



# 2023

# IDF EUROPE ANNUAL REPORT



International  
Diabetes  
Federation  
Europe



INSULIN AT  
100

# Foreword

I am pleased to introduce IDF Europe's Annual Report for 2023, a special year for us, which marked the last year of our Centenary of Insulin Campaign, the first anniversary of a new European Parliament (EP) Diabetes Resolution and a stronger collaboration with WHO Europe to accelerate action on diabetes across the European Region.

In 2023, as we continued remembering the Centenary of the Discovery of Insulin and what has been achieved over the past 100 years, we committed to continue fostering action designed to improve diabetes care including ensuring equal, uninterrupted and early access to quality diabetes medicines, supplies, technologies, care and education and to guarantee the implementation of the latest scientific guidelines for all people living with diabetes (PwD) across Europe.

Our projects and programmes for 2023 supported our priority objectives aimed at improving access to care, health outcomes and quality of life for PwD, raising their voice and reducing diabetes prevalence.

To leverage the new EP Diabetes Resolution adopted in November 2022, we expanded our activities in collaboration with the MEP Interest Group on Diabetes – MEPs Mobilising for Diabetes (MMD) and we worked closely with our partners in and out of the EU to advocate for concrete policies.

One of our core activities in 2023 was the High-Level Technical Summit (HLTS) organised in collaboration with WHO Europe, which took place on November 28-29, convening pan-European and national stakeholders and policymakers, PwD and representatives from our Member Associations to accelerate action on existing commitments to improve diabetes prevention, management and care.

We also sought to expand our activities focused on building the capacity of our Member Associations by facilitating collaborations and knowledge sharing across countries through webinars and one-on-one exchanges on key topics of interest.

To play a key role and represent the perspective of PwD across all aspects of research, development and care, we participated in EU-funded research projects and we sought new opportunities to foster innovation and advances in diabetes care and treatment.

As in previous years, our existing youth programme, consisting of the Youth Leadership Camp/Lab and our network of youth advocates, YOURAH, and the platform of people living with type 2 diabetes (T2D) were further expanded to ensure that PwD are empowered to raise diabetes awareness and advocate for the rights of the diabetes community.

As we enter the second year of this biennium, I am looking forward to working together with the Board and the IDF Europe community towards new milestones and achievements to improve the lives of all PwD and those at risk.

**Prof. Nebojša M. Lalić**  
**Chair, IDF Europe**



# Table of contents



Uniting the voice of people living with diabetes **3**

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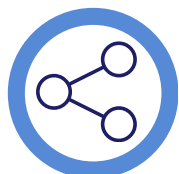
Advocacy **4**

---



People living with diabetes **13**

---



Communicating and collaborating for change **16**

---



EU-funded projects **18**

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Partnerships **19**

---



Governance and Secretariat **21**

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## IDF EUROPE

### VISION:

To improve the lives of people living with diabetes and those at risk

### MISSION:

To be the voice of people living with diabetes and engage with them and all stakeholders in creating a person-centred diabetes ecosystem within an informed and health promoting environment



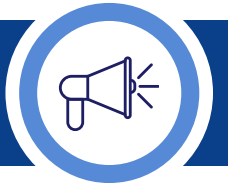
IDF Europe is the European chapter of the International Diabetes Federation (IDF). We are an umbrella organisation representing 73 national diabetes organisations in 46 countries across Europe. We are a diverse and inclusive multicultural network of national diabetes associations, representing both people living with diabetes and healthcare professionals (HCPs).



### Our priority objectives are:

- Reducing diabetes prevalence
- Improving PwD's quality of life and health outcomes through better access to quality of care and the prevention of complications
- Increasing the voice of PwD (#NothingAboutUsWithoutUs)

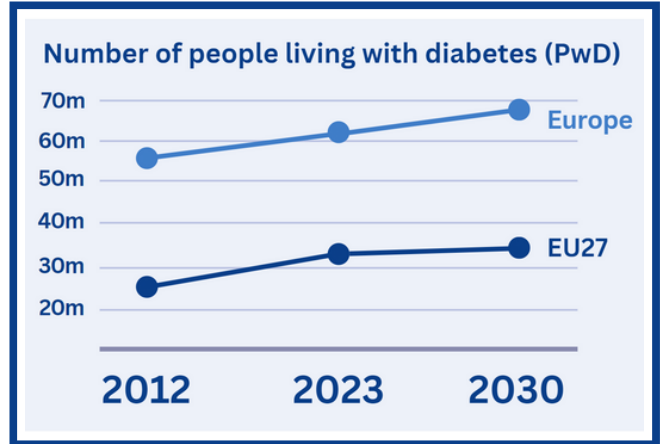
Through our activities, we aim to increase awareness, promote the exchange of best practices and high-quality information about diabetes, and to influence policy. Of key importance is the realisation that diabetes is a serious disease and that PwD can only live a long and healthy life through their own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



