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## Stories Inside

### Editorial

### News from our Members

### Governance

*IDF Europe Board Meeting*

*Regional Council and meeting*

### EU Focus

*Written Declaration 2016/008*

*Joint Action on Chronic Disease*

*Driving Licence Regulation*

*Food Policy Update*

*World Diabetes Day at the European Parliament: Preparations*

### News from the Regional Office

*Position Papers: out and upcoming*

*IMPACT Diabetes: Mobilizing Parliamentarians*

*IDF Europe Prizes in Diabetes 2016*

*IDF Europe's Youth Leadership Camp*

*Update on EU-funded projects*

*Collaborations*

*IDF Europe Symposium at EASD - Save the date!*

*Staff exchange: call for applications*

*Heads up! Chiara, T1D, might be cycling near you!*

*IDF free online interactive course*

*Upcoming International Days*

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## Editorial



Dear Friends,

Looking at the number of activities which took place across Europe on the occasion of World Health Day, this quarter has been intense and fruitful for all of us. As Chair of the Board of this vibrant Region, I would like to express my deepest gratitude for the work of volunteers and staff of each Member towards preventing diabetes and providing better care and a better life for people with diabetes.

We have seen a major achievement at the European level: thanks to the work of the European Diabetes Working Group, of our Members and our Regional Office, a Written Declaration on diabetes was adopted by the European Parliament on 2 May 2016, calling the European Commission and the European Council to prioritize diabetes as a major concern and to develop an EU strategy for diabetes prevention, diagnosis and control.

IDF Europe released its Position Paper on Added Sugar as a contribution to current policy debates at the European and global level.

Summer is the time for outdoor activities, and IDF Europe's Youth Leadership Camp will take place in July in Agros, Cyprus, where youth advocates from 24 countries will learn, exchange and get prepared to be even more effective in their advocacy efforts.

Later this year, we will be pleased to welcome representatives of all our Members at the Regional Council, which will take place in Lisbon, Portugal, 25-26 November 2016.

In the meantime, the Regional Office looks forward to welcoming one of your staff in the framework of our Staff Exchange programme.

Your Board met earlier in June to review progress and plan for upcoming activities. I would like to thank each Board Member for contributing their time and expertise.

On behalf of the IDF Europe Board and the Regional office, I wish you all a very good summer!

Prof Dr Sehnaz Karadeniz, Chair, IDF European Region

## NEWS FROM OUR MEMBERS

### ALBANIA – Albanian Diabetes Association

#### Awareness day in Tirana

On World Health Day, the Albanian Diabetes Association organized, under the auspice of the Mayor of Tirana and in close collaboration with the WHO Office in Albania, the National Public Health Institute, Red Cross Albania and slow food Albania, an important event near the Artificial Lake, one of the greenest parts of Tirana the capital city. This event is part of a long term campaign of the city of Tirana to promote healthy lifestyles such as walking, cycling and running.



Activities included a blood glucose screening campaign, a short marathon for children, a small fair of healthy foods, and different posters and banners promoting healthy life choices for food and physical activity. All were well attended.

Mr. Renato Mekolli, one of the most famous master-chefs on Albanian TV, prepared healthy snacks and provided advice on healthy cooking and eating. The Vice Minister of Health, Mr. Klodian Rjepaj, and the vice Mayor of Tirana Municipality, Mr. Blendi Gonxhe took part in the activities and answered questions from the journalists during an improvised press conference.

The whole activity had a great coverage in the written media and on TV.

### AUSTRIA – Austrian Diabetes Society

#### Press conference ahead of World Health Day

On Wednesday, 6 April 2016, a day before World Health Day, the Austrian Diabetes Association (ÖDG) held a press conference at Café Griensteidl in Vienna to inform the public about the pressing problems caused by the increasing occurrence of diabetes on a national and international scale. The press conference was attended by representatives of all relevant Austrian media. As a consequence, media coverage was very satisfactory.

Univ.-Prof. Dr. Hermann Toplak, President of the ÖDG, explained that in 2015 the ÖDG had discussed the future development of patient care with political decision makers and health insurance officials. The ÖDG champions an extension of the existing disease management programme by inserting an additional level between primary care as offered by GPs and specialised diabetes centres. Finally, Professor Toplak informed that ÖDG experts were currently busy working on the diabetes strategy initiated by the Federal Ministry of Health.

### BULGARIA - Bulgarian Diabetes Association

#### Participation at a prestigious forum



Under the message "Beat diabetes", the association included diabetes on the agenda of the prestigious forum "Diseases of social significance: HEALTH for everyone" which was held on 15 and 16 April with a stand, a presentation from the President Krasimir Kanev and three successive publications in the very popular weekly newspaper "Doctor".

#### 5K Run

The Bulgarian diabetes association organized a 5 km run in the South Park of Sofia. The event, co-hosted by Gavin Griffiths a young DiaAthlete from the UK attracted many young people. The run was followed by a football game between the football team of the association, fans and supporters to raise awareness in the general public about the disease and to promote healthy life style.

