Editorial

Vitality and Dedication

To mark the start of 2018, I would like to first highlight the beginning of a new term of Board for 2018-2019. This has only made possible with all the dedicated work of our member associations, the outgoing Board and the Regional Office. With the fruitful discussions and activities at our Regional Council in Abu Dhabi, UAE in December 2017, two new Board Members (Mr Bastian Hauck from Germany and Prof Dr Jose Manuel Boavida from Portugal) were elected. Welcome Bastian and Jose, and thank again to Prof Dr Konstantinos Makrilakis and Dr Dario Rahelic for their hard work in the past years.

Apart from the biannual IDF Congress, World Diabetes Day is a key event marking the awareness of diabetes globally. A good measure of the growing importance of World Diabetes Day is the number of dedicated activities on and around 14 November. In 2017 IDF recorded over 500 events around the continent, a new record! Each year we are impressed by the quality and variety of the activities organised by our Members. From the illumination of the Opera House on Victoria Square in the beautiful city of Timisoara in Romania, to poster displays in over 3.200 discount supermarkets in Germany, from the mobilisation of 30 Members of Parliament in the United Kingdom to the Convention of the Diabetes Parliament in Turkey, diabetes was at the centre of Europe during the month of November. These activities are the proof, if still needed, of the vitality and the dedication of the 70 national diabetes associations in 47 countries which form the European Region of the International Diabetes Federation.

Vitality and dedication are also two characteristics of IDF Europe 2017 Prize for Long Standing Achievement, Ms Cristina Cucchiarelli (Italy) and IDF Europe 2017 Prize for Young Researcher Dr Shivani Misra (United Kingdom). These two young ladies are the perfect examples of what we want to recognize: excellence, innovation, dedication and commitment in diabetes. Both illustrate the important roles played by women in diabetes prevention, care, research and advocacy, roles which were also highlighted during the series of interviews we carried out and published around World Diabetes Day.

Our fight against diabetes and to improve the life of the 58 million people living with it is far from being over. Type 2 is rising dramatically; more and more youths are diagnosed with type 1. Access to care is still difficult for many and discrimination is faced by almost everyone with this condition. As Regional Chair of this great organisation, I am aware of the challenges ahead of us and am convinced that vitality and dedication will overcome obstacles.

On behalf of the IDF Europe Board and the Regional Office, I wish you all a healthy and successful 2018!

Prof. Dr. Sehnaz Karadeniz, Chair, IDF Europe Region
As in previous years, during the whole month of November the Albanian Diabetes Association organized a lot of activities for raising awareness on Diabetes, and its related health problems.

During the first two weeks, screening campaigns were organized in 12 cities, with more than 1400 adults screened. In every city, different banners and posters were displayed, and TV programs were held during the whole month. Doctors, nurses, and public health workers, cooperated with volunteers of Albanian Diabetes Association, for a maximal impact and visibility of our activities.

As always, the most important activities were organized on 14 November, for World Diabetes Day. Although the weather was not very good, a blue human circle was organized in the main square of the capital – Tirana, with more than 200 people (volunteers, students, women, children with diabetes), and a great number of media. After that a short cycle ride was organized.

The Prime Minister of Albania, Mr. Edi Rama, chose this day to announce that from 2018, strips will be reimbursed for every child with diabetes from the age 0-18 years old. This is the first success of our long battle, beginning in 2010 and achieving the first real result.

During the days 13-15 November, the CLOUD installation, a tourist attraction in the center of Tirana, was lit in blue, as a result of a collaboration with Mayor of Tirana, and Minister of Health, Mrs. Ogerta Manastiriu.

A new training program, for health care providers, discussing Gestational Diabetes and Type 1 Diabetes in children and adolescents, was launched on 22 November. The first 30 participants have been trained by experts in Endocrinology, Obstetrics, and Pediatrics.

For more information please visit: www.diabeti-albania.org.

On 8 November, the new women's team of the Austrian Diabetes Association presented itself to the press for the first time. "Women are the most important multipliers for a healthy lifestyle in our society." The discussion involved Dr. A. Kautzky-Willer, future president of the Austrian Diabetes Association (ÖDG), Dr. Yvonne Winhoffer-Stöckl, and Dr. Hermann Toplak, current president of ÖDG.

Last but not least we would like to inform you about our new TV Spot as part of our WDD activities, under the support of JAZZ GITTI, an Austrian artist who addresses the cardiovascular risk of diabetes to the general public.

http://www.facediabetes.at/risiko-herzinfarkt.html

In honor of our yearly tradition, the Diabetes Liga celebrated World Diabetes Day (WDD) with walks in various locations throughout Flanders. On Sunday 19 November, people were invited to join the Diabetes Liga for a walk in Avelgem, Beringen, Bree, Bruges, Ruisbroek and Tielt-Winge. We were able to welcome a total of 2,441 enthusiastic hikers.

In addition, local chapters of Diabetes Liga also used this WDD to raise awareness for diabetes with information stands in hospitals, the organization of a diabetes fair or presentations on diabetes.

On 14 November we also received national press coverage on several of our diabetes prevention projects. The results of our Sweet Pregnancy ("Zoet Zwanger") project were highlighted. As a partner organization of the Flemish authorities, the Diabetes Liga has registered and followed up with more than 8,000 women who had gestational diabetes during their pregnancy. The aim of this project is to make these women aware of their risk of developing type 2 diabetes. The results underscore the importance of the project: more than 1 in 3 women with gestational diabetes has developed (pre)diabetes within 6 years after delivery. The announcement of our second

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World Diabetes Day with the Diabetes Liga

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prevention project, HALT2Diabetes, also received a lot of media attention. In HALT2diabetes, high-risk individuals for type 2 diabetes are identified with a simple questionnaire (FINDRISC) and further assessment is performed by their general practitioners. High-risk individuals will be offered lifestyle coaching depending on their associated risks and needs. The programme will be implemented from 2018 onwards, and is supported by the Flemish authorities.