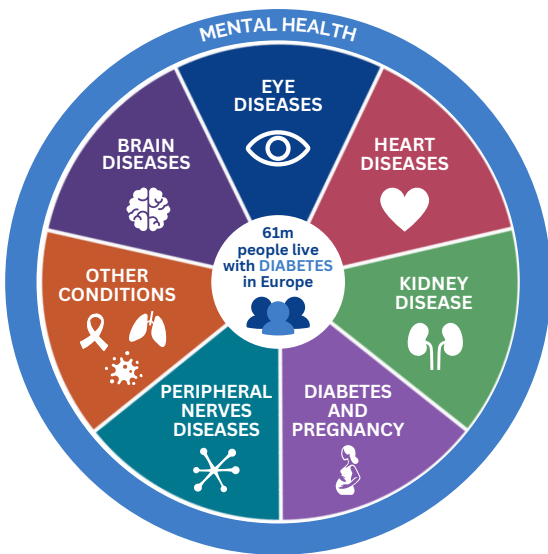
One of IDF Europe's main activities is policy and advocacy at the regional (EU institutions, Council of Europe, World Health Organization European Region) and national level (bridge between member associations and Europe-wide policy developments). Strong advocacy is essential to elevate diabetes on the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

In 2023, we continued to promote a paradigm shift with greater emphasis being placed on a holistic approach to diabetes, highlighting its [link to many other noncommunicable diseases \(NCDs\) and complications](#), addressing stigma and discrimination, promoting person-centred, value-based and integrated care.

Throughout the year, we also illustrated the fact that the quality and effectiveness of diabetes prevention, management and care, which touch on all aspects of national health systems, are a clear marker of their [resilience](#).

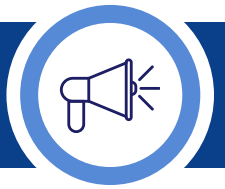


<p><b>1 in 10</b> adults live with diabetes in the EU</p>	<p><b>1/3</b> of PwD are <b>undiagnosed</b></p>	<p><b>€104bn</b> diabetes-related health expenditure in the EU in 2021</p>	<p><b>3/4</b> of diabetes costs result from diabetes-related <b>complications</b></p>
<p><b>Some 169,000 children and adolescents</b> live with <b>T1D</b> in the EU (14% of the world total)</p>			



<p><b>1/3</b> of PwD develop CVDs</p>	<p>Diabetes/+ hypertension cause <b>80%</b> of end-stage renal disease</p>
<p>Diabetes during pregnancy may program the unborn child to be more susceptible to diabetes, and <b>GDM increases the risk</b> for the mother and the child <b>to develop T2D</b> later in life.</p>	
<p><b>1/3</b> of PwD develop <b>diabetic retinopathy</b></p>	<p><b>Up to 1/2</b> of PwD have <b>peripheral neuropathy</b></p>
<p>PwD are <b>2-3x</b> more likely to experience depression than people without diabetes</p>	

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



## EU-LEVEL ADVOCACY

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

In 2023, IDF Europe continued to engage with the [MEPs Mobilising for Diabetes Interest Group](#), for which we provide the Secretariat. In February, the group held an internal meeting to reflect on the success of the Diabetes Resolution adopted in November 2022 and to discuss the plan of action for 2023.

The group grew in 2023, with MEP Aldo Patriciello, MEP Tilly Metz and MEP Stelios Kypouropoulos all joining the MMD group which now consists of 22 [members](#).

MMD members remained active throughout the year by raising awareness of the importance of elevating diabetes on the political agenda during various meetings and events at the EU institutions.



### The new ENVI subcommittee on Public Health (SANT)

In February, the EP approved the creation of a [new ENVI subcommittee on public health \(SANT\)](#). SANT focuses on public health issues and works on a number of initiatives, including, for example, non-legislative reports on NCDs and mental health. Several MMD members have been actively participating in the SANT committee to push for more effective policy action to tackle the rising health challenges of today, including diabetes.

One of SANT's first actions was an Own-Initiative (INI) Report on non-communicable diseases (NCDs).

On June 1, during the SANT hearing which supported the development of the INI Report on NCDs, Prof. João Raposo, Medical Director, APDP (Diabetes Portugal) and IDF Europe Board Member, was invited to contribute as an expert. In his presentation, Prof. Raposo explained the importance of primordial and primary prevention, as well as the complexity of diabetes management.



In August, IDF Europe published a [position paper on the SANT INI Report on NCDs](#), which included additional recommendations to support policies and programmes that have the potential of contributing to flattening the NCD curve, reducing costs and inequalities as well as improving the quality of life of Europeans living with NCDs. These would also help develop resilient health systems that can effectively prevent, detect and respond to public health threats, while maintaining quality routine care and addressing the health needs of the population at all times.



In 2023, IDF Europe also submitted amendments to the [SANT Own-Initiative Report on Mental Health](#).



## Joint health checks for CVD and diabetes – Exhibition at the EU Parliament

From February 28 to March 2, IDF Europe, in collaboration with the European Diabetes Forum (EUDF), the European Heart Network (EHN) and the European Federation of Pharmaceutical Industries and Associations (EFPIA), participated in the [joint event for diabetes and cardiovascular diseases \(CVD\)](#), hosted by MMD member, MEP István Ujhelyi, at the EP in Brussels.