#### Advocacy efforts

A letter asking for a debate on diabetes to get started at top government level was addressed to all 240 deputies in the Bulgarian parliament. A second one requesting Bulgaria to join the efforts of other European countries to take measures to stop the diabetes pandemic was sent to the Bulgarian Members of the European Parliament.

#### Publication of posters

Posters with the main messages of the campaign "Beat diabetes" were published by the association and distributed to the different association offices as well as at the offices of the Minister of Health, Minister of Labor and Social affairs and at the Ombudsman of the Republic.

#### Young leaders

The seminar of the association's section of young leaders was attended by the director of the country office of WHO, Assoc. Prof. Dr. Okoliiski.

### CROATIA – Croatian Society for Diabetes and Metabolic Disorders

Several events took place throughout Croatia to celebrate World Health Day 2016 dedicated to diabetes.

The most important one took place on St Mark's Square in Zagreb, the capital of Croatia, and was attended by State leaders including: The Prime Minister of Croatia, The Minister of Health, The Vice-President of the Croatian Government and other Ministers.

The Minister of Health also participated in a press conference held at the Hotel Dubrovnik in Zagreb together with key opinion leaders including the WHO Country Director, the Director of the Croatian Health Insurance Fund, the President of the Croatian Society for Diabetes and Metabolic Disorders of the Croatian Medical Association, the Director of the Croatian Institute of Public Health, the Chairperson of the Parliamentary Committee on Health and Social Policy, the President of the Croatian Diabetes Association (Association of people with diabetes in Croatia) and the former Director of the Croatian Institute of Public Health.

Parliamentarians, as well as other citizens, were given the opportunity to measure their blood pressure and blood sugar levels, and get advice from medical staff in the pavilion provided by the Ministry of Health.



The Mayor of Zagreb, Mr. Milan Bandic, organized the preparation of 1000 healthy meals for citizens to highlight the importance of a healthy diet in the prevention of diabetes.

In medical institutions across 268 cities in Croatia, posters promoting physical activity and healthy diet were placed.

The special edition of The Croatian Journal of Public Health was dedicated to diabetes ([www.hcjz.hr](http://www.hcjz.hr)).

## CYPRUS – Cyprus Diabetic Association

On 13 June, the Cyprus Diabetic Association organized an event at the Presidential Palace under the auspices of the First Lady Mrs Andri Anastasiades, wife of the President of the Republic.

A gathering of over 250 people, the event saw children with diabetes participating in sports being honoured by the Volunteers Commissioner Mr Giannakis, who offered them a trophy.



The President of the Cyprus Diabetic Association, Mr. Stavros Michael, Volunteering Commissioner Mr. Giannakis and Dr. Myrto Azinas Mytidou from the Minister of Health addressed the audience.

On behalf of the Organizing Committee and the Cyprus Diabetic Association we would like to express our heartfelt gratitude in the first Lady Mrs. Andri Anastasiades for the granting of the hall and the gardens of the Presidential Palace, the Volunteer commissioner Mr Giannaki, the Health Minister and the MPs who attended our event.

## DENMARK – Danish Diabetes Association

### Addressing Danish Members of the European Parliament

The Danish Diabetes Association addressed the Danish Members of the European Parliament encouraging them to take action towards the diabetes epidemic. The role of Parliament is crucial in proposing a political framework which can engender initiatives to provide improved diabetes education, management and treatment.

They were therefore strongly urged to sign the European Parliament Written Declaration 0008/2016 on Diabetes and to make sure that the European Parliament takes action and calls on the Commission and the Council to:

- Prioritize diabetes as a major European health, social and economic concern
- Develop an EU strategy for diabetes prevention, diagnosis and control
- Encourage Member States to establish national diabetes plans
- Develop a strategy to encourage consumption and production of healthy food
- Effectively coordinate and implement all measures hitherto developed

### Addressing Danish parliamentarian spokesmen on health care and prevention

The Danish Diabetes Association addressed the spokesmen on health care and prevention in the Danish Folketing (Parliament) encouraging them to take action and ensure a revision of the Danish Diabetes Action Plan.

This is a continuation of the dialogue the Danish Diabetes Association has had for a long time ensuring focus on better prevention, management and life with diabetes for the many people living with diabetes in Denmark.

### Social media in Denmark

The Danish Diabetes Association posted and encouraged dialogue and focus on diabetes on World Health Day through social media.

## FRANCE – French Diabetes Federation

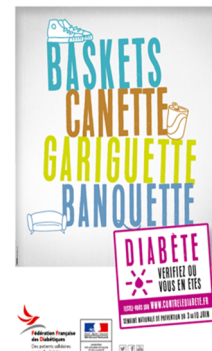
### The 5<sup>th</sup> edition of the French National Diabetes Prevention Week

This edition took place from 3-10 of June. The objectives of this week were to provide information on diabetes risk factors, raise awareness on preventive behaviours and encourage people at risk to be tested. This week was supported by the Ministry of Social Affairs and Health.