**Bulgaria**

On 13 November, we started our third screening campaign. The campaign was held in the “Centre for prevention of diabetes and its complications”, which was established in 2015 at the Alexandrovska University Hospital in Sofia, Bulgaria. Continuing on every working day until December, around 500 people at high risk for diabetes could tested their HBA1C free of charge. The promotion of this campaign started at the beginning of November with the dissemination of information about diabetes and its risk factors in the media as well as on flyers in pharmacies. On 13 and 14 November, members of our team gave 5 diabetes-focused interviews on different media platforms devoted to World Diabetes Day.

**Cyprus**

With the aim of raising awareness in relation to the World Diabetes Day, the events held by the Cyprus Diabetic Association started with a press release announcing the forthcoming events. Also, members of the Association participated in programmes at TV and Radio stations, whereby they provided information on Diabetes and announced all the upcoming events.

The IDF WDD 2017 posters where placed at the Municipal Offices of all districts, hospitals and surgeries. The message was as follows: “Women and Diabetes: Our Right to a Healthy Future” and “We Act Today to Change Tomorrow”, which were also translated into Greek.

On 9 November 2017, in collaboration with the Association of Latsia area Cyclists, a cycling event was organised with the aim to raise awareness and provide information. The race started at the Municipality of Latsia, went through the streets of Nicosia and ended at the office of the Cyprus Diabetic Association.

On 11 November 2017, another activity was held by the Association in the old town of Nicosia, whereby kiosks were placed in different areas of the streets and glucose (blood screening) and blood pressure tests were performed. In addition, a kiosk was placed on the green line border (due to the fact that Nicosia is the only divided city in the world) where the Association collaborated with the Turkish Cypriot Diabetic Association in conducting the same tests. At 3.30pm on the same day a social event took place with a group that performed various dances. This was followed by greetings from representatives of the Cyprus Ministry of Health, the Lions Association and Medic Alert. After the social event, a parade took place from Onasagoras to Ledra streets and back to the starting point. This was led by the Nicosia district Scouts band followed by pupils from various Nicosia schools and members of the public.

Similar events were held all over Cyprus.

Last but not least, a music event was also held to raise funds for the Association at the Bank of Cyprus Head Office in Nicosia. The initiative was called “Music Evening in Shades of Blue”, whereby the Mezzo Soprano Ifigenia Ioannou and her associate George Moyseos presented a selection of songs with their band. A cocktail reception was held after the event.

**Czech Republic**

A number of activities where performed this year connected with World Diabetes Day 2017 in Prague, Czech Republic. For the 14th time, a march was organised on Charles Square. The *Pochodem proti cukrovce* (Diabetes March) shows that even simple walking can prevent and/or control diabetes. It encourages people to take the first step to prevent type 2 diabetes. The event also included the opportunity for individuals to measure their blood glucose level and cholesterol, and discussions on bariatric operations. With wide media coverage, the event gained great visibility and was promoted on several platforms.
To celebrate World Diabetes Day 2017, the Faroese Diabetes Association hosted a camp for young children with diabetes, their siblings, and their parents during the 2nd weekend in November. 20% of young children with diabetes in the Faroe Islands participated in the camp. It was a great success because for many participants, it was the first time to meet their peers. A psychologist was also present in order to help us focus on the psychological aspect of having a chronic illness.

On World Diabetes Day, the Association lightened up the second biggest church in the capital, the Hoyviks church, in a lovely blue colour. The Association also participated in the national radio broadcast program “Good Morning Faroe Islands” to inform the audience about diabetes, the psychological aspect of the condition and that the association will focus more on this and incorporate it into the renewal of the National Diabetes Action Plan next year.

https://www.facebook.com/DiabetesfelagForoya/

The French Federation of Diabetics organized the 1st General States of Diabetes and Diabetics. In France, more than 4 million people have diabetes, including 700,000 people who remain undiagnosed. Action is needed in order to improve the quality of life of people with diabetes, and to enable more effective management of prevention, accompaniment and therapeutic education.

This is why the French Federation of Diabetics, which will celebrate its 80th anniversary in 2018, is organizing the General States of Diabetes and Diabetics, a vast national consultation of everybody willing to share their views on the subject. This proposal will take place throughout the year, starting on 14 November 2017. Everyone can participate in this consultation for free by submitting ideas on the online platform egdiabe.fr.

These General States consist of an online platform that centralizes a wide range of activities including the reporting of ideas, workshops, meetings with various stakeholders at local, regional and national levels. A map presenting all offers of care related to diabetes, a national survey of patients and those close to patients, public hearings, and a forum for exchanges with political, institutional and private decision-makers.

The Federation will take all contributions into account, building an overview of concrete and realistic proposals to improve the efficiency of our healthcare system, and the quality of life of people suffering from diabetes. The Federation will present these proposals to the highest level decision-making bodies, as well as to all key figures within the realm of diabetes.

This process grants us one year to evaluate all necessary issues and act together!

Around World Diabetes Day 2017, diabetesDE/German Diabetes Aid had four activities. First, the Michaelis Church in Hamburg, Germany was illuminated in blue light. Dr Jens Kröger, Chairman of the Board started the illumination, together with Hamburg’s Health Senator, Cornelia Prüfer-Storcks. The illumination was then followed by a festive musical intermezzo in the church and a political multi-stakeholder debate “Ways to escape diabetes type 2” was held in the crypt.

An infotainment Patient Congress was also held for people with diabetes, their families and friends and everybody interested in diabetes. With 3000 visitors, we organized 30 presentations, an industry exhibition, a diabetes-walk and physical activity for everybody to join in on stage with TV Presenter Andrea Ballschuh. Also, in cooperation with LIDL Germany, adverts with healthy messages were posted during the 6 weeks around WDD at 3200 Lidl shops all over Germany with the message “is diabetes on your bill? Protect yourself: eat healthily!” Lidl brochures with “healthy pages” where also delivered to 25 million households all over Germany.