During this three-day exhibition, policymakers, experts, HCPs, people living with chronic conditions and industry representatives gathered to emphasise the importance of early diagnosis to reduce premature mortality and potentially preventable, life-altering complications and explore the policy changes required to make joint diabetes and CVD health checks a reality.

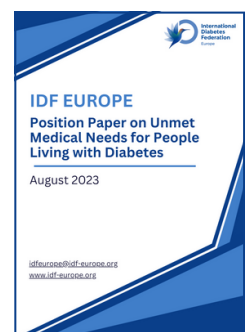
## Breakfast debate at the EU Parliament

On June 7, IDF Europe supported the breakfast debate at the EP on collaborative effort in diabetes research, hosted by MEP Dan Nica and organised by JDRF and the Innovative Health Initiative (IHI). Speakers stressed the importance of fostering research and collaboration to advance diabetes care and ultimately find a cure.



## IDF Europe position paper on unmet medical needs for PwD

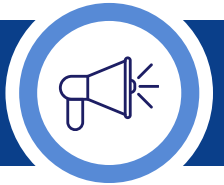
In November 2020, the European Commission released its Pharmaceutical Strategy for Europe, followed by the adoption on April 26, 2023, of a proposal for a new Directive and a new Regulation, revising and replacing the existing general pharmaceutical legislation (GPL). IDF Europe is committed to ensuring that the GPL truly delivers on the most important priorities for PwD and other conditions – ensuring access to affordable medicines and addressing unmet medical needs (UMN).



In August, IDF Europe published a [position paper on UMN for PwD](#) which calls on the co-legislators to revise the current definition for UMN, as these encompass not only treatment and disease prevention but also the quality of life and health outcomes that current medications offer.

## European Commission Revision of the Directive on Driving Licences

On May 31, IDF Europe submitted its [contribution](#) to the European Commission's proposal to revise the directive on driving licences. The new proposal takes into account the latest technological and medical developments, which allow for an improved management of diabetes, and includes the extension of the validity of PwD's driving licences to 10 years.



## The anniversary of the Diabetes Resolution

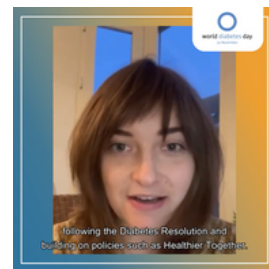
In November, IDF Europe conducted a social media campaign to celebrate World Diabetes Day (WDD) and the first anniversary of the Diabetes [Resolution](#). The campaign provided a platform for [diabetes advocates](#), the [MMD\\_group](#) and all those who contributed to the achievement of the Resolution, to reaffirm their key asks and to share their hopes for the future of diabetes prevention, management and care across the EU.



Throughout the week commemorating this important milestone, we also shared information on social media about the [key articles of the Resolution](#) and how their implementation can help improve the lives of EU citizens living with diabetes and those at risk.

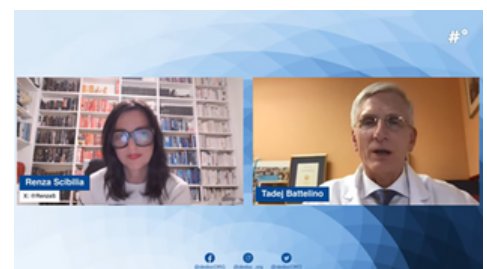
## Diabetes Awareness Month and World Diabetes Day

In November, IDF Europe amplified the voice of the diabetes community through a social media campaign, during which [PwD](#) and IDF Europe [Board Members](#) shared their video messages celebrating WDD and calling for accelerated action on diabetes.

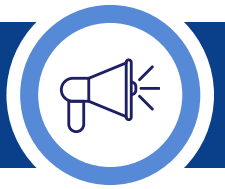


Throughout the month, IDF Europe organised seven blood glucose testing events at several EU institutions buildings to raise awareness of diabetes, its risk factors and the importance of early detection. On each day, we tested on average 150-200 people.

Each year, on WDD, IDF Europe participates in a [joint online event with #dedoc](#) to celebrate the diabetes community. This year, Prof. Tadej Battelino, IDF Europe Chair-Elect, May-Britt Skoradal, Faroese Diabetes Association Chair, and Maryna Yankiv, a diabetes advocate and YOURAH member from Ukraine participated in the event to talk about the important role national diabetes associations play in supporting PwD.







## OUR WORK WITH THE WORLD HEALTH ORGANIZATION

### The High-Level Technical Summit on Diabetes

On November 28-29, IDF Europe organised a High-Level Technical Summit in collaboration with WHO Europe in Belgrade, Serbia. The event gathered key diabetes stakeholders and emphasised the urgent need for accelerating action on commitments to improve diabetes detection and quality of care.

During the Summit, IDF Europe and WHO Europe co-signed a [Declaration](#), representing a collective call to action urging governing bodies to uphold their commitments on diabetes such as the [Voluntary Targets on NCDs](#), the [Sustainable Development Goals](#) and the [Global Diabetes Targets](#). The Declaration aims to promote improvements in the detection and diagnosis of diabetes and its complications as well as in the delivery of high-quality care and to ensure equal access to the right quality treatment at the right time and place for all people living with diabetes (PwD) and those at risk across Europe.