Over 90 local associations were mobilized in France through outreach activities to inform the public and invite them to complete the Findrisc test which takes only a couple of minutes. It can also be done online: [www.contrelediabete.fr](http://www.contrelediabete.fr)

This year, to target all audiences, the promotional campaign was playful, colourful and joyful using everyday words related to diet and physical activity and rhyming with diabetes.

The Federation has also developed a game to strengthen the movement and relay the importance of the test. Everyone is invited to take pictures, alone or in pairs, with a small goatee « barbichette » and publish them on social networks to encourage friends and family to do the same.



This national annual mobilization is mostly implemented to strengthen the fight against the development of diabetes and its complications. As the first chronic disease in France, diabetes affects more than 4 million French citizens, of which 700,000 are unaware of their condition.

### Press release for World Health Day

On WHD, the French Diabetes Federation issued a press release titled "Enrayer la maladie, une urgence" (Check the disease, an emergency).

## GEORGIA – Georgian Union of Diabetes and Endocrine Associations

### Round table during World Health Day

On World Health Day, the Georgian Union of Diabetes and Endocrine Associations (GUDEAS) and the Welfare Foundation, Georgia organized a round table meeting. Topics included the growing prevalence of diabetes in the country, complications (mainly Diabetic Foot problem), screening and ways to halt the growth, projects carried out by NGOs, the role of governmental and non-governmental organizations. The Welfare Foundation, GUDEAS, WHO, the Ministry of Public Health, the Red Cross, The Georgia for support of refugees, the Georgian Association of Nurse post-diploma education, and supporting partners were represented at the round table.

Information on the Round Table was broadcast via several TV channels (e.g: Puls TV and Kartuli Arkhi TV) and published in the press.

World Health Day Activities were carried out in other large cities of Georgia as well.

### Other activities

GUDEAS is extremely active in lobbying the Parliament and the Minister of Health of Georgia is taking diabetes as the health priority for the country.

## GERMANY - DiabetesDE

DiabetesDE (German Diabetes Aid) organised several activities for World Health Day this year, including, on 5 April, a press conference in Berlin focusing on early detection with the following message "In Germany 2 million people have diabetes and don't know it! Do the test on [www.2mio.de](http://www.2mio.de)". They presented a huge poster with a German celebrity (type 2) and disseminated black-bar-"glasses" with the message "Undiagnosed? Don't be a dark figure. Do the test on [www.2mio.de](http://www.2mio.de)". The campaign was a great success reaching 50 million people (press and media) and over 35.000 people completed the diabetes risk test online in 2 days!

On World Health Day, DiabetesDE organised an awareness conference at the German Diabetes Center (Düsseldorf) with State-Secretary Lutz Stroppe (Ministry of Health) and guest speaker Gauden Galea (Director NCD at WHO EURO). The conference also included the following speakers: Helga Kühn-Mengel (MP, Social Democrats, Chairwoman of the Board of the Federal Association for Prevention and Health Promotion), Prof. Christian Berg (Board of diabetesDE – German Diabetes Aid) and Prof. Baptist Gallwitz (President of the German Diabetes Association).

DiabetesDE also held a press conference titled "Diabetes, das Millionengrab: Hohe Dunkelziffer, hohe Folgekosten" in Berlin on the same day.



## GREECE – Hellenic Diabetes Association

Several advocacy activities took place to celebrate the World Health Day 2016 dedicated to diabetes:

- Launch of Awareness Letter to all the Members of the Greek Parliament (sent date: 7 April, 2016), to advocate for political engagement on diabetes.
- Launch of Awareness Letter to all Greek European Parliamentarians (sent date: 7 April, 2016), to draw their attention to the Written Declaration No. 0008/2016 on diabetes and ask for their support to collect the necessary remaining signatures needed for the adoption of the Written Declaration.

### It is not a taboo!



Written and performed by the renowned artist Julie Massimo, who has type 1 diabetes, « it is not a taboo » is an inspirational song about finding the motivation to continue to be in love with life, to take care of yourself and to free yourself from any taboo. She has written it with all her heart and she is singing it with all her soul, to motivate people with diabetes and to increase public awareness about diabetes. Julie strongly believes that

we all need to be "United for Diabetes" that's why she has dedicated her song to the World Diabetes Day.

You can find Julie's song on YouTube:

<https://www.youtube.com/watch?v=rYsMD9D3eQc>

## HUNGARY – Hungarian Diabetes Association

Ahead of World Health Day, the President of the Hungarian Diabetes Association wrote a letter to Mr Laszlo Kövér, the President of the Hungarian Parliament, in which he emphasized the importance of the fight against diabetes. He urged for social cooperation, including through education of the youth generation of people with diabetes to achieve better results in the prevention and treatment of diabetes. The letter was also published on the website of the Hungarian Diabetes Association.

On World Health Day, the leaders of the Hungarian Diabetes Association held a press conference with representatives of the Hungarian government, health experts and patients. This conference was covered by most of the Hungarian media.