HDA’s World Diabetes Day Campaign 2017 Dedicated to women that give life ... fight for life ... support life! “Act today to Change tomorrow!”

This year’s World Diabetes Day focused on women and offered a great opportunity to raise public awareness about the issue.

On this occasion, the Hellenic Diabetes Association (HDA)
declared that 70% of the cases of type 2 diabetes can be prevented by adopting a healthier lifestyle. Strategies for losing weight:
(a) Cutback on calories and fat
(b) Be active most days of the week
(c) Eat breakfast daily
(d) Keep records of what you eat and records of your physical activity and your body weight daily.

Preventing Type 2 Diabetes
(a) 30 minutes a day of moderate physical activity and 5-10% weight loss can produce a 58% reduction in type 2 diabetes (American Diabetes Association (ADA) Recommendations 2017 - https://goo.gl/MsUjWc)

HDA’s Press Conference, held on Monday, 13 November 2017
HDA envisioned the development of a social model of health, affordable to all women at risk for diabetes or living with diabetes, with easy access to: (a) improved diabetes management and treatment, (b) prenatal testing, (c) diabetes education, (d) prevention strategies.

ANIAD celebrated the WDD 2017 by organizing a series of information and awareness activities focusing on the subject proposed by IDF this year, i.e. “Women and Diabetes: our right to a healthier future”.
We all, as ANIAD officers, took the opportunity of WDD initiatives to inform people about the inescapable effects of a healthy lifestyle on overall disease control after summarizing main diabetes-related complication risks.
We are also proud to share what two of our regional chapters did by shedding light on a number of specific disease-related problems. This was done by involving people by using direct messages, i.e. attractive and impressive photographs rather than the use of words.

Here are ANAID’s main WDD events:

11-12 November, 2017 – Ferrara (Emilia-Romagna).
The Emilia-Romagna Region ANIAD Chapter organized an information and screening point at the Richard Wagner Street Mall in Ferrara, focusing on disease prevention.

11-12 November, 2017 – Oristano (Sardinia)
The Sardinia Region ANIAD Chapter was at the Mall “Porta Nuova” in Oristano to inform on and screen customers and their families for diabetes, with a special interest in Diabetic Foot by using diagnostic devices with the help of skilled diabetes specialists. The photographic project titled “Imagine diabetes” was also presented, describing nine major subjective experiences of people with diabetes through photos.

12 November, 2017 – Pescara (Abruzzo)
The Abruzzo Region ANIAD Chapter, in collaboration with ASAD (another patient association), the Diabetes Unit at a local Hospital and the Red Cross, set up an information and screening point in Pescara and organized a 5km walk through the town to raise public awareness on physical activity and exercise as major prevention tools against diabetes.

12 November, 2017 – Frosinone (Lazio)
The Lazio Region ANIAD Chapter dedicated a whole day to a supervised Nordic-Walking session that was held between two refresher course sessions on exercise-related carbohydrate counting both per se and with respect to the needs of pregnant women.

17 November, 2017 – Tolmezzo (Friuli Venezia Giulia)
The “SWEET TEAM” Friuli Venezia Giulia ANIAD Chapter organized a sports event titled: “Let’s shed light on diabetes: a sunset walk to Torre Picotta” and a photo contest titled “Here you are my diabetes”. The results of the event and photo contest will be published shortly.

ITALY - FAND

With a number of peripheral associations belonging to FAND, for years World Diabetes Day has been celebrated in several squares and city halls across Italy. This year events were also held throughout the month of November. On 26 November, diabetic and metabolic screening at the local park Uditore in Palermo was held. A number of promotional posters were also published. In more than 500 cities and towns in Italy there are hundreds of events organized by associations of people with diabetes (such as FAND), doctors, nurses, other health professionals and people from other organizations (Red Cross, Alpine, Mercy, etc.)
During the GMD in the hundreds of gazebos and banquets organized throughout Italy it is possible to assess the risk of developing diabetes in the coming years by filling a simple questionnaire, and receive brochures and information material dedicated to the prevention and proper management of diabetes. World Diabetes Day 2017, marked an important anniversary for Italy and people with diabetes as it is thirty years from the adoption of an act in defence of people living with the condition. During the meeting 'Milan Challenge the Diabetes', hosted in the prestigious setting of the Sala Alessi of the City of Milan, Palazzo Marino (Piazza della Scala the preview presentation of the book "Thirty Years of Diabetes Challenge", by Senator Emanuela Baio and Tamara Grilli, National Councilor Fand Lombardia was held. The book, published by Franco Angeli exclusively for FAND, pays tribute to the widespread work of its founder, Roberto Lombardi, together with a handful of partners and friends, including Pasquale Nocella, who died a year ago.

**MALTA**

On the occasion of World Diabetes Day two activities were organised by the Maltese Diabetes Association:

In line with this year's global theme for world Diabetes Day, a seminar focusing on Diabetes and Women was held at the Grand Hotel Excelsior in Floriana specially targeted at young women. Speakers included Professor Stephen Fava, Chair of the Diabetes & Endocrine Centre at Mater Dei Hospital and Dr. Johann Craus, Consultant Obstetrician & Gynaecologist and Resident Specialist at Mater Dei Hospital. Guests were also addressed by Mrs. Anna Zammit McKeon, President of the Maltese Diabetes Association. The topics addressed were "Living with Diabetes – Preparing for Pregnancy” and "Prevention of Type 2 Diabetes following gestational diabetes”.

A Free Blood Glucose monitoring event was also held at a leading shopping mall. The general public were invited to test their blood sugar levels for free.

Both events were organised by the Maltese Diabetes Association in collaboration with the Health Promotion Unit and the Diabetes & Endocrine Centre of Mater Dei Hospital and supported by the following companies: ATG Limited, Novo Nordisk, Novartis, Technoline Limited, Sanofi, PG plc (PAMA & PAVI) and GasanMamo Insurance Limited.

