IDF Europe YLCs and aims to empower youth to become active advocates within the diabetes communities in their countries and beyond, through exchanges and pan-regional initiatives and activities. Earlier in the year, YOURAH adopted a formal operating framework and elected three Members to its [Steering Committee](#), in charge of driving the network.



On November 29, members of the YOURAH network got together to look back on the 2020 youth initiatives and look forward to the future of YOURAH, with valued input from all the new and old members of the IDF Europe youth community. The virtual event started with a get-to-know-each-other activity. The Steering Committee then introduced themselves and engaged with all participants in an interactive discussion about future plans and activities.

Youth Platform's Objectives



Governance and Secretariat

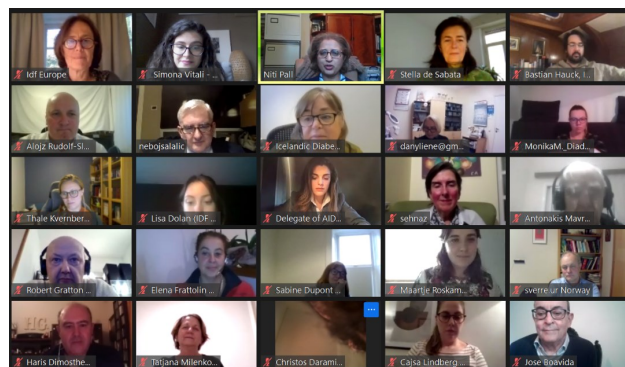
IDF EUROPE'S REGIONAL COUNCIL AND TEAM MEETING

Reflecting the impact of COVID-19 across Europe, the IDF Europe Board took the decision to hold both the Regional Council and the TEAM meeting online.

The **TEAM meeting** took place on 22 October as an “Ask your Board” session where Members were invited to exchange ideas and ask questions to the IDF Europe Board and fellow IDF Europe Members. The meeting was moderated by Bastian Hauck, IDF Europe Board Member, and attended by 37 participants, from 26 countries. After a warm welcome by the IDF Europe Chair, Niti Pall, and the introduction of the Board Members, Sabine Dupont, Senior Consultant Policy and Projects, presented the IDF Europe's Centenary of Insulin Campaign, which will run over three years, starting in January 2021. The meeting was an opportunity for the Member Associations to share their planned activities and campaigns to celebrate the Centenary of Insulin, and for IDF Europe to present the brand new collaboration with the European Diabetes Forum (EUDF).



The **Regional Council** took place on November 24. The meeting was attended by 37 participants, from 23 countries. The event began with a warm welcome from IDF Europe Chair, Dr. Niti Pall, followed by the approval of the agenda, the minutes of the Busan Regional Council 2019 and the reports of activities conducted by IDF Europe in 2020. Prof. Nebojsa Lalic, IDF Europe Chair-Elect, then presented IDF Europe's priority projects and initiatives for 2021. Alojz Rudolf, IDF Europe Treasurer, presented the Financial Reports for 2020.



IDF EUROPE BOARD 2020



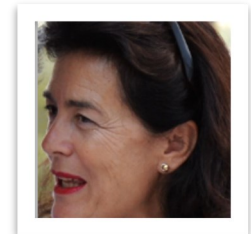
Dr Niti Pall
Regional Chair
United Kingdom



Professor Nebojsa Lalic
Regional Chair-Elect
Serbia



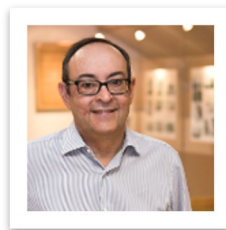
Mr Alojz Rudolf
Treasurer
Slovenia



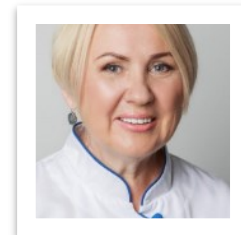
Ms Stella de Sabata
Secretary
Switzerland



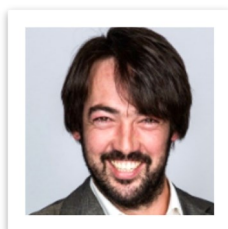
Mr Chris Aldred
Board Member
United Kingdom



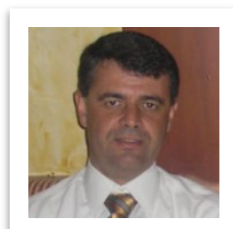
Dr José Manuel Boavida
Board Member
Portugal



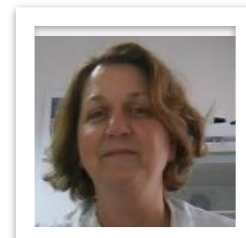
Ms Aldona Danylienė
Board Member
Lithuania



Mr Bastian Hauck
Board Member
Germany



Dr Konstantinos Makrylakis
Board Member
Greece

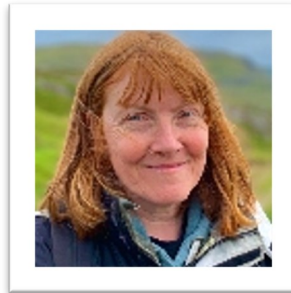


Dr Tatjana Milenković
Board Member
North Macedonia

IDF EUROPE REGIONAL OFFICE 2020



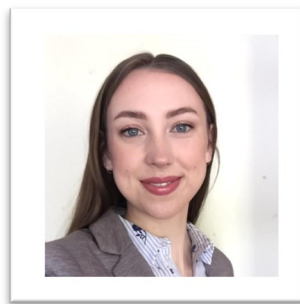
Elisabeth Dupont
Regional Manager



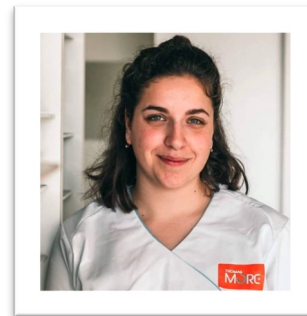
Sabine Dupont
Policy and Projects



Lala Rabemananjara
Regional Executive



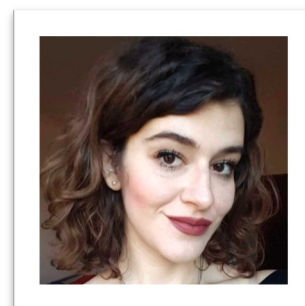
Lisa Dolan
Communication/Policy Coordination



Maartje Roskams
Project Coordination, Youth Programme



Mathilde Marcel
Policy Coordination



Simona Vitali
Communication Coordination