## ITALY – SOCIETÀ ITALIANA DI DIABETOLOGIA

The Italian Diabetes Society is currently conducting six main innovative research projects:

- Genetic Physiopathology and Evolution of Type 2 Diabetes (GENFIEV)
- Multifactorial Intervention in Type 2 Diabetes - Italy (MIND.IT)
- The Non-Insulin Requiring Autoimmune Diabetes (NIRAD)
- The Renal Insufficiency and Cardiovascular Events (RIACE) Italian Multicenter Study
- The ARNO observatory
- The Thiazolidinediones or Sulfonylureas and Cardiovascular Accidents Intervention Trial (TOSCA.IT)

Read more on [www.siditalia.it](http://www.siditalia.it)

### 2<sup>nd</sup> edition of the Health Fair in GSC Brindisi/Valencia 7 April 2016

The event was an educational, informative and fun filled day, dedicated to good health and prevention! The programme was made of numerous health screenings and useful information provided by external medical experts along with the nurses and volunteers including: blood pressure, glucose, cholesterol checks with a cardiologist; diabetes/thyroid screening with an endocrinologist; vision screening with an optometrist; skin check with a dermatologist; dental check; allergies consultation/prick test with an allergist; kidney health with a nephrologist; on-line breast cancer risk assessment with a breast surgeon; chiropractic care; physio therapy; alcohol use impairment simulation exercise; ergonomics good posture at work.

### DIABETES IN IMOLA: STATE OF ART

The Conference "Diabetes in Imola: State of art" was organised on April 9, 2016 by three Associations for Social Promotion and was open to the public. The aim of the conference was to inform people of what is available in Imola (region of Emilia Romagna) for the most effective treatment of diabetes. The management of diabetic children at schools was also discussed. Furthermore, a psychologist addressed the concerns that may arise during the transition from a therapy with oral hypoglycaemic agents to one using insulin.

## KAZAKHSTAN – Diabetes Association of the Republic of Kazakhstan

### World Health Day 7<sup>th</sup> of April 2016

On 7 April 2016, the Diabetic Association of the Republic of Kazakhstan (DARK) participated in the WHO Press Briefing



dedicated to World Health Day – Diabetes. It was organized by the WHO Country Office with the participation of the Ministry of Health and Social development of the Republic of

Kazakhstan, a young leader in diabetes – basketball team member.

The Head of WHO Country Office in Kazakhstan informed about the situation of diabetes in the country, activities for monitoring of diabetes, the role of prevention and treatment aspects. The main idea of her presentation was “To defeat Diabetes”.

The following discussions were conducted:

- The economic burden of diabetes in Kazakhstan
- The main risk factors of diabetes
- Prevention measures of diabetes and of its complications;
- Healthy lifestyle: to eat right, to be active, to follow the doctor’s recommendations, those activities should be actively promoted on mass media
- How to act to defeat diabetes?

The press briefing was on TV channels in Kazakhstan, which was very important to raise awareness for the public and the government. The leaflets, printing materials and booklets related to diabetes issue were distributed among the participants.

### KYRGYZSTAN – Diabetes Association of Kyrgyzstan

#### Open doors at healthcare and other facilities

The Department of Health in Bishkek encouraged events dedicated to the World Health Day in order to involve civil society, to raise public awareness on diabetes, and to provide timely medical care to patients with diabetes. Health care facilities organized "Open Doors" where patients had a chance to go through medical check and get recommendations from health care specialists. Blood glucose tests were carried out in health facilities and major shopping centres of the city. The informational and educational materials were distributed among the population, while health care organisations were decorated according to the themes of the event.

#### Round table and flashmob

During the day, a round table on diabetes took place with high level officials. Furthermore, a flash mob was organised at one of the shopping centres with the participation of seniors and students of the Medical College. The purpose of this event was to increase the awareness on diabetes and to demonstrate the importance of exercise for its prevention and control among elderly people.



### LATVIA - Latvia Diabetes Federation

Many activities organised by the Latvia Diabetes Federation took place during World Health Day.

The President of the Federation, Indra Stelmane was interviewed on TV. The Federation organised a one hour

discussion on Radio with the country representative of WHO, the leader of the Latvian diabetes nurse association, the leader and the President of Latvian Diabetes Federation. A letter, based on the model proposed by IDF Europe, was sent to all members of the Parliament, to the President, the Prime Minister and the Health Minister.



A public awareness action, including distribution of handouts on diabetes risks, short consultations by doctors and dieticians, distribution of coupons for free blood glucose testing was organised in the city centre of Riga. Furthermore, five regional organisations organised open doors. Information was also published on the diabetes related magazine “Saule”, on the homepage of the Federation webpage [www.diabets.lv](http://www.diabets.lv), on Facebook and on [www.draugiem.lv](http://www.draugiem.lv).

### LITHUANIA - Lithuanian Diabetes Association

#### World Diabetes Day in Lithuania, April 7, 2016

On World Health Day, the Lithuanian Diabetes Association together with the Lithuanian Medical Library organized a conference with high level speakers including the Vice Minister from the Ministry of Health, the Chairman of the Society of Endocrinologists of Lithuania, the Director of the Lithuanian Medical Library, the Head of the WHO country office and Vida Augustiniene, President of the Lithuanian Diabetes Association, Board Member of the International Diabetes Federation European Region.