**POLAND**

This year, World Diabetes Day celebrations were organized by the Polish Diabetes Association throughout the country in October and the entire month of November. The activities included educational meetings, scientific conferences, discussion panels, diabetological fairs, screenings, marches, concerts, and award-giving ceremonies. Central WDD celebrations took place on 4 November in the city of Nysa in Western Poland. There, in addition to many of the above activities, the Polish Diabetes Association esteemed award ‘The Crystal Hummingbird’ was given to the most distinguished activists. For the first time we also offered free flu vaccinations to the participants. However, diabetes education was our number one priority that day. We provided lectures on diabetes complications, monitoring, good patient-doctor cooperation, proper diet etc. The event was open to everyone, free of charge, and was attended by approximately 350 people living with diabetes and their families.

There was an increase in media coverage of WDD. WDD is evidently gaining popularity and strength in Poland. Many of our activists throughout the country were asked to give TV, radio, and newspaper interviews.

Also, our ceremonies are almost always attended by high officials from a given region. Moreover, we talked to the Ministry of Health several times around WDD, discussing the problems of people living with diabetes in Poland.

Link to the article on our central celebrations in Nysa: http://diabetyk.org.pl/4-11-odbyly-sie-ogolnopolskie-obchody-swiatowego-dnia-walki-w-nysie/

**PORTUGAL**

In Lisbon, the World Diabetes Day events were organized by APDP Diabetes Portugal and the City Hall of Lisbon.

On 11 November, more than a hundred people gathered for a night walk through the Alfama viewpoints. At the end of the walk, the participants formed the Blue Circle of Diabetes in the City Hall Square. You can view the photos on https://goo.gl/sYV6ne.
On 14 November, a Conference entitled “Woman and Diabetes” was held in the Noble City Hall of Lisbon. During this event we had the opportunity to hear testimonies, feelings and opinions of women that look at diabetes from different perspectives (from their personal experience of living with diabetes, having diabetes in their families and in the society). An article on the conference can be found on https://goo.gl/aDJeFd in both Portuguese and English.

In Romania, the World Diabetes Day celebrated its tenth edition in the beautiful city of Timisoara. The beginning of the activities for this special day was marked by the illumination, in the representative blue, the Opera House on Victory Square on the evening of 14 November 2017. The second event was a press conference held on 16 November, attended by both local authorities and representatives of the medical elite in Timiș County. Between 16-17 November 2017, free blood glucose and hemoglobin testing was performed along with a Diabetic Neuropathy Screening and Diabetic Foot Screening in Victory Square. Also on 17 November at the “Victor Babes” University of Medicine and Pharmacy an event named "Communication in Diabetes" was organized with guest: Conf. Dr. Cornelia Bala - President of the Romanian Association for Diabetes Education. The end of the communication session had a special moment in which medical students formed a symbolic circle by wearing blue hats to mark the importance of the World Diabetes Day. During the entire week the National Campaign message “Control your Diabetes” was promoted by public transportation.

The conclusion of the cycle of events dedicated to the World Diabetes Day was highlighted by a Scientific Symposium titled "Diabetes, Metabolic Syndrome and Other Nutrition Diseases"

**Serbia**

This year’s World Diabetes Day was marked by the Diabetes Association of Serbia not only on 14 November, but on two previous days as well. The annual Marathon, called Blue Circle around Ada Lake, was organised on 12 November for the 6th time this year and had a record-number of marathon runners, counting 227 of them. This event was accompanied by a race of support around Ada Lake, where more than 400 people ran or walked.

On 13 November, Jelisaveta Fotić, a IDF Europe YLC Alumni, spoke at the Diabetes Forum Diabetes as a challenge: Berlin declaration and national plan for advancement of diabetological protection, which was held in Serbian Chamber of Commerce, alongside the Serbia Minister of Health Zlatibor Lončar and endocrinologist and IDF Europe Board Member Prof dr Nebojša Lalić. Jelisaveta represented the voice of all patients and the Diabetes Association of Serbia. Finally, World Diabetes Day was celebrated with a range of activities and talks. The first lecture was about the digitalisation of diabetes and patient care, after that came the panel discussion “Women in Diabetes” where four very accomplished women talked about diabetes from their point of view. Prof dr Aleksandra Jotić, endocrinologist who specialises in diabetes in pregnancy, Prof dr Miroslava Gojnić-Dugalić, head of the department of gynaecology in Clinical Centre of Serbia, Bojana Marković, president of Plavi krug organisation for battling against diabetes in Belgrade and Lena Arizanović, master graduate in biochemistry. After the panel discussion, all female activists of our organisation walked the runway, where they were introduced to the audience by what they achieved in everyday life and on the field of diabetes. Follow Diabetes Serbia for more: [www.facebook.com/Diabetes.Serbia](http://www.facebook.com/Diabetes.Serbia)

**Spain**

Following the recommendations of IDF, the Diabetes Madrid Association organises a number of activities for the "Diabetes Worldwide Month". This year the association organised educational activities, 5KM race as well as a 10km race, an ExpoDiabetes, prevention
and detection of Type 2 Diabetes campaigns in hospitals and pharmacies. Held on 19 November, the 6th popular race and Walk for diabetes, and the Expodiasabetes took place in the Paseo Camoens of Madrid. The aim of the event is to raise awareness on the importance of physical activity to help prevent type 2 diabetes and to control type 1 as well as type 2 diabetes. To view videos of this event please visit https://goo.gl/Q7fxcw and https://goo.gl/BFH7wX. Also, please find our “Diabetes Worldwide Month” Calendar here: https://diabetesmadrid.org/wp-content/uploads/2017/10/Agenda-Mes-Mundial-de-la-Diabetes-2017-OK.pdf.

