THE BURDEN OF DIABETES IN EUROPE: THE NEED FOR A COMPREHENSIVE APPROACH

THE IDF EUROPE VIEW AND ACTION

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## BURDEN OF DIABETES IN EUROPE
### 20-79 years

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of people with DM</th>
<th>2014</th>
<th>2035</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>22.467 millions</td>
<td>52</td>
<td>68.9</td>
</tr>
<tr>
<td></td>
<td>Regional diabetes prevalence</td>
<td>7.9</td>
<td>10.3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regional diabetes prevalence</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>4.9</td>
</tr>
<tr>
<td>2014</td>
<td>7.9</td>
</tr>
<tr>
<td>2035</td>
<td>10.3</td>
</tr>
</tbody>
</table>

*IDF Diabetes Atlas, 2000*

*IDF Diabetes Atlas, 2013 & 2014*
Half of people with diabetes don’t know they have it.

UNDIAGNOSED PERCENTAGE AND UNDIAGNOSED CASES OF DIABETES (20-79 YEARS) BY REGION

IDF Diabetes Atlas, 2012
## IGT IN EUROPE
### 20-79 years

<table>
<thead>
<tr>
<th>2013</th>
<th>2035</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>658.7</strong> Adult population millions</td>
<td><strong>668.7</strong></td>
</tr>
<tr>
<td>60.6 Number of people with IGT millions</td>
<td>73.7</td>
</tr>
<tr>
<td>9.2 Regional diabetes prevalence %</td>
<td>11.0</td>
</tr>
</tbody>
</table>

IDF Diabetes Atlas, 2013
In the WHO/European Region

over 50% of people are overweight or obese

over 20% of people are obese
In the WHO European Region

1 in 3 11-year-olds is overweight or obese

www.euro.who.int/obesity
© WHO 03/2014
## TOP 5 COUNTRIES FOR PREVALENCE OF DM
### 20-79 years

<table>
<thead>
<tr>
<th>Countries</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>14.84</td>
</tr>
<tr>
<td>Montenegro</td>
<td>9.82</td>
</tr>
<tr>
<td>TFYR Macedonia</td>
<td>9.76</td>
</tr>
<tr>
<td>Serbia</td>
<td>9.75</td>
</tr>
<tr>
<td>Bosnia and Herzegovina</td>
<td>9.6</td>
</tr>
</tbody>
</table>

IDF Diabetes Atlas, 2014
## TOP 5 COUNTRIES FOR NUMBER OF PWD 20-79 years

<table>
<thead>
<tr>
<th>Countries</th>
<th>Millions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
<td>7.3</td>
</tr>
<tr>
<td>Turkey</td>
<td>7.2</td>
</tr>
<tr>
<td>Russian Federation</td>
<td>6.8</td>
</tr>
<tr>
<td>Spain</td>
<td>3.7</td>
</tr>
<tr>
<td>Italy</td>
<td>3.5</td>
</tr>
</tbody>
</table>

IDF Diabetes Atlas, 2014
<table>
<thead>
<tr>
<th>TYPE 1 DIABETES 0 - 14 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>EUROPE</td>
</tr>
<tr>
<td>n of children with T1DMs (thousands)</td>
</tr>
<tr>
<td>nr of newly-diagnosed cases/year (thousands)</td>
</tr>
</tbody>
</table>

Diabetes Atlas, IDF 2011
HEALTHCARE EXPENDITURES DUE TO DM
20-79 years

EUROPE

Healthcare expenditure due to DM (USD)
138.8 billions
DIABETES-RELATED EXPENDITURE PER PERSON

EUROPE

1 out of every 3 USD spent globally on diabetes healthcare was spent in Europe

Tajikistan = <90 USD

Luxembourg, Norway => 10,000 USD
COMBATTING DIABETES

1989  St. Vincent Declaration
1999  Istanbul Commitment
2006  UN Resolution on Diabetes
2008  CIS Agreement on Diabetes
2011  CoE Resolution and Recommendation on Diabetes
2011  UN Political Declaration on NCDs
2012  EP Resolution on Diabetes
DIABETES IN EUROPE
POLICY PUZZLE
THE STATE WE ARE IN
NATIONAL DIABETES PLANS IN EUROPE

2011
25 out of 47 countries have a National Diabetes Plan in place

2014
30 out of 47 countries have a National Diabetes Plan in place
DIABETES PREVENTION

95% of European countries target obesity, smoking and harmful use of alcohol, and promote a healthy diet and physical activity

Prevention remains poorly funded

Only 9 countries reported budgets for prevention policies and campaigns
ACCESS TO QUALITY MEDICINES AND MEDICAL DEVICES
FOR DIABETES CARE IN EUROPE
ACCESS TO QUALITY MEDICINES AND MEDICAL DEVICES IN EUROPE

Scope
- 47 countries divided into 5 sub-regions
- 12 categories of diabetes products
- 3 + 2 dimensions of access: Availability, Accessibility, Affordability + Quality and Equity
ACCESS TO QUALITY MEDICINES AND MEDICAL DEVICES IN EUROPE

- All European countries offer at least some coverage to diabetes products but gaps remain not only at the subregion level but also between the countries.

- There are wide disparities between the diabetes prevalence between the countries in Europe, and the level of priority it has on the political agenda.
OUR ACTIVITIES aim

to influence policy
increase public awareness
encourage health improvement
promote the exchange of high-quality information about diabetes
OUR FOCUS AREAS are

- Advocacy
- Awareness
- Prevention
  - Producing evidence through scientific research
  - Support the development of national diabetes associations
    - Protect and promote the rights of PwD
  - Empower a new generation of Young Leaders in diabetes
European Policy Action Network on Diabetes - EXPAND

Goal: Consolidating network of parliamentarians to hold governments to account and strengthen exchange of best practices to drive change at national level

Actions

– Continue recruitment of MPs
– Strengthen collaboration with national associations
– Organize follow-up, capacity building sub-regional meetings (Nordics, EEC, Central Europe)
– Produce targeted policy Toolkit & factsheets (integrate findings of access study and other policy work; available in several languages)
YOUTH LEADERSHIP CAMP

Aim

• Nurture new generation of European youth advocates
• Expand IDF Europe’s reach through young people with diabetes

The camp

• Youth advocates from all over Europe
• 7-day programme including sports activities, training sessions & workshops
IDF EUROPE PRIZE IN DIABETES

• Rewarding excellence, innovation and commitment in diabetes

• Two profiles are eligible for the prize
  – Long Standing Achievement
  – Young Researchers
Thank you ....