Interviews of the President of the Lithuanian Diabetes Association and other participants were broadcasted on the Lithuanian radio and on TV.

### MACEDONIA – Macedonian Diabetes Association

World Health Day was celebrated in Skopje, the capital, at the general hospital with a conference including the President of the Macedonian Doctors’ Chamber, Ass. Professor Goran Dimitrov, the Minister of Health in Macedonia Mr Nikola Todorov and finally Prof Tatjana Milenkovicm, President of Macedonian association of endocrinologists and diabetologists.

Furthermore, a lecture on diabetes took place in in Tetovo, located 40 km away from Skopje.

### NORWAY – Norwegian Diabetes Association

#### Political visibility during World Health Day

Diabetes had a great deal of media coverage in the largest newspapers and even on the 21.00 news of “Dagsrevyen”, the most prestigious news program on NRK, the national broadcasting service. The Secretary General of the association, Mr. Bjørnar Allgot, was interviewed about the increase in type 2 diabetes and the importance of prevention and early detection.



The association organised a campaign on social media with the most influential health politicians from all the largest political parties, including the Minister of Health and Care Services Mr. Bent Høie. The association challenged politicians on what actions to take in the fight against type 2 diabetes in Norway. Among the suggestions were daily physical activity in schools, implementing the national diabetes plan and information work on prevention and early detection. It is very important to keep diabetes on the political agenda, and be a visible and active player in the political world!

The association had the pleasure of participating in WHO's project on the many faces of diabetes around the globe, with brilliant Norwegian photographer Fredrik Naumann. Naumann documented some of the work of the Norwegian Diabetes Association and real life situations of Norwegians living with diabetes.

### PORTUGAL – Portuguese Diabetic Association

#### World Health Day 2016 in Portugal

Portugal had the visit of the European Union Commissioner for Health and Food Safety, Vytenis Andriukaitis. As part of this visit, the President of APDP and IDF Vice President, Luis Gardete Correia, joined the Commissioner on the Citizens' Dialogue in Mercado da Ribeira, in Lisbon, to talk about health and answers questions.

Furthermore, APDP participated in the official ceremonies held at the Portuguese Parliament during which golden medals for merit were delivered to Luis Gardete Correia and José Luiz Medina for their contribution to the country in the field of diabetology.

During this week, APDP also opened the renewed Museum of Diabetes and performed diabetes screenings and workshops in an initiative of the Lisbon City Hall.



### ROMANIA - Romanian Federation of Diabetes, Nutrition and Metabolic Diseases

#### Parliamentary meeting on Diabetes during World Health Day

The Romanian Federation of Diabetes, Nutrition and Metabolic Diseases, the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, both IDF Europe Member Associations and the Romanian Association of Education in partnership with Sanatatea Press Group, organised a meeting on diabetes in the Romanian Parliament. The event was dedicated to the importance of education and prevention in diabetes as well as of solutions to improve the life of people with diabetes. Some projects were also presented. The crucial role of a multidisciplinary team of specialists (physician, educator, nurse, podiatrist, psychologist and diabetes association) to help people with diabetes was also highlighted.

The meeting involved representatives from all the associations as well as high level politicians and representatives of the government. Policy-makers assured that they will try to find some solutions to provide more blood strips and that they will initiate programmes dedicated to education and prevention of diabetes.

#### Meeting of diabetes specialists on 8 April

On 8 April, and in relation to World Health Day, diabetes specialists and specialists from other diabetes related specialities joined together.

The main topics for discussions were "The Guidelines of Diabetes Treatment in Romania 2016", the modern management of diabetes renal complications, prevention of diabetes and heart diseases, multilevel control in diabetes care and other topics which intended to offer greater knowledge regarding the treatment of people with diabetes. The event highlighted the importance of the prevention of diabetes and of a modern treatment suggesting the importance of the collaboration between specialists and patients.

### SERBIA – Serbian Diabetes Association

Several actions were organised by the National Diabetes Expert Committee of the Ministry of Health and the Institute of Public Health of Serbia, together with national associations of people with diabetes and the professional Serbian Diabetes Society, and WHO Country Office in Serbia to celebrate World Health Day including: an Educational Conference "Diabetes - epidemic of the new millennium", a Press Conference and distribution of health promotion material to the population.



The Educational Conference took place at the Institute of Public Health bringing together public health experts. The Press Conference was held by Dr Zlatibor Loncar, the Serbian Minister of Health and other high level stakeholders emphasizing the policy advancements in Diabetes (through several national strategies for NCDs and Diabetes including the distribution of guidelines for general practitioners). Information from the EU-funded IMAGE project was also distributed. Furthermore, the national priorities in diabetes care policy were presented by the National Diabetes Expert Committee, President Prof Lalic, and were adopted by all participants.