**TURKEY - TURKEY DIABETES ASSOCIATION**

In the morning of WDD, the Turkish Diabetes Association organized a public screening event at the main Office of the Turkish Diabetes Association. While screenings were taking place, people also enjoyed a selection of healthy foods and the event ended with Zumba dancing session. We also organized public screenings with 3 local municipalities in Istanbul and approximately 400 people were screened. We have prepared a short video giving tips and useful information on diabetes (https://www.youtube.com/watch?v=HKu5lYieJ_A). This video was shown on public transport vehicles such as trains, subways, buses, and ferries during the month of November. We also organized school education programmes giving some useful information about nutrition and diabetes during November. We distributed hundreds of brochures and a risk test for Type 2 diabetes at all of our events.

**TURKEY - TURKEY DIABETES FOUNDATION**

**Diabetes Parliament**

The 9th convention of the Diabetes Parliament, coordinated by the Turkish Diabetes Foundation was hosted by the Social Security Institution of Republic of Turkey in Ankara on 14 November in the Conference Hall. The Ministry of Health, Ministry of Family and Social Affairs, Ministry of Education, Parliament Members from both governing and opposition parties, all diabetes related NGOs and people with diabetes came together this time to discuss “Women and Diabetes” and their role in primary and secondary prevention of diabetes, for family health and health of the future generations.

**Sile Diabetes Village**

The Turkish Diabetes Foundation together with the Living with Diabetes Association invited 50 women with diabetes from different cities across Turkey to Istanbul in the weekend from Nov. 17-19 and organized several activities with the group. They attended the first Diabetes Session in the Conference Center of the Sile Diabetes Village of the Turkish Diabetes Foundation. The Mayor of the Sile Municipality also participated in the Session. This village is within Istanbul with an accommodation capacity up to 150 people, sport facilities and a Conference Center.

**UNITED KINGDOM**

On World Diabetes Day, Diabetes UK’s main event was the launch of our new report, “The Future of Diabetes” in the Houses of Parliament in Westminster. Around 100 staff and supporters were joined by about 30 Members of Parliament to promote what people living with diabetes want to see in the future for diabetes and diabetes care. The report was the culmination of our biggest consultation with people with diabetes, with over 9,000 people taking part through a series of seven Big Conversation events around the country, a number of focus groups, social media input and an online survey over the summer months. The findings told us that living with diabetes is hard. There’s never a day off. In fact for one in three of the people we talked to, diabetes had got in the way of something they or their family had wanted to do that week. People shared with us that they feel isolated, misunderstood and stigmatised. But people also want hope for the future. The report calls for more psychological and emotional support, better access to knowledgeable Health Care Professionals who understand diabetes, better access to technology and treatments, better access to information and education and more help at work and at school. We will be using the findings of the consultation to help us focus our campaigning work to make sure these changes happen. If you would like to read the report, it can be found here: https://www.diabetes.org.uk/resources-s3/2017-11/1111B%20The%20future%20of%20diabetes%20report_FINAL_.pdf
**IDF EUROPE PRIZES IN DIABETES**

**IDF Europe Prizes in Diabetes**

To further increase the international awareness on diabetes, the International Diabetes Federation European Region (IDF Europe) has launched since 2012 the IDF Europe Prizes in Diabetes which recognizes excellence, innovation, dedication and commitment in diabetes.

IDF Europe’s Prize Selection Committee is extremely proud to recognize this year two young innovative and dedicated women who are making a difference in diabetes every day. Ms Cristina Cucchiarelli, a former professional athlete from Italy has been awarded the IDF Europe Prize for Long Standing Achievement for her impressive work in developing and promoting training technique dedicated to people with type 1 diabetes. On the other hand, Dr Shivani Misra, the IDF Europe Prize for Young Researcher winner is a very bright young medical researcher from the United Kingdom. Her work investigates the phenotype of young-onset diabetes in different ethnic groups.

Congratulations Cristina and Shivani! We also thank the hard work of the Selection Committee and the support of Eli Lilly and Company for the Long-standing Prize. You can read HERE the interviews with the two awardees!

**IDF EUROPE AT EASD**

**IDF Europe Symposium at EASD Lisbon, 10 September**

Achieving improved compliance to diabetes care: the common task for care providers, health systems and people with diabetes.

More than 70 participants joined the IDF Europe’s Symposium at the 53rd meeting of the European Association for the Study of Diabetes (EASD) in Lisbon, Portugal on 10 September 2017.

The Symposium addressed one of the main challenges in diabetes: improving compliance to diabetes care. Healthcare professionals and persons living with diabetes presented their perspectives on what needs to be improved in the health care systems, how the cohesion of the diabetes team can be improved and how mobile applications can contribute to improving compliance.

A recording of the symposium will be available on our website in the coming weeks.

**IDF Europe Booth at EASD Lisbon, 10 September**

As in previous years, IDF Europe was offered a booth and a meeting room at the Associations’ Village by EASD in Lisbon, Portugal. Flyers on IDF Europe and its core projects were distributed during the 5-day meeting (11-15 September 2017). Visitors particularly appreciated the friendly and dynamic welcome given by our young advocates who gathered at the booth and promoted current and future youth activities supported by IDF Europe.

**ADVOCACY**

**IMPACT DIABETES**

With our WDD events, we are happy to share with you the news that six MEPs have become new signees the diabetes pledge (http://bit.ly/2zbIWQo).

IDF Europe recognises the importance of garnering policy-makers’ support at the European level to tackle issues linked to diabetes prevention and management such as Added Sugar in food products, Medical Devices, the development and implementation of National Diabetes Plans. We are continuously working on gaining support from national and European Members of Parliament. Join us and introduce the Pledge to the policy-makers in your local area!

**WORLD DIABETES DAY 2017**

The theme for the World Diabetes Day (WDD) 2017 was “Women and Diabetes”. There are currently over 199 million women living with diabetes globally and this number is projected to increase to a staggering 313 million by 2040. One in seven births is affected by gestational diabetes. Gender roles and power dynamics influence vulnerability to diabetes, affect access to health...
services and health-seeking behaviour for women, and amplify the impact of diabetes on women.