Following the Summit, IDF Europe kicked off a campaign encouraging as many individuals and organisations to show they support by [endorsing the Declaration](#) and becoming part of a powerful and united diabetes voice.

*Together, United, Let's Act on Diabetes*

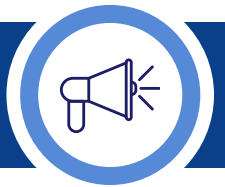
Next to the preparations for the HLTS, throughout 2023, we also collaborated with WHO Europe in identifying experts and PwD that could contribute to various WHO Europe projects and publishing several articles to promote relevant WHO's publications and initiatives.

### Global Diabetes Compact

We are engaged in the development of the [WHO Global Diabetes Compact](#) launched in 2021, and we are excited to see the benefits it will ultimately bring to PwD.

### 73rd session of the WHO Regional Committee for Europe (RC73)

On October 24-26, we attended the [73rd session of the WHO Regional Committee for Europe](#) and provided two written statements on the agenda items on [“Accelerating progress towards healthy, prosperous lives for all, increasing equity in health and leaving no one behind in the WHO European Region”](#) and [“Reaffirming commitment to health systems strengthening for universal health coverage, better outcomes and reduced health inequalities”](#).



## OTHER ADVOCACY EVENTS

### European Diabetes Patient Advocacy Summit

On March 28-29, IDF Europe participated in the [European Diabetes Patient Advocacy Summit 2023 \(EDPAS\)](#) developed by Novo Nordisk and IDF Europe, alongside diabetes advocates from 41 diabetes patient organisations across Europe.



### LongITools Science4Policy Forum

On May 10, IDF Europe Regional Manager, Elisabeth Dupont and diabetes advocate, Mark Johns, participated in the LongITools Science4Policy Forum focused on 'Diabetes and the Exposome: Identifying challenges and solutions for Action'.



During the event, Mark Johns shared his experience of living with T2D and joined the discussion on the interactions between environmental, lifestyle and biological factors and risks of developing NCDs, such as diabetes.

### HealthTech for Patients 2023

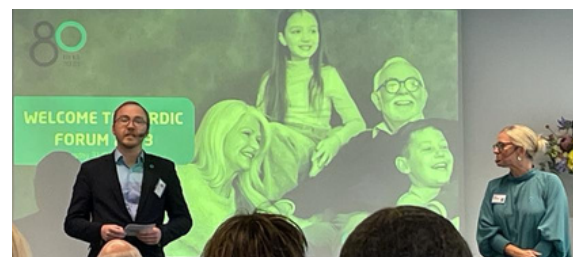
On May 23 and October 24, IDF Europe Project Coordinator, Mia Bajramagic, participated as a panellist in the roundtables on "Noncommunicable Diseases: from prevention to treatment" at the HealthTech for Patients event organised by HealthTech for Care.



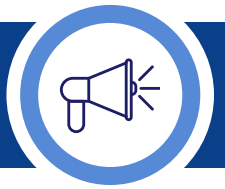
During the event, panellists addressed the importance of involving all key stakeholders in the prevention of NCDs and highlighted the importance of patient engagement and involvement in innovation processes for better healthcare delivery.

### 2023 Nordic Forum

On August 31 and September 1, IDF Europe Regional Manager, Elisabeth Dupont, participated in the 2023 Nordic Forum and the celebrations of the 80th anniversary of the Swedish Diabetes Association (Svenska Diabetesförbundet).



The Nordic Forum provided a platform for representatives of national diabetes associations from Denmark, Faroe Islands, Finland, Norway and Sweden to exchange experiences, share their goals and identify joint actions to improve PwD's daily lives.



## 9th ESWI Conference on Influenza, COVID-19 & RSV

On September 17, Prof. João Raposo, Medical Director, APDP (Diabetes Portugal) and IDF Europe Board Member joined the 9th ESWI Conference on Influenza, COVID-19, and RSV in Valencia, where he discussed Enhancing Vaccination Uptake in Healthcare Settings Overcoming Challenges and Elevating Vaccination Coverage.



## IDF Europe Symposium at EASD 2023

In October, IDF Europe attended the European Association for the Study of Diabetes (EASD) 59th Annual Meeting, in Hamburg, where we also held a symposium, *“Erase Diabetes Together”*, which focused on mobilising PwD, HCPs and policy makers to lower the risk of diabetes and its complications.



The event was chaired and moderated by IDF Europe Board Member, Prof. João Raposo, Medical Director, APDP (Diabetes Portugal), and gathered speakers representing the perspective of various diabetes stakeholders, including diabetes advocates, Cajsa Lindberg and Katerina Stankova, IDF Europe Chair, Prof. Nebojša Lalić, and IDF Europe Board Members, Prof. Leszek Cupryniak and Prof. Tadej Battelino. Dr. Gauden Galea, WHO Europe Strategic Adviser to the Regional Director, Special Initiative on NCDs and Innovation, joined the event remotely and highlighted WHO Europe’s perspective and initiatives to address diabetes and other NCDs.