### TURKEY – Turkish Diabetes Association



For World Health Day 2016, the Turkish Diabetes Association translated the poster from WHO in Turkish and posted on social media including Facebook. This action was a great success as within a few hours it received more than 550 likes, was shared 77 times and more than 26.000 persons reached out the poster! This is a new record for the association's social media activity.

### UKRAINE – Ukrainian Diabetic Federation

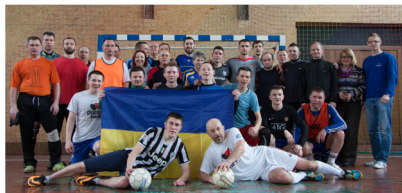
#### "Beat Diabetes" conference

On 7-8 April 2016, the Ukrainian Diabetic Federation (UDF) took part in the International Scientific Conference "Beat Diabetes" organized by the National Medical University. The event united efforts of scientists, specialists in public health,

doctors and patients organizations in the fight against the global threat of diabetes, including a talk on the use of m-health technology in the organization of diabetes care by the Chair of the Board of the UDF, Valentyna Ocheretenko.



## "DIAEURO"



"DIAEURO" is a unique social project which aims to raise awareness of the global problem of diabetes in Ukraine and in the world. In 2012 Ukraine hosted

the first International mini-football Championship for people with diabetes "DIAEURO 2012" initiated and organized by UDF. The project helps people with diabetes to believe in themselves and prove to society that diabetes is not an obstacle for the realization of any dream.

On 7-10 April 2016, UDF held an open football tournament "DIAEURO-Ukraine" in the city of Chernihiv. Following the results of the competition, the Ukrainian national team was formed and will participate in the III International mini-football championship for people with diabetes "DIAEURO 2016" in Sarajevo, Bosnia and Herzegovina in July 2016.

## UNITED KINGDOM – Diabetes UK

### Recording breaking day for Diabetes UK – MEN Do you Know Your Risk of Type 2 diabetes?

Diabetes UK made headlines on World Health Day encouraging men to take their health seriously. Despite men being at more risk than women of Type 2 diabetes, many more women use Diabetes UK online *Know Your Risk* tool to find out their risk of developing the condition.

Thanks to coverage nationwide including the BBC News Channel, The Daily Mirror, Daily Express and The Huffington Post, as well as local and regional newspapers, radio and TV stations across the country, Diabetes UK saw a huge spike in the number of people using the *Know Your Risk* online tool.

With additional support from West Ham Footballers supporting the campaign and men's publications picking up the story and championing it through their publications and twitter the results exceeded expectation. In fact Diabetes UK successfully achieved the most ever completions in one day from media coverage with ten times the usual number of people going online to find out their risk.

The brilliant news is that 64 per cent of those completing the tool on the day were men. Previously only about 40 per cent of people completing the online tool were men. More than a third of the men who completed the tool found out they were at high risk of developing Type 2 diabetes and have been advised to visit their GP for further tests.

Alexandra Preston, Prevention Programme Manager at Diabetes UK, said: "We constantly find women are more likely to engage with their risk of developing type 2 diabetes. Men often disregard as it something which won't happen to them. We are delighted the campaign was so successful and men acted on our advice. We have been following up with people through email to ensure they visit their GP for further tests and support with reducing their risk.

To find out more about Diabetes UK Know Your Risk tool, visit [www.diabetes.org.uk/risk](http://www.diabetes.org.uk/risk).

## SPOTLIGHT MEMBER: DIABETES UK

In March 2016 the United Kingdom HM Treasury decided a levy on sugar-sweetened beverages which will come into force in April 2018. Taxation has proved to be one of the most effective measures to impact consumer behaviour and discourage the consumption of a specific product. IDF Europe salutes the crucial role played by Diabetes UK in reaching this decision. Helen Dickens, Interim Director of Prevention of type 2 diabetes, offered the following comments:

### What was the role of Diabetes UK in preparation of the levy?

In the year leading up to the Government's announcement of a levy on the sugary drinks industry, Diabetes UK called on the UK Government to consult on a potential tax on sugar sweetened beverages – but we didn't do this alone. Diabetes UK is a steering group member of the Obesity Health Alliance, a coalition of over 30 leading health charities, campaign groups and royal medical colleges who together have been calling for 10 key policy interventions (read more here: <https://www.rcplondon.ac.uk/news/new-alliance-obesity-outlines-priorities-action>). We believe a tax on sugary drinks is one of a suite of important policies that the UK Government need to introduce to help reduce levels of overweight and obesity in the UK – where nearly two-thirds of adults and around 30% of children are overweight or obese, leading to an increased risk of Type 2 diabetes. We also called on the Government to consult on the potential impacts of a sugar tax on those with Type 1 and Type 2 diabetes who may rely on high-sugar products to treat hypoglycaemia.

### What are your expectations with this levy?

While the levy certainly has the potential help to improve the public's health, it is only one measure, and will not be enough on its own to tackle the obesity crisis. As part of the Obesity Health Alliance we will continue to campaign for the UK Government to publish its long-awaited Childhood Obesity Strategy, and for it to adopt a bold and comprehensive approach to tackle obesity and Type 2 diabetes across a range of measures – including targets backed by regulation for the food and drinks industry to make their products healthier by reducing the sugar, salt and saturated fat content; and restrictions on the marketing of junk food advertising to children.

