

PRESS RELEASE

IDF Europe sheds light on barriers preventing uptake of evidence in the management of diabetes in the European region

Brussels 28 November 2017 **IDF Europe, the voice of the diabetes community in Europe, presents findings of a report aimed at identifying gaps in diabetes management and suggesting recommendations to improve the lives of people affected by this condition in Europe**

Diabetes, an underestimated pandemic

Today in Europe, 58 million people are living with diabetes and 36 million more are at risk of developing the condition. Each year 477'000 people die of diabetes-related complications and our health systems spend EUR 143 billion on direct costs of the disease. Despite these alarming figures and available evidence-based guidelines on best practice and care pathways, implementation of evidence in practice is still limited in Europe. This situation has a definite impact on the way people manage their diabetes and the way we prevent it in the continent.

An expert group at the bedside of disease

In an effort to close the gaps between evidence and practice and ensure better care for people with diabetes, IDF Europe gathered an international group of experts and carried out a multimethod study which included conducting a review of existing literature, social media analytics and a survey across IDF Europe member organisations. Today, it presents the core findings and initial conclusions of this research "Integrating diabetes evidence into practice: challenges and opportunities to bridge the gaps".

"Whether it is at the international or national level, at the level of healthcare systems, healthcare professionals or patients, gaps to ensure better management of diabetes are everywhere", stated Prof Sehnaz Karadeniz, Regional Chair of IDF Europe. *"Our intent was to clearly identify and understand these barriers at all levels. For example, we wanted to understand why diabetes is still not a priority in many countries, why recommended care models are not adopted and why adherence to therapy is still too low".* Dr Niti Pall, the Chair-Elect of IDF Europe, added: *"Based on this research, we can identify interventions which should be implemented at the micro and macro level to ensure better care for diabetes. It is time to propose solutions that hold the person with diabetes at the centre to address the diabetes burden and improve the quality of life."*

"Results of this report represent a very interesting first step, especially as we used a number of novel approaches, including the Watson Analytics for Social Media provided by IBM which allowed us to analyse the content of social media activities" said Prof Kamlesh Khunti, Chair of the publication's Editorial Board. *"We want to do further work next year and refine the recommendations, after interacting with relevant stakeholders such as Ministries of Health."*

The full text of the publication will be released in December and it will be available for download on IDF Europe's website.

This publication has benefited from unrestricted educational grants from Ely Lilly, Roche and Sanofi and the technical expertise from IBM. Financial partners were not involved in the research.



**International
Diabetes Federation**
Europe

IDF Europe Info:

idf-europe@idf-europe.org +3226392090

Cristian Andriciuc, Coordinator

cristian.andriciuc@idf-europe.org

About IDF Europe: IDF Europe is an inclusive and multicultural umbrella organization of 70 national diabetes associations in 47 countries across the European region, representing people living with diabetes and healthcare professionals. Through our activities we aim to influence policy, increase public awareness and encourage health improvement, as well as promote the exchange of best practice and high-quality information about diabetes throughout the European region. We provide essential expertise and up-to-date evidence on diabetes, support awareness campaigns through a wide network of partners and stakeholders, and work with European and international organizations towards the development, implementation and monitoring of effective public policies for diabetes.