## Economist Impact Event: Future of Health Europe

On October 11-12, IDF Europe Director, Policy and Strategy, Sabine Dupont, attended the Economist Impact event on the Future of Health Europe, where she participated in a panel discussion on the potential of digital therapeutics in transforming healthcare.



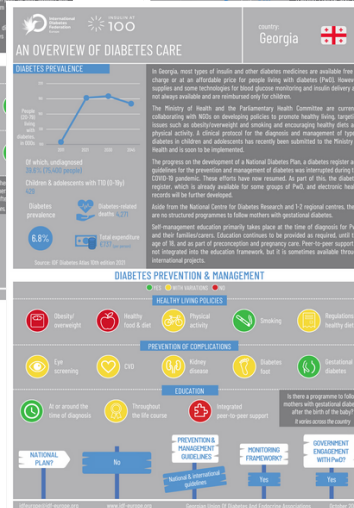
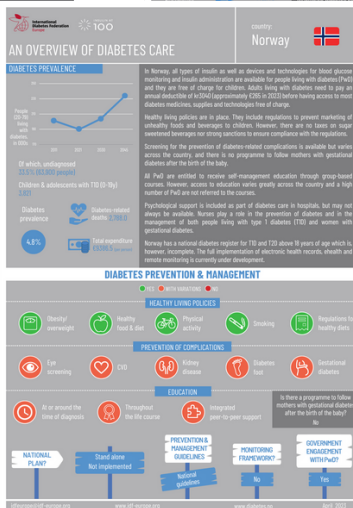
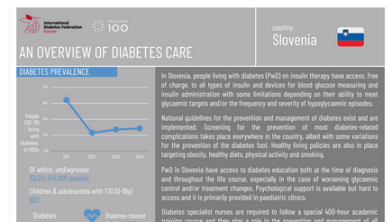
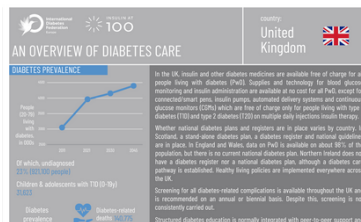
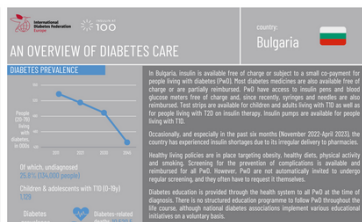


## IDF Europe Centenary of Insulin campaign

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

As part of our campaign, in 2023, we continued to update our dedicated website: [insulin at 100](#) with our events and initiatives, we released new [country profiles](#) on the status of diabetes care across Europe, and we expanded the [Twinning Programme](#), the knowledge exchange programme for our Member Associations.

In September, IDF Europe launched a series of webinars for Member Associations on key topics of interest to complement the one-on-one collaborations established in 2022 as part of the Twinning Programme. During the [first webinar](#), five IDF Europe member associations from France, Portugal, Romania, Slovenia and Sweden gave a presentation about initiatives and best practices that have been/are being implemented in their respective countries.





## IDF EUROPE'S NEW PUBLICATION

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

### Type 2 Diabetes: a preventable catastrophe?

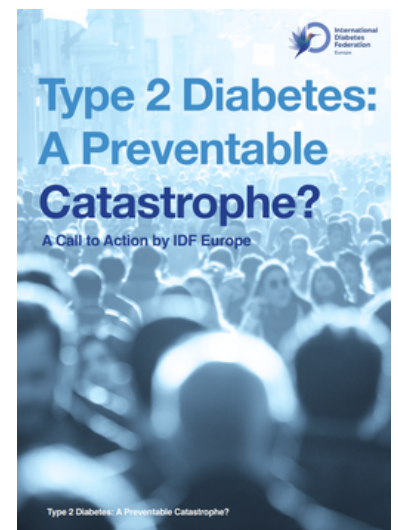
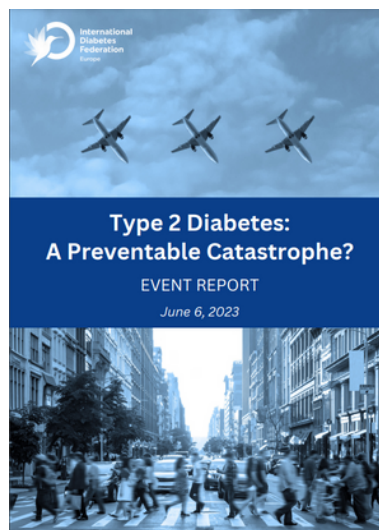
In June, IDF Europe held a hybrid event in Media Partnership with EURACTIV to officially launch its new publication, [“Type 2 Diabetes: a preventable catastrophe?”](#). During the event, panellists representing academia, HCPs, people living with T2D, industry and policy makers discussed why we urgently need to re-design our healthcare systems across Europe and remove the barriers that are preventing early and tight management of T2D and its associated risk factors.