### Milk-based drinks and fruit juices with high sugar contents as well as small producers have been exempted from the levy. Is this your next battle?

Our first priority as part of the Obesity Health Alliance is to work together throughout the consultation period to ensure that this ground-breaking levy is designed well and can be implemented effectively in 2018, to drive down both consumption of sugar sweetened beverages and also to drive widespread industry reformulation of these products.

## REGIONAL NEWS

### Eastern European Countries' Summit - 'Unity for good' 13-15 May 2016, Almaty, Kazakhstan

The Summit was attended by representatives of the International Diabetes Federation (IDF and IDF-Europe) and Diabetic Associations of CIS countries, including Kazakhstan.

Three main themes were covered:

- Rights and obligations of Diabetic Associations

- Ways of implementing the basic provisions of the UN Political Declaration on Non-Communicable Diseases (NCDs), 2011
- Resolutions of WHO World Assembly, 2013; The global plan, developed in support of the UN Declaration, to control diabetes by IDF

The second edition of the meeting of the «Young Leaders in Diabetes from Eastern Europe» was held during the Summit. Themes discussed included volunteering, sport and diabetes as well as the role of diabetic youth movements to achieve the objectives of IDF.

At the end of the Summit, a draft resolution was adopted, which reflects the need to: Adopt national laws and programmes aimed at the medical and social protection of people with diabetes; Develop the international cooperation programme of the CIS countries concerning the prevention and the treatment of diabetes in 2016-2020; Develop the youth movement in Eastern European countries as well as a network of leading parliamentarians from the CIS countries.

### Nordic Forum – 9-12 June 2016, Iceland

The Nordic Forum takes place every year, and both the youth organizations and the main organizations participate. The Forum is a valuable occasion where all the Nordic Members can exchange experiences, discuss challenges and find solutions.

Topics this year included: National Diabetes Plans; Diabetes registers; bench mark on “access to medicines, and medical devices”; driver’s license; WDD activities; genetics and diabetes and working with youth and IDF topics. IDF President Shaukat Sadikot and IDF Europe Regional Chair Sehnaz Karadeniz took part in the discussions on IDF topics by teleconference or Skype.



Youth from the Nordic countries also met in Iceland. They shared specific experience on projects and also initiated a session with the adults on social media creating 4 films focusing on: Awareness; Nordic Forum; Transition from young-adult and

access to medicines and medical devices. Depending on quality the films may be used on the Nordic Members’ social media platforms.

Next year’s Nordic Forum will be held in Norway.

## GOVERNANCE

### IDF EUROPE BOARD MEETING



The second IDF Europe Board Meeting of 2016 took place in Athens, hosted by the Hellenic Diabetes Association. The meeting provided the opportunity to reflect on the work carried out so far and to discuss upcoming events such as the Youth Leadership Camp,

World Diabetes Day and the Regional Council. Board Members provided valuable input and a constructive atmosphere led to progress on many fronts.

They also visited the Hellenic Diabetes Associations’ offices and met several representatives from the other IDF Greek

Members, discussing ways to increase collaboration. The Board would like to thank the hosting Member for their hospitality and looks forward to a busy and fruitful second half of the year.

### REGIONAL COUNCIL – SAVE THE DATE! 25-27 NOVEMBER 2016

The Regional Council will take place on 25-27 November 2016 in Lisbon, Portugal, hosted by the Portuguese Diabetic Association (APDP). More information, including the agenda, will be sent in the summer.

## EU FOCUS

### WRITTEN DECLARATION 2016/008

A Written Declaration on Diabetes was officially adopted by the European Parliament on 2 May 2016, with significant mobilization efforts from IDF Europe. Signed by 405 Members of the European Parliament (MEPs), the Written Declaration no. 0008/2016 on Diabetes calls on the European Commission and the European Council to prioritise diabetes as a major European concern and to develop an EU strategy for diabetes prevention, diagnosis, and control. The



Declaration encourages Member States to establish national diabetes plans and to develop strategies to improve access to healthy food and drink for all.

The European Commission is obliged to respond to the Declaration within three months. IDF Europe will follow up on their response to make the most of this statement within our advocacy strategy.

IDF Europe wishes to congratulate and thank its members for the significant effort they put in contacting their representatives in the European Parliament.

### JOINT ACTION ON CHRONIC DISEASES

The Joint Action on Chronic Diseases is in its final year, with IDF Europe continuing to be involved in Work Package 7 looking specifically at type 2 diabetes. Latest developments include the development of the guidelines for national diabetes plans which should be finalised by the end of June 2016.