Women play a major role in the prevention and the care of diabetes. For example, when a chronic disease such as diabetes hits a family, the role of the mother is crucial, especially since time spent on domestic tasks and care activities falls more often than not on women. Most of the time, the mother will be the one adjusting the lifestyle of the family, including eating habits, to fit the requirements of the family member(s) with the disease. She will also often be the one looking after the therapeutic and psychological aspects of a child with type 1 diabetes. Unfortunately, women do not get the credit they deserve in most cases.

With this overall theme in mind, IDF Europe organised the following events for awareness raising at EU institutions:

**EU Committee of the Regions, Brussels**

26 September

For the first time in recent history of IDF Europe, a new collaboration was forged with the Committee of the Regions (CoR) in Brussels. The European Committee of the Regions represents the regions and cities in the European Union. The 28 EU Member States are represented by 350 regional and locally elected members. Six commissions cover competences in the following policy areas based on the EU Treaties:

- Employment, vocational training, economic and social cohesion, social policy, health
- Education and culture
- Environment, climate change, energy
- Transport and trans-European networks
- Civil protection and services of general interests

Hosted and supported by policy-maker Ms Birgitta Sacrédeus (Sweden), a Diabetes Awareness Day exhibition and blood glucose testing were organised on 26 September in the CoR premises in Brussels. The event was extremely well attended. More than 200 blood glucose tests were completed and seven policy-makers signed the Diabetes Pledge, showing formally their commitment to a world without diabetes.

**European Parliament, Strasbourg**

Week of 14 November

World Diabetes Day is crucial for the highlight of our high-level advocacy efforts towards Members of the European Parliament (MEPs). Hosted this year by Roberta Metsola, MEP (Malta), and chaired by Bogdan Brunon Wenta, MEP (Poland), our afternoon debate was articulated around the 2017 theme “Women and Diabetes”. It was again a great success with the participation of six MEPs. IDF Europe gave presentations on the role of women in the improvement of health outcomes (IDF Europe Board Member Ms Sandra Bršec Rolih), on Diabetes in pregnancy by (IDF Europe Board Member Prof Nebojsa M. Lalic), and on our IMPACT initiative Mobilising Parliamentarians to Act to Prevent, Care and Treat diabetes (IDF Europe Regional Chair Prof Dr Sehnaz Karadeniz). During the debate, Ms Rachel Portelli (IDF Europe Youth advocate and Staff Exchange) and Ms Cristina Petrut (IDF Europe Board Member) also shared their personal story as women living with diabetes. We also incorporated an exhibition of posters containing key messages of diabetes prevention into the programme.

At the end of the debate, six MEPs signed our Diabetes Pledge, our powerful statement on diabetes (available in seven languages on www.idf.org/europe/impact-diabetes), joining the network of 30 Members of national and European Parliaments who already signed it. 270 blood glucose tests were performed by IDF member association Fédération Française des Diabétiques from 14 to 16 November at the Parliament. We thank the support from our French member association and the office of MEP Metsola in making the event possible.

**European Commission, Brussels**

Week of 14 November

For the second consecutive year, IDF Europe was invited to organize a lunch time presentation at the European Commission (EC), the executive body of the European Union. On 15 November IDF Europe Board Member Professor Konstantinos Makrilakis spoke on the “Prevention of Diabetes in the modern era of affluent society and economic constraints” to European institutions staff members in Brussels and
colleagues in other locations through live streaming. The entire session can be re-watched HERE.

Blood glucose testing was also offered at three EC locations over three days; the Directorate General Environment office, the Berlaymont (the landmark of the EC in Brussels) and the Atrium. Over 500 blood glucose tests were performed providing us with an excellent window to educate participants about diabetes, its prevention and complications. The exhibition on diabetes prevention presents the key messages of diabetes in engaging graphics and various European languages. Furthermore, promotional flyers on risk factors of Type 2 Diabetes were given out which allowed us to promote IDF Europe as a frontline organisation representing people living with diabetes as well as healthcare professionals.

We would like to thank Ms Viviane De Laveleye for dedicating her time during the three days of blood glucose testing and acknowledge the support from the EC’s Medical Service department for making this public outreach possible.

World Diabetes Day Interviews

On the occasion of World Diabetes Day, IDF Europe decided to run a series of interviews of women having a direct relation with diabetes, echoing this year’s theme on ‘Women and Diabetes’. Whether they have diabetes, have someone in their family living with the condition or they advocate at international level, they all have one thing in common: diabetes is at the centre of their daily life and they are all committed fight for stronger rights and lesser discrimination.

The first interview was held with IDF Europe Young Leader and staff exchange, Rachel Portelli from Malta, about living with diabetes as a teenager and how the condition shapes her as a woman. https://goo.gl/dN89TP

The second was about being a mother with type 1 diabetes with Sandra Brsec Rolih from Croatia, the proud mother of two boys, Lucas 11 and Noah 6. Sandra is member and treasurer of IDF Europe Board (2015-2017) and head of sales and development in a media company in Zagreb. https://goo.gl/wzKdBj

In the third interview we spoke with Dr Niti Pall, IDF Europe Regional Chair-Elect, a General Practitioner in the United Kingdom and medicaldirector for KPMG.

global healthcare practice. She is the mother of Jaivir, 26 years, who has been living with diabetes for the last 23 years. https://goo.gl/i4gi9X

The fourth interview was with Lala Rabemananjara, who has been working for the International Diabetes Federation since 1999 and is the Regional Executive at IDF Europe since 2002. She talked about books, risk factors and love in the family. https://goo.gl/4svKC3

The final interview was with Ms Cristina Maria Petrut member of the Board of IDF Europe from Romania after being and IDF young leader. Cristina is a clinical psychologist and psychotherapist with a great interest for the psychological aspects of diabetes has been diagnosed with type 1 diabetes 16 years ago. https://goo.gl/6wL2GP

The global prevalence of diabetes in adults aged 20–79 years was estimated to be 8.8% in 2017 and predicted to rise to 9.9% in 2045. The lack of access to affordable insulin remains a key impediment to successful treatment and results in the development of acute/chronic complications and premature deaths. Biosimilars provide an alternative to existing biological medicines that have lost patent protection.