The aim of the policy paper is to call for the immediate and concerted adoption of the latest evidence-based recommendations for the management of T2D across Europe.

The publication stresses the fact that T2D is responsible for more than one million premature deaths in Europe each year. The equivalent of three jumbo jets crashing every single day.

With evidence showing that achieving tight management of blood glucose as well as blood pressure, cholesterol and body weight within the first five years of the condition can generate a significant reduction in the risk of developing life-altering complications, the paper can be used as an advocacy tool at national and European level to call for the early and tight control these multiple risk factors.

The publication and the recording of the launch event were further promoted with the publication of an [opinion piece](#) on the EURACTIV website.





## IDF EUROPE PLATFORMS OF PEOPLE LIVING WITH DIABETES

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

In 2023, we continued to develop our existing youth programmes, the [Youth Leadership Camps/Labs](#) and our [network of Youth Advocates, YOURAH](#), and our new [platform of people living with T2D and other types of diabetes](#).

### Youth Platform

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

Our Youth Platform aims to:

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



### Youth Leadership Camp 2023

The [YLC 2023](#) was held in July, in Bankya, Bulgaria. It was hosted by the Bulgarian Diabetes Association. The theme of the YLC 2023 was “Health for All”, in alignment with the theme chosen by WHO to celebrate its 75th anniversary. Participants reflected on the differences and inequalities in access to diabetes care across Europe. Two sub-themes allowed them to focus more specifically on the role of young people and that of diabetes technology to address these inequalities.

### The role of mentors

A key feature of the IDF Europe Youth Leadership Programme is the near-peer mentoring approach. At IDF Europe we believe that the most effective mentors are those with the most relevant experience, not necessarily the most experienced. In the context of the youth programme, YLC/YLL alumni are best placed to play this role as they can empathise with the stage of their life that the YLL participants are at, while still being able to recall the specific actions that helped them with their own development.





## Alumni get-together: the YOURAH FORUM

Alumni get-togethers were first launched in 2022 to provide a platform for past YLC/YLL participants to reconnect, share their journeys and continue contributing to our advocacy efforts.

In 2023, the YLC/YLL alumni get-together took place in Lisbon on October 20-22, hosted by the Portuguese YLC alumni and APDP (Diabetes Portugal). The weekend featured brainstorming and co-creation sessions with the aim of uniting the voice of the young diabetes community and to identify advocacy strategies to keep diabetes high on the political agenda.

A critical focus of the forum centered on urging young PwD to stand up for their condition and engage in advocacy initiatives.



## WHO Youth4Health Network

On September 25, WHO Europe launched the Youth4Health Network which will serve as a platform for meaningful youth engagement in all areas of WHO/Europe's work. IDF Europe is proud of being represented in this platform by one of our YOURAH Network's young diabetes advocates, Linda Budde.



## Type 2 Diabetes Platform

One of IDF Europe's priorities is to strengthen the voice of all PwD. To this effect, in 2022 IDF Europe launched a platform of People living with T2D and other types of diabetes in Europe, interested in representing the voice of PwD in advocacy initiatives as well as through participation in other projects, to complement YOURAH and the already active network of people living with T1D. The platform was further expanded in 2023 and its members continued engaging in numerous activities throughout the year.

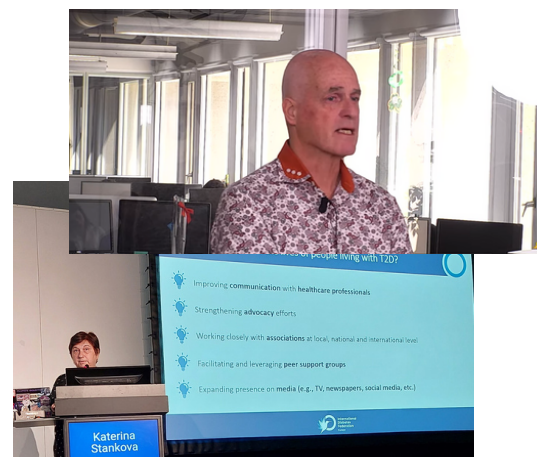


## Type 2 Diabetes: a preventable catastrophe?

T2D advocate, Erik Werson, participated as a member of the Editorial Committee in the review of the policy paper "Type 2 Diabetes: a preventable catastrophe" and as a panellist during the publication [launch event](#).

## IDF Europe Symposium at EASD 2023

T2D advocate, Katerina Stankova, joined the [IDF Europe Symposium](#) at EASD 2023 to represent the perspective of people living with T2D in the discussion on how to mobilise all diabetes stakeholders to "Erase Diabetes Together".





## SUPPORT FOR PwD AFFECTED BY THE WAR IN UKRAINE AND THE EARTHQUAKE IN TURKEY AND SYRIA

### IDF Europe platform: Connect Solidarity

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



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

Following the [earthquake in Turkey and Syria](#) on February 6, IDF Europe remained in contact with our member associations in the country which are in close communication with PwD in the affected area to support their work in providing assistance to those in need.



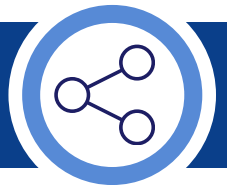
### Ride Ukraine: London to Kyiv cycle challenge

On August 26, 62-year-old living with type 1 diabetes (T1D), Jerry Gore, and his friend, Paul Buckley, embarked on a 3,000km bicycle ride from London to Kyiv with the goal of raising €100,000 for essential medicines and medical supplies for PwD and other chronic conditions in Ukraine.



As Jerry and Paul were cycling through France, Belgium, the Netherlands, Germany, Czech Republic, Poland and Ukraine, IDF Europe Member Associations welcomed them in their respective countries and supported their efforts in collecting donations and raising awareness of the challenges of living with diabetes in wartime.





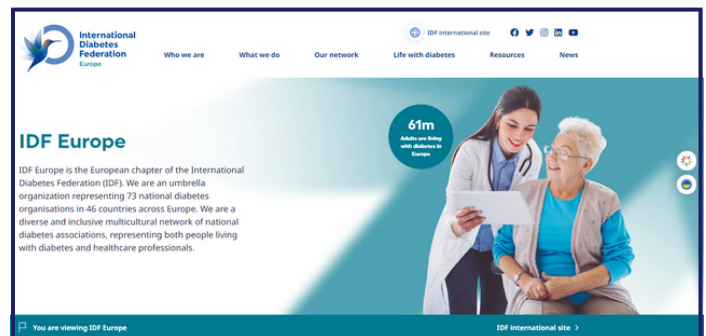
## COMMUNICATION

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

### IDF Europe's Website

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

In June, IDF officially unveiled a new logo and brand identity as well as a new website.

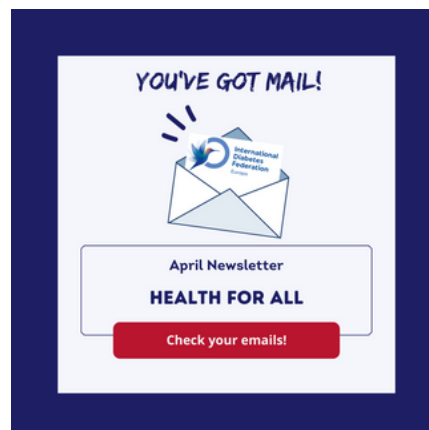


### IDF Europe's Newsletter

IDF Europe's [monthly newsletters](#) provide useful and inspiring information on our activities and those carried out by our Member Associations as well as health-related news from Europe.

The IDF Europe newsletter is sent each month to a list of over 900 subscribers. It is promoted on our social media channels and published on the IDF Europe website.

Each edition of the newsletter is opened by an editorial on various diabetes-related topics.

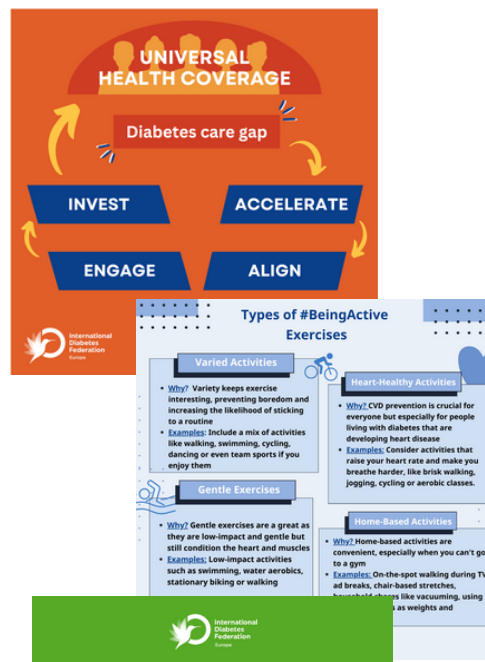




## IDF Europe's initiatives on International Days

Some International Days are a great opportunity to communicate on diabetes and related challenges. In 2023, we placed a special focus several days and weeks, as shown below, amplifying key messages via our social media channels through a variety of activities such as interviews, videos, testimonials, and articles and other resources. Here are some examples:

- Leonard Thompson Day
- International Day of Education
- World Cancer Day
- World Day of Social Justice
- International Women's Day
- World Kidney Day
- World Immunisation Week
- World Health Day
- International Nurses Day
- EU Public Health Week
- EU Mental Health Week
- World Food Safety Day
- World Refugee Day
- World Humanitarian Day
- International Youth Day
- Global Week for Action on NCDs
- World Alzheimer's Day
- EU Week of Sports
- World Heart Day
- World Mental Health Day
- World Sight Day
- World Stroke Day
- Universal Health Coverage Day