The fourth JA-CHRODIS expert panel met in Brussels on 12th and 13th May to identify criteria to evaluate policies on diabetes at strategic level. IDF Europe Board Member Dr Konstantinos Makrilakis was on the expert panels. In the past months, the work package on the Knowledge Platform has worked in close collaboration with partners of the work package on type 2 diabetes to link their work on quality indicators with the assessment criteria developed in the previous Delphi processes. The last consensus building process has now taken place and the final list of assessment criteria has been identified, assessed and weighted. Work package 7 deliverables are planned to be finalized over the summer. We look forward to sharing all the outcomes later this year.



## DRIVING LICENCE REGULATION

### Positive news from the European Commission on the amendment to the Directive 2006/126/EC on Driving Licenses

In 2015, the European Commission released an amendment of Directive 2006/126/EC of the European Parliament and of the Council on driving licences. The good news for people with diabetes who drive is that - after having reviewed the available medical information and heard expert opinions - the European Commission has advised that the driving ban for people experiencing recurrent severe hypoglycaemia when asleep, be lifted.

The deadline for adopting the new measures is 1 January 2018. However, IDF Europe has received confirmation from the Head of Road Safety in the European Commission that 'Member States can implement into their national legal systems the provisions of the new amendment on diabetes as soon as it is adopted by the Commission and published in the Official Journal of the EU.' In other words, Member States do not need to wait for 1 January 2018 to start implementing the new procedures.

This is a crucial dossier for many IDF Europe Members and may well be influential for Members beyond the European Union. There has been resistance in some countries to implementing the amendment before 1 January 2018 - if this has also been the case in your country, please let us know.

## FOOD POLICY UPDATE

### Conclusions on Food Product Improvement adopted by the Council of the European Union

On 17 June 2016, IDF Europe welcomed the news that the Council of European Ministries of Health had adopted a set of conclusions recognizing overweight and obesity among children as a serious cause for concern. The conclusions note the particularly high levels of salt, saturated fats, sugars and energy values 'mostly through the consumption of processed or prepared foods' and the relatively low levels of intake of enough fruits, vegetables and wholegrain products.

The Commissioner for Health and Food Safety, Mr Vytenis Andriukaitis, called on all Member States to follow the WHO Guidelines to reduce individual daily sugar consumption to less than 10% of total energy intake. Considering the parameters of Member State and EU competences, they encouraged the EC to share information on best practices controlling food policy for improved nutrition within the EU. IDF Europe is concerned, however, that this falls short of asking the Commission to take concrete practical steps such as introducing nutrient profiling to assist consumer choices.

## WORLD DIABETES DAY AT THE EUROPEAN PARLIAMENT: PREPARATIONS

As in previous years, a lunch debate on diabetes will take place at the European Parliament in Brussels on 8 November as a cross-party event (the timing reflects the European Parliament session calendar). The topic for the lunch debate will be in line with the theme "Eyes on diabetes", adapted to the European context and focusing on keeping diabetes as a major concern on the European agenda.

This year IDF Europe plans to hold a second event at the European Commission or in Strasbourg at the Council of Europe to raise awareness in the wider European political context.

## NEWS FROM THE REGIONAL OFFICE

### POSITION PAPERS: Out and upcoming

#### Position Paper on Added Sugar

Given the relation of sugar intake with poor nutrition quality and habits, obesity, diabetes and issues in its management, as well as current policy debates at European and global level, IDF Europe has presented its position on this issue. The document was launched on the occasion of the European Commission meeting "Towards better prevention and management of chronic diseases" (21 April 2016).

It includes information on added sugar, public health and diabetes, the food and drink industry, food labelling as well as recommendations based on IDF Framework for Action on Sugar, which was released in 2014.

You can find the position paper on our website: <http://www.idf.org/idf-europe-releases-position-paper-added-sugar>

#### Upcoming Position Paper on Mobile Technologies: your input welcome!

IDF Europe is developing a position paper on mobile technologies, a rapidly changing field. The paper will outline the various types of mobile technologies currently available, its uses and limitations, links to social media and issues that could arise such as data privacy.

People are increasingly turning to mobile applications to supplement their self-management and take better control of their diabetes. As such, IDF Europe is developing this paper to engender further debate and steer towards inclusion of mobile technologies in diabetes management.

In this regard, we would very much like to invite you, our Members, to contribute your expertise and thoughts on this matter, so that the position paper can be as inclusive as possible.

Please send your contributions to [newsletter@idf-europe.org](mailto:newsletter@idf-europe.org) by 20 August.

#### Propose Topics for Future Position Papers!

IDF Europe is keen to produce further position papers on topics most important and relevant to our Members. As such, we invite you to make suggestions of topics which you feel IDF Europe should have a position on and on which you may have expertise.

Please send your suggestions to [newsletter@idf-europe.org](mailto:newsletter@idf-europe.org)

## IMPACT Diabetes: Mobilizing Parliamentarians

Learning from and building on the ExPAND experience, IDF Europe now brings the concept closer to its Members through IMPACT diabetes: the Initiative to Mobilize Parliamentarians to Act to Prevent, Care and Treat diabetes. The aim of IMPACT diabetes is to support and strengthen the capacity of IDF Members in the European region to advocate for stronger diabetes prevention and better diabