



## National implementation of the IDF Europe-WHO Europe Joint Declaration

*Chris J. Delicata | Maltese Diabetes Association*

*12<sup>th</sup> October 2024*



*Maltese Diabetes Association  
Għaqda Maltija kontra d-Dijabete*



## The relevance of the joint declaration

- ❖ Two leading organisations joined together for the same goal – to improve the lives of persons living with diabetes.
- ❖ A resolution on Diabetes that addressed the condition in the context of **the realities we are living in today**.
- ❖ Launched in the year that we celebrated the centenary of the discovery of Insulin that saved so many lives. Ironically 100 years later we are **still faced with other equally important challenges** that cannot be underestimated or ignored.
- ❖ A resolution that **focused on the person with diabetes** at the **centre of our work** to improve EU citizens' quality of life and reduce inequalities.
- ❖ An opportunity to **engage with politicians** and other **key stakeholders** to resonate our message and ultimate goals.





## The focus today

- ❖ In this session we are going to focus on point 14 of article 13 of the Declaration on accelerating action on commitments to improve diabetes detection and quality of care

As the WHO Regional Office for Europe and IDF Europe, we agree to support Member States to accelerate progress toward meeting or exceeding, where appropriate, the global diabetes targets for 2030:

- 80% of people living with diabetes are diagnosed;
- 80% have good control of glycaemia;
- 80% of people with diagnosed diabetes have good control of blood pressure;
- 60% of people with diabetes of 40 years or older receive statins; and
- 100% of people with type 1 diabetes have access to affordable insulin and blood glucose self-monitoring.

- ❖ The Maltese Diabetes Association will share its experience on its efforts to ensure **100% of people living with type 1 diabetes have access to blood glucose self-monitoring (CGMs).**

# The situation of CGMS in Malta

- ❖ Until a few years ago, persons living with type 1 diabetes in Malta did not have access to free Continuous Glucose Monitoring devices (CGMs).
- ❖ We lobbied strongly as an Association over the years including support from key MEPs in the European Parliament and also local politicians.

LOCAL WORLD DEBATE SPORTS BUSINESS ARTS LIFE VIDEOS NEWSPAPER MAGAZINE

EDITOR'S BLOG BLOGS & OPINIONS POLLS

Home > Local > News > Zammit Dimech calls for provision of continuous glucose...

## Zammit Dimech calls for provision of continuous glucose monitors to people with Type 1 Diabetes

Friday, 6 April 2018, 13:33 Last update: about 8 years ago

### Zammit Dimech committed to keep on voicing concerns of diabetics

27.03.2018 12:48

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#### Important notice

Views expressed here are the views of the national delegation and do not always reflect the views of the group as a whole



MEP Contacts



Francis ZAMMIT DIMECH  
Member of the European Parliament

Press contacts



Matthew BONETTI  
Member of the European Parliament

TIMES MALTA

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## Zammit Dimech with another appeal to increase services for diabetics

MEP wants key medicines added to national formulary

National

3 May 2019 | Times of Malta | 011





## The situation of CGMS in Malta

- ❖ In 2021, the government launched a six-month pilot project to supply CGMs to children and adolescents living with type 1 diabetes under the age of 16 years.
- ❖ The pilot project proved to have made a significant difference and impact on these persons' health, life and wellbeing. A huge success!
- ❖ The Association always argued that persons living with diabetes in Malta should enjoy the same benefits as those in other EU countries. This includes the effective use of CGMs for all persons living with Diabetes. This should be seen as a long-term investment that would effectively result in better control and management of one's diabetes.
- ❖ We argued that as persons living with type 1 diabetes grow older, they start to experience common long-term diabetes-related health problems such as damage to the large blood vessels of the heart, brain and legs and damage to the small blood vessels, causing problems in the eyes, kidneys, feet. Their stress levels start to increase due to occupational and personal issues, besides the financial challenges they would have to face particularly at the start of their adult lives and/or careers.

## The situation of CGMS in Malta

- ❖ Over the years this was extended gradually by age groups (extending approximately 5 years each roll out).
- ❖ Until today, persons living with type 1 diabetes up to age 50 years are eligible for a CGM from the diabetes formulary.
- ❖ Those not eligible for a subsidised CGM, had to finance their CGM from their own pockets often spending around Euro 300 each month.
- ❖ The Association's ultimate aim is to ensure that all persons living with type 1 diabetes need to have a CGM, **irrespective of age. Age should not be a determining factor whether one gets a CGM or not.**







## What did the Association do?

- ❖ Over the years, we strongly lobbied to ensure that persons living with type 1 diabetes have a CGM.
- ❖ We did this in the following ways:
  - ✓ **Lobbied with the government authorities and the Minister of Health.** We did this by writing to the Minister several times and also held face to face meetings.
  - ✓ **Engaged key members of parliament** to direct specific parliamentary questions to the Minister of Health. This kept the issue constantly on the radar and maintained pressure with the government. These were also reported on news portals.
  - ✓ **Effectively used the Joint Declaration** to garner more support and substantiate our arguments.
  - ✓ We asked an active **member of parliament** to dedicate her **speech in parliament** during adjournment post signing of the declaration on the **relevance of the Declaration**. A copy of the Declaration was also presented to the Speaker / President of the parliament and is documented there and accessible through the parliament's website

**A copy was also presented to the  
parliament**



## L-ERBATAX-IL LEGIŻLATURA

P.L. 1266

Dokument imqiegħed fuq il-Mejda tal-Kamra tad-Deputati fis-Seduta  
Numru 81 tal-25 ta' Jannar 2023 mill-Onor. Claudette Buttigieg, MP.





# A copy of the Resolution was also presented to the parliament – document on their website!



PARLAMENT TA' MALTA

Mr Speaker

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## Search Results [ No. of matches 85 ] [Perform another search](#)

Article entitled Declaration on accelerating action on commitments to improve diabetes detection and quality of care published by International Diabetes Federation of World Health Organization during High-Level Technical Summit on Diabetes that was held in Belgrade, Serbia, between 28 and 29 November 2023

[03314.pdf](#)

to improve **diabetes** detection and quality of care 1. We, the World Health Organization (WHO... **Diabetes** Federation (IDF)- Europe, a non-profit-making umbrella organization of national **diabetes**

1 Top

Resolution adopted by the European Parliament on 28 November 2002 entitled 'Prevention, management and better care of diabetes in the EU on the occasion of World Diabetes Day (P9\_TA(2002) 0409)':

[01266.pdf](#)

A(2002)0409 Prevention, management and better care of **diabetes** in the EU on the occasion of World **Diabetes** Day European Parliament resolution of 23 November 2002 on prevention, management

# What did the Association do?

- ✓ We strongly used to **media** to drive forward our message. This was done through various press releases or media articles.



The screenshot shows the top of a news article on the Malta Today website. The navigation bar includes 'malta today' and links for HOME, NEWS, BUSINESS, SPORTS, ARTS, COMMENT, VIDEO, ARCHIVES, MAGAZINES, and a search icon with 'DIGITAL PAPER'. Below this is a secondary navigation bar with categories like National, Court & Police, Interview, Data & Survey, Environment, Xtra, Budget 2025, Europej 2024, and Election 2022. The article title is 'Diabetes sufferers make plea for monitoring devices to be extended universally'. The sub-headline reads: 'Irrked diabetes patients are struggling financially to finance continuous glucose monitoring devices which cost €300 each month'. The author's name is Matthew Vella, dated 24 March 2023, 12:32pm, with a 1-minute read time. The main image shows a person's hand holding a smartphone displaying a glucose level of 141, with a glucose sensor attached to their arm.

**malta today** HOME NEWS BUSINESS SPORTS ARTS COMMENT VIDEO ARCHIVES MAGAZINES  DIGITAL PAPER

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News / National

## Diabetes sufferers make plea for monitoring devices to be extended universally

Irrked diabetes patients are struggling financially to finance continuous glucose monitoring devices which cost €300 each month

 24 March 2023, 12:32pm  
by **Matthew Vella**  
🕒 1 min read





# What did the Association do?

News Local

## Diabetes patients still waiting to receive monitoring device promised in December

By Jurgen Balzan - June 2, 2023 4:08 PM



# What did the Association do?

newsbook EN MT  
MALTA

NEWS ▾ CHURCH |

News Local

## Maltese Diabetes Association welcomes partial extension of monitoring devices

By Jurgen Balzan - September 26, 2023 5:49 PM



## Diabetes Association welcomes rollout of CGMs but 'this needs to be extended further'

Wednesday, 27 September 2023, 09:59 Last update: about 2 years ago





# What did the Association do?

## Continuous Glucose Monitors still only available for diabetics aged up to 23, MEP candidate says

Friday, 18 August 2023, 09:31 [Last update: about 2 years ago](#)



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## Diabetes association: extend successful glucose monitor pilot project

Around 200 children with type 1 diabetes have benefited from free devices

National Health Children

5 June 2021 | Times of Malta | 0

malta**today**

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Europej 2024

Election 2022

News / Budget 2022

## Diabetes sufferers disappointed with limited roll-out of monitoring devices

Maltese Diabetes Association says glucose monitoring devices should be free for everyone with type 1 diabetes

# What did the Association do?

- ✓ We wrote articles in leading newspapers and news portals to drive forward our message:

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## CGMs for all type 1 diabetics - Chris Delicata

A Continuous Glucose Monitoring device provides peace of mind

“

*Effective diabetes management and control is vital and key to one's well-being*

- Chris Delicata

”

Persons living with this condition should be reimbursed by the health authorities as part of the diabetes formulary. There is no price to one's health. Having a CGM can only improve one's diabetes condition. The capital expenditure to introduce such devices must be seen as a long-term investment since, undoubtedly, better diabetes management and control through a CGM will result in lesser complications and hospitalisations.

A CGM is a vital necessity and definitely not a luxury. Persons living with diabetes deserve to have this important device. They already face daily challenges to manage their diabetes and live with this long-term chronic condition. A CGM can only improve their quality of life and well-being.





# What did the Association do?

## Diabetes device is urgent priority

### TALKING POINT

**CHRIS DELICATA**

President,  
Maltese Diabetes  
Association



A few months ago, the government embarked on a much-needed project to provide children and adolescents under 16, living with Type 1 diabetes, a Continuous Glucose Monitoring (CGM) device.

This project was a huge success. In fact, the authorities confirmed that these children

factor for eligibility. Many question why such a device is so important and vital for people living with diabetes. The following are a few reasons:

As people living with Type 1 diabetes grow older, they start to experience common long-term diabetes-related health problems such as damage to the large blood vessels of the heart, brain and legs and damage to the small blood vessels, causing problems in the eyes, kidneys and feet.

Their stress levels start to increase due to occupational and personal issues, besides the financial challenges they would have to face, particularly at the start of their adult lives or careers.

In a variety of jobs, especially non-white collar occu-

prived of this important and innovative equipment to manage and better control their diabetes.

Some people living with Type 1 diabetes are still attending tertiary education or just starting their careers.

Their financial ability to fund a CGM device is limited, if non-existent.

Having an active lifestyle would require them to moni-

“

As people

tor their blood sugar levels continuously.

A CGM device provides peace of mind when adults with Type 1 diabetes are driving a car, travelling overseas, practising a sport or socialising.

Effective diabetes management and control is vital and key to one's well-being and this can be achieved through a CGM device with 24/7 of continuous monitoring.

Until such time as such CGMs are rolled out to all people living with Type 1 diabetes, they will struggle to finance it from their own pockets, even spending a staggering €3,600 per annum. Meanwhile, others are deprived of this important device simply because they cannot afford it.

While appreciating the finan-

lications and hospitalisation costs for the government. The implementation of such measure should, therefore, be seen as a holistic investment to improve the lives and well-being of such people.

Now that the date of the next general election has been announced, the association makes a heartfelt appeal to both parties to include the implementation of such a measure as one of their topmost electoral commitments.

They should also provide a clear timeframe for implementation, in order to give reassurance and peace of mind to those facing financial difficulties to fund their own CGM.

Parties aspiring to lead the next government should do so sooner rather than later.



# What did the Association do?

- ✓ We organised a **seminar** that focused on **Access to Care** which included a panel discussion on the issue of CGMs – the panel debated the following – **CGMS – A Luxury or Vital Necessity?**

**ACCESS TO DIABETES CARE:  
IF NOT NOW, WHEN?**

SATURDAY 20TH NOVEMBER 2021  
GRAND HOTEL EXCELSIOR, FLORIANA  
9AM TILL NOON

INTRODUCTION OF THE WORLD DIABETES DAY THEME FOR 2021  
CHRIS J. DELICATA, PRESIDENT OF THE MALTESE DIABETES ASSOCIATION

THE SITUATION OF DIABETES IN MALTA, WHERE DO WE STAND?  
PROF. STEPHEN FAVA M.D., M.R.C.P.(UK), F.E.F.I.M., F.A.C.P., F.R.C.P.(LOND.), M.PHIL.(MELIT.), PH.D.(EXE.)  
CHAIR OF THE DIABETES & ENDOCRINE CENTRE, MATER DEI HOSPITAL

100 YEARS OF INSULIN - HOW THIS HAS IMPACTED THE PERSON LIVING WITH DIABETES  
DR. DANIEL MICALLEF, M.D., M.R.C.P (UK), PGDIPDERM (LOND)  
RESIDENT SPECIALIST IN DERMATOLOGY AND PERSON LIVING WITH TYPE 1 DIABETES

PANEL DISCUSSION  
CONTINUOUS GLUCOSE MONITORS (CGMS) FOR ALL TYPE 1S: A LUXURY OR VITAL NECESSITY?  
PANEL WILL CONSIST OF FIVE PERSONS LIVING WITH TYPE 1 DIABETES AND  
MS. CATHERINE AZZOPARDI, PRACTICE NURSE, DIABETES EDUCATION UNIT, MATER DEI HOSPITAL.  
THE PANEL DISCUSSION WILL BE MODERATED BY LEADING MEDIA PERSONALITY MR. JOHN BUNDY

THE NEED FOR MORE INNOVATIVE TREATMENTS  
DR SANDRO VELLA (MELIT), MSc (RDEH), MD (DUND), FRCP (EDIN), FRCP (LOND)  
CONSULTANT PHYSICIAN, DIABETOLOGIST AND ENDOCRINOLOGIST

QUESTION TIME  
CLOSING OF SEMINAR

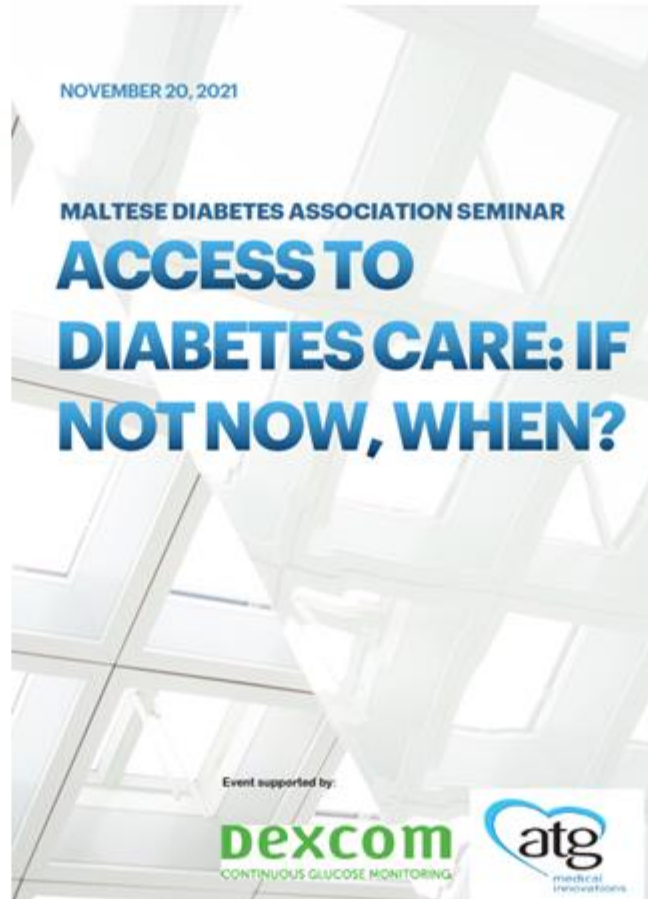
**dexcom**  
CONTINUOUS GLUCOSE MONITORING

**atg**  
MEDICAL TECHNOLOGIES



# What did the Association do?

- ✓ Following this seminar, we engaged a leading media company to **report on the outcome of the seminar** and issue a report. This was sent to the Minister of Health:







# What did the Association do?

- ✓ A set of **recommendations** were made in the report to lobby further and urge the authorities to act:

## RECOMMENDATIONS

- It's not the first time that representatives of the Maltese Diabetes Association receive heartbreaking calls from families who cannot afford to buy a continuous monitoring device. The government should introduce CGMs for all with immediate effect. Those suffering with Type 1 diabetes cannot wait another two years as this is a huge financial burden for them. Those who cannot afford a CGM are being deprived of a life-saving device.
- A CGM device is a vital necessity, not a luxury. Those living with diabetes already face numerous daily challenges to manage their diabetes and live with this long-term chronic condition. A CGM is vital to improve their quality of life and wellbeing.
- It will cost the government an additional €5 million to implement CGMs for all with immediate effect, which in the long run will alleviate the burden caused by complications that arise from a condition, which will witness a steep increase in cases in the coming years.
- Introduce personalised emotional and psychological support: none are available for adults at the moment.
- It is important for the country to invest in technology and opportunities to minimise the burden on patient.
- Introduce dedicated clinics to ensure that access to weight management programmes is improved, and support provided so that those suffering with this condition can go into remission.
- Expand the pool of diabetes specialist nurses and establish better collaboration and sharing of data across primary and secondary/tertiary care.
- Improve understanding, and fight discrimination against people with diabetes at places of work, in schools, as well as for insurance-related purposes etc...
- Understand the priorities of people affected by, and at risk of diabetes and step up awareness of this condition on all levels.



## What did the Association do?

- ✓ The following are comments from the panel who highlighted the importance of CGMs:

“I have been using CGMs for six years. They have been instrumental in helping me gain confidence and drastically reduced my anxiety levels. Before, wherever I went I always wanted my husband or son by my side, now with these devices I have regained a bit of freedom from this condition.”

“My 19-year old son was just four when he saved me when I was experiencing a hypo. CGMs are essential for us. They’re our life. Let’s not wait until 2023 for this apparatus to be readily accessible.”

“These days I feel confident enough to go on girls’ holiday as I stay with a trusted friend of mine and she cares for me... even waking me up at night when she hears the alarm warning of low blood sugar levels. Those who don’t live with it find it hard to appreciate what we go through; sometimes people think you’re being a drama queen.”





## What did the Association do?

“I have been living with diabetes for 48 years. Thankfully, I don’t suffer from any complications and I’m healthy. But, it’s been tough and I’m very strict with my diet... but it is possible to lead a normal life.”

“In 2019 I started using a flash CGM, which has alarms. Getting hypo worried me and my family especially at night, so this device gave me increased security, and eliminated episodes of hypo, which in my case used to mostly happen at night.

“I used to worry the most when I was driving, especially if I got caught in heavy traffic. That is now over thanks to this device, but authorities need to recognise the expense involved.

“This flash CGM changed my life. There is no cure, but technology has made tremendous changes to our quality of life. It has also eliminated the need for continuous finger pricking.



## What did the Association do?

“The solution is there: the government has already created a pilot project using *Dexcom G6* real-time continuous monitoring device for those under 16 and it was a huge success. Introduce this equipment for all now.”

“I wish the country would walk for one day in our shoes: This isn't easy for anyone. In my case, I started using *Dexcom G6's* real-time CGM and my life changed overnight. If I accidentally miss the warnings my girlfriend can monitor my condition too.”

“It's up to us and the country to take action. We're not after pity. We just want the country to help us not be a burden on the state's health services. These devices drastically reduce the rate of complications.”





## What did the Association do?

“I was diagnosed with Type 1 diabetes at the age of three. I’ve lived with it for 23 years; lived with the fear of travelling, and the daily anxieties. We live with this condition 24/7; diabetes never takes a holiday.

“We look normal, which makes it harder for those around us to truly understand what we go through. If you get a hypo at night you wake up with no energy and it’s near to impossible to face a day at work.”

“The one thing that has changed my life and put my family’s minds at rest has been a CGM device. I’m planning a family and without this CGM, life would be doubly complicated. I can’t begin to explain what a difference it has made... it’s expensive true but essential, and treating it is more expensive.”





# What did the Association do?

We used the Association's Facebook pages to drive forward our message and show full support for the Declaration.

**Maltese Diabetes Association**  
1 ta' Diċembru 2023 · 🌐

**WE ENDORSED THE DECLARATION TO ACCELERATE ACTION ON DIABETES!**

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

Join the effort and endorse here

**Maltese Diabetes Association**  
27 ta' Settembru 2023 · 🌐



INDEPENDENT.COM.MT  
Diabetes Association welcomes rollout of CGMs but 'this needs to be extended further' - The Malta Independent

## More patients to receive free continuous glucose monitors

CLAUDIA CALLEJA

Continuous blood glucose monitors will be rolled out free of charge to more people living with type 1 diabetes "in the coming weeks", the health ministry has said.

The monitors are currently only offered to people up to the age of 21 and pregnant women with type 1 diabetes. CGMs keep constant track of a patient's blood glucose levels using a tiny sensor placed under the skin, sending out alerts when levels get too low (hypoglycaemia) or too high (hyperglycaemia).

This allows patients to better monitor their health and improve their quality of life. It avoids the

need to perform regular finger prick tests and lowers the risk of missing out on a spike or drop in their blood sugar level.

However, sensors must be replaced every two weeks and the cost can run up to hundreds of euros every month if purchased privately.

Last month, the Maltese Diabetes Association made a "heartfelt appeal" to the health authorities to introduce CGMs for all persons living with type 1 diabetes through the government financing.

In 2021, the government ran a pilot project offering the monitors to children and young people under the age of 21. In April 2022, it was revealed that the devices would be distributed to patients aged up to 21 and this was later extended to 25.

Since then, the authorities have promised that CGMs are

going to be introduced to those aged up to 26 living with type 1 diabetes by the end of 2022 and to all persons living with type 1 diabetes as from this year, the association revealed.

The latter two promises have not yet been fulfilled. Earlier this month, Ruth Galea Pace, who has been living with type 1 diabetes for 38 years, called on the government to fulfil its electoral promise to provide free monitors to all type 1 diabetics.

Galea Pace said she could not understand why this age discrimination, whereby people would have pieces of metal just as a younger person would, she pointed out.

Asked about this, the health ministry said: "The continuous glucose monitors pilot project is now entering its conclusive stages and, following the positive feedback from pa-



Ruth Galea Pace, who has been living with type 1 diabetes for 38 years, has called for continuous glucose monitors to be offered to all type 1 diabetes patients. PHOTO: JONATHAN BISH

tients, the ministry has promised with the tendering process to offer this service on a permanent basis. It is the

ministry's intention to further expand this service to older age cohorts in the coming weeks."



# What did the Association do?



Maltese Diabetes Association

4 ta' Lulju 2023 · 🌐

A person living with type 1 diabetes highlights the importance of a Continuous Glucose Monitor (CGM) and the effectiveness of this device to manage one's diabetes. As many describe it "a life changer". The CGMs need to be provided to every person living with type 1 diabetes as part of the government formulary, irrespective of age and without further delay. Well done Ruth GP Foreverliving Fbo !

[https://newsbook.com.mt/salvali-hajti-hafna-drabi.../.....](https://newsbook.com.mt/salvali-hajti-hafna-drabi.../) See more



Chris Delicata

Amministratur · Top contributor · 26 ta' Settembru 2023 · 🌐

<https://timesofmalta.com/.../free-diabetes-glucose...>



TIMESOFMALTA.COM

Free diabetes glucose monitors rolled out to those aged under 35  
Monitors will be available for those aged under 45 by mid 2024



Maltese Diabetes Association

2 ta' Gunju 2023 · 🌐

PRESS RELEASE:

No news from the health authorities on extension of important diabetes monitoring device over the age of 23 years for persons living with Type 1 Diabetes (02.06.2023)

The Maltese Diabetes Association is once again making a heartfelt appeal and urging the health authorities to introduce without further delay the Continuous Glucose Monitoring Devices (CGMs) for all persons living with type 1 diabetes through the government formulary.... See more



Chris Delicata

Amministratur · Top contributor · 13 ta' April 2022 · 🌐



INDEPENDENT.COM.MT

Maltese Diabetes Association urges government to reconsider extending CGM devices to wider age group - The Malta Independent



## Today's situation

- ❖ Health Minister Jo Etienne Abela announced last month that the further extension of the Continuous Glucose Monitoring service which will now be available to persons aged between 46 and 50 with the type 1 diabetes.
- ❖ The Minister advised that the programme, which is already available to persons under 46 years of age, will be extended with an investment of €300,000, with the Minister adding that around 160 persons will, for the first time, benefit from this technology which control the sugar level every five minutes.
- ❖ Currently, there are some 950 persons in Malta who benefit from the service which improves the life quality of patients.
- ❖ With an estimated of around 1,600 persons living with type 1 diabetes in Malta, this means that around 650 persons still need to avail themselves of a CGM through the national health system.
- ❖ **The Association will keep on its efforts to ensure that all persons living with type 1 diabetes have a CGM supported by the national health system.**