1 in 5 people who develop a Stroke also live with Diabetes



Be #GreaterThan > Stroke

WORLD STROKE DAY

**World Health Day 2023** 75<sup>th</sup> HEALTH FOR ALL

- UNIVERSAL ACCESS TO HEALTHCARE**
  - 30% of the global population is not able to access essential health services.
  - The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being (U.N. WHO Constitution)
- ACCESS TO MEDICINES AND VACCINES**
  - Every year, vaccine immunisation prevents 3.5 to 5m deaths
  - WHO has played a pioneering role in introducing new vaccines to prevent diseases and new medicines to meet healthcare needs.
- DIGITALISATION OF HEALTH**
  - Virtual care, remote monitoring, artificial intelligence, smart wearables and platforms and tools enabling data exchange are transforming healthcare delivery, enhancing patient engagement, clinical management and person-centred care.
- HEALTHCARE WORKERS**
  - By 2030, WHO estimates a shortfall of 10m health workers
  - "Workforce 2030" is WHO's global strategy on human resources for health which, between 2018 and 2020, has led to a nearly 30% increase in health workforce.
- NONCOMMUNICABLE DISEASES**
  - 74% of all deaths are due to NCDs such as diabetes, cardiovascular disease, cancer and chronic respiratory diseases.
  - Ensuring access to treatment and care and reducing modifiable risk factors are key to prevent NCDs and premature mortality.
- HUMANITARIAN CRISES**
  - In 2023 around 339m people will be in need of humanitarian assistance and protection, up from 218m in 2022.
  - Crisis, such as man-made conflicts and natural disasters are leading to the erosion of human rights including the right to health.





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



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



[HEALTHY FOOD, HEALTHY PLANET](#) is a project aimed at exploring the role of plant-based diets in the management of diabetes, through sustainable healthy diets. IDF Europe is engaged in the project with its member associations from Portugal and France (APDP – Diabetes Portugal and the French Diabetes Federation).



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



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



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



## ASSOCIATIONS AND ALLIANCES

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

### #dedoc



### EU4Health Civil Society Alliance



### EU Health Coalition



### EU Health Policy Platform



### European Chronic Disease Alliance



### European Coalition for Vision



### European Diabetes Forum



### European Patients' Forum



### European Public Health Alliance



### Foundation of European Nurses in Diabetes



### Health First Europe





## INDUSTRY PARTNERS

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

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

### Gold Strategic Partners



### Silver Strategic Partners



### Project Partners



### Other Partners





## IDF EUROPE'S REGIONAL COUNCIL AND TEAM MEETING

On November 27-28, before the start of the IDF Europe-WHO Europe High-Level Technical Summit on Diabetes, we held the IDF Europe Regional Council and the TEAM (“Together Everyone Achieves More”) meeting, in Belgrade. The day represented an incredible opportunity to meet our member associations in person and to strengthen our network across Europe.

The first part of the meeting included a review of IDF Europe's activities and financial and statutory matters in 2023, and a presentation of our priority projects and initiatives for 2024.



On the second day, we kicked off the TEAM meeting with a review of specific programmes and regional initiatives. This included a presentation of IDF Europe's [youth activities](#) by Uroš Bogdanović, YOURAH Network Coordinator; an overview of the [Nordic Forum](#) by Björn Ehlin, Chairman of the Swedish Diabetes Association; and a presentation of [Ride for Ukraine](#) by Iryna Vlasenko, IDF Vice President

Subsequently, Prof. Tadej Battelino, IDF Europe Chair-Elect, Elisabeth Dupont, IDF Europe Regional Manager, and Jessica Nastos, Project and Communications Intern, presented IDF Europe's initiatives addressing the urgency of [type 2 diabetes](#) (T2D). In the final session of the TEAM meeting, Sabine Dupont, IDF Europe Director of Strategy and Policy, presented IDF Europe's communications and advocacy plan aimed at leveraging the Summit and the EU Parliament Resolution on Diabetes ahead of the EU Parliamentary elections in 2024. Illustrating how the EU Parliament Resolution can be effectively utilised nationally, representatives from APDP (Diabetes Portugal), Dr. José Boavida and Dr. Rita Nortadas, presented their [advocacy activities](#) targeting various Parliamentary Committees in Portugal.





## IDF EUROPE BOARD 2023



Prof. Nebojša M. Lalić  
**Regional Chair**  
*Serbia*



Prof. Tadej Battelino  
**Regional Chair-Elect**  
*Slovenia*



Ms Stella de Sabata  
**Board Secretary**  
*Switzerland*



Ms Bogdana Gratton  
**Board Treasurer**  
*Slovenia*



Prof. Leszek Czupryniak  
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*Poland*



Ms Elena Frattolin  
**Board Member**  
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**Board Member**  
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Dr Konstantinos  
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Prof. João Filipe  
Raposo  
**Board Member**  
*Portugal*



Ms Maya Victorova  
**Board Member**  
*Bulgaria*



## IDF EUROPE REGIONAL OFFICE 2023



Elisabeth Dupont  
**Regional Manager**



Sabine Dupont  
**Director, Strategy & Policy**



Mia Bajramagic  
**Project Coordinator**



Martina Boccardo  
**Strategic Communications & Content Coordinator**



Alina Chebes  
**Senior Policy Coordinator**



Sophia Demerouti  
**Junior Communications Officer**



Adam Gyurcsik  
**Youth Coordinator**



Jessica Nastos  
**Project & Communication Intern**



Maxence Prizzi  
**Policy Intern**



Izabell Thunström  
**Project & Communication Intern**