In September 2014 the European Medicines Agency (EMA) granted the first market authorisation valid throughout the European Union for a biosimilar insulin, and the latest at the end of May 2017. Reflecting on the importance of the subject for the whole European Diabetes Community and given the potential opportunities and challenges linked to the introduction of biosimilar insulins, the International Diabetes Federation European Region (IDF Europe) presents a position paper on biosimilars in the treatment of people with diabetes which summarises current regulations and provides recommendations to all diabetes stakeholders: healthcare professionals, people with diabetes, pharmaceutical companies, national authorities and health related services, IDF Europe member associations.
Led by Prof Kamlesh Khunti (Leicester University), the IDF Europe 2017 Publication on “Integrating Diabetes Evidence into Practice: Challenges and Opportunities to Bridge the Gaps” was launched at the World Diabetes Congress in Abu Dhabi, UAE, in December. The full publication is now available online for download HERE.

The aim of the publication is to map the gaps and non-adherence patterns in the implementation of evidence in practice of the management of diabetes. We acknowledge the educational grants received from Eli Lilly, Roche Diagnostics, and Sanofi for this publication.

European Week of Sport Webinar: To join forces with the European Week of Sport (23-30 September) and to raise the awareness of being physically active among people living with diabetes, IDF Europe and its Young Advocates held a webinar to share tips on sports and their personal stories. To access the webinar, please visit https://goo.gl/LxR3cJ.

World Mental Health Day Webinar: Observed on 10 October, the theme of World Mental Health Day 2017 was mental health in the workplace. On this occasion, IDF Europe Young Advocates held a webinar to raise awareness on diabetes burnout. A general introduction on diabetes burnout followed by questions on maintenance factors (including work environment) were answered. To access the webinar please visit https://goo.gl/c47g1K.

World Sight Day: World Sight Day (12 October) is an annual day of awareness to focus global attention on blindness and vision impairment. Currently, diabetic retinopathy is one of the leading causes of preventable blindness in working age adults, even in developed countries. Young advocate Rachel Portelli lives with type 1 diabetes and went through this very recently. In order to raise awareness on eye complications, she shared her personal story. To read her story, visit https://goo.gl/N36J4Y.

Christmas Webinar: Held on 13 December, the webinar focused on diabetes during the Christmas period. IDF Europe Young advocates provided useful and interesting information, tips and recommendations where discussed. To access the webinar, please visit http://bit.ly/2raPjB5.

YOURAH Meeting in Abu Dhabi: The meeting held on 6 December gathered a number of young advocates from across Europe. Jaivir Pall and board member Kyle Jacques Rose presented the YOURAH Initiative. Presentations of the work being done were also included. Weronika Kowalska presented information on the webinars (please read above). Current work like Eurnmove and Diatracers were presented by Uros Bogdanovic and Rebecca Barlow-Noone respectively. To ensure good communication between YOURAH and the IDF Young Leaders in Diabetes Programme, Daniel Vegh, the European Regional Chair of the programme also made a presentation. Visit the following link for more information on the YOURAH Projects: https://www.idf.org/our-network/regions-members/europe/youth/youth-projects.html

EU-FUNDED PROJECTS: AN UPDATE

Feel4Diabetes

Over the last few months, the Feel4Diabetes (F4D) Consortium has been busy completing their field work in the first follow-up of the intervention and the measurements in the six countries (Belgium, Bulgaria, Finland, Greece, Hungary and Spain). Discussions are ongoing with regard to the planning for two dissemination meetings in 2018 and 2019, as well as the upcoming dissemination activities and the composition of the International Stakeholder Advisory Board.

ePredice, the consortium on early prevention of diabetes complication in Europe completed on 31 December 2017. The consortium has presented some preliminary findings at the IDF World Diabetes Congress.
A consortium meeting took place in Abu Dhabi on 6 December and IDF Europe will collaborate with all partners to fulfil dissemination duties. Some partners will continue the follow-up of patients until the end of 2018. For more information, please visit http://www.epredice.eu/es/.

OTHER NEWS AND EVENTS

PCDE Best Conference Abstract Award

Presenting author of the abstract with the highest scoring will be honoured with the PCDE Best Conference Abstract Award of €1.000* during the closing ceremony by the chair of the PCDE. The author will be notified in advance. Read more at https://goo.gl/GMo3Fr.

ITALY - ANIAD International Diabetes Marathon Championship

For the first time in history, the Italian National Association of Athletes with Diabetes is organising a marathon in Rome on 4 April 2018. They will support the first 15 European participants (free registration, hotel accommodation as well as up to 100 euros for their round trip travels to Rome. We appreciate very much this initiative of ANIAD to support all those affected by diabetes to do sports and travel across Europe. Check on their website for the latest news.

Regional Council 3 December

2017 is also the year of the gathering of IDF Europe’s Regional Council in conjunction with the IDF Regional Assembly and World Diabetes Congress. On top of reviewing 2017 activities, 2018 priority projects and financial issues, one important topic on the agenda was the finalization of the revised IDF Articles of Association (AoA), which ensure adherence to Belgian law and alignment with IDF AoA.

At IDF World Diabetes Congress, we organised specific sessions focused on Youth (presentation of the YOURAH initiative), IMPACT (the Initiative to Mobilize Parliamentarians to Act to Prevent), with the participation of Ricardo Baptista Leite, MP, Portugal, and on the recent IDF Europe publication: “Integrating diabetes evidence into practice: challenges and opportunities to bridge the gaps”.

Two posters were selected for poster viewing: “Diabetes Apps: an evolving area for people with diabetes, healthcare professionals and regulatory authorities” and “Integrating diabetes evidence into practice: challenges and opportunities to bridge the gaps” which gave further opportunities to interact with congress participants.

NEWS FROM THE REGIONAL OFFICE

FAREWELL GIULIA!

Initially starting as an intern at IDF Europe, Giulia Barenghi has rejoined the Regional Office in 2015 as the Policy Officer. During her stay with us, she acted as a bridge between the Office and various EU health organisation, European institutions and policy makers. The successful annual World Diabetes Day outreach, IMPACT Diabetes Pledge and the EU Platform for Action on Diet, Physical Activity and Health are just some of the projects that Giulia managed and facilitated. After 2.5 years at IDF Europe, Giulia is moving to a new challenge to her career!

A big thank you Giulia for your time with us and we’ll always remember your motto "Everything will be okay in the end. If it's not okay, it's not the end"! We wish you all the best in your future endeavours.

STAFF EXCHANGE December 2017

IDF Europe has a Member Staff Exchange Programme which allows those working in Member Associations to come work with the IDF Europe team in Brussels for three to six months. They contribute to on-going advocacy, membership activities and projects managed by IDF Europe, help foster
improved relations with European Members and much more.
At the same time, IDF Europe gains very valuable insight into the work and projects carried out by our Members, looking at ways to strengthen the collaboration with our membership.

This year we had the pleasure of welcoming two staff exchange interns:

Rachel Portelli, Malta

“As a social policy graduate and a person living with type 1 diabetes for the past 20 years, I had dreamed of working in an environment such as that of IDF Europe – The staff exchange programme is so much more than I ever expected! During my first month at IDF Europe, I was involved in the youth group. Together with the other staff exchange interns and IDF Europe, we worked on a project for an international competition held by Deutschland.de. An online platform tailored for the purposes of education, uniting advocacy work and supporting networking for all persons with diabetes across Europe was proposed. Together with this, I attended a number of conferences, and been involved in several meetings with IBM regarding Watson Analytics.

During the remainder of the staff exchange programme, I was involved in the preparation of World Diabetes Day. Together with other staff members, a “call for diabetes” from young advocates to Members of the European Parliament was prepared. I was also given the opportunity to attend the event held at the European Parliament in Strasbourg where an afternoon debate was held. I was able to see and be a part of all the work done behind the scenes to hold such an event which is so much more than I ever expected.

It seems like it was only yesterday when I arrived at the office and the work was truly amazing. Working for such an inspiring organization and within a motivating team, the staff exchange programme provided me with a new set of skills and knowledge. Thank you!”

Weronika Kowalska, Poland

“The International Diabetes Federation Europe Staff Exchange Programme is a valuable experience, which helps develop skills, improve knowledge and strengthens ties. I attended the IDF Europe Youth Leadership Camp in 2016 as a participant where I got to know the organization better and found out the possible ways of engaging in various activities in the diabetes community. I was interested in joining the IDF Europe office in Brussels for a 6-month internship to support European diabetes projects and gain experience working in a non-profit organisation with such a multinational team. I’m very happy that after sending my application I was invited to participate in the Programme. During my time at the office I was mainly responsible for graphic designs and helping with Social Media analysis and strategies, since I am professional Designer and Online Marketing Specialist. My biggest project was designing a diabetes exhibition which was presented in EU institutions such as the European Commission in Brussels and European Committee of the Regions during World Diabetes Day events. Also I was involved in preparations for this year’s Youth Leadership Camp in Romania where I had the opportunity to conduct workshops about Communication and Social Media for Campaigning for participants - it gives a totally different perspective on the Camp. I think that International Diabetes Federation Europe Staff Exchange Programme will be a rich experience for any young diabetes advocate who wants to know more about diabetes environment and make a change for people living with diabetes in Europe.”

CALL FOR STAFF EXCHANGE 2018

Every year the Regional Office hosts one or more staff exchange from our member associations and 2018 is no exception. The office looks forward to hosting a staff exchange for 3-6 months in 2018, the exact timeframe and duration are negotiable. The is a unique opportunity for the Regional Office to understand better your work at the national level and in return, the staff exchange can have a glimpse into our work in youth, EU advocacy as well as World Diabetes Day activities and communications. For more information and the application form, please click HERE.

CALL FOR VENUE

Youth Leadership Camp

To continue our work on training the next generation of advocates, IDF Europe needs your participation! The Call for Venue for the 2018 Youth Leadership Camp is open and we want to remind you that the deadline is 29 January 2018. If your association is interested in hosting this year’s camp, do not wait and submit an application NOW! For more information, please visit HERE.
IDF Europe holds its Regional Council at the time of the IDF Congress and in non-Congress year it is hosted by a Member. A call for venue is open for the 2018 Regional Council and IDF Europe meeting, to take place on late November/early December (dates to be confirmed). The deadline is 15 February, Please consider hosting the 2018 meetings in your country! Find out more HERE.

GOVERNANCE

ELECTION OF IDF EUROPE BOARD MEMBERS

At IDF Europe’s Regional Council in Abu Dhabi, Dr José Manuel Boavida from the Portuguese Diabetes Association (APDP) and Mr Bastian Hauck (diabetesDE) were the newly elected Board Members for IDF Europe 2018-2019. We welcome the two new Board Members and we are looking forward to working with them! You can read more about the two new Board Members HERE.

We would also like to thank the dedicated services of Prof Dr Kostantinos Makrylakis and Dr Dario Rahelic over the past few years.

UPCOMING INTERNATIONAL DAYS FOR YOUR ADVOCACY CALENDAR

4 February: World Cancer Day
20 February: World Day of Social Justice
1 March: Zero Discrimination Day
8 March: International Women’s Day
9 March: World Kidney Day
24 March: World Tuberculosis Day
6 April: International Day of Sport for Development and Peace
7 April: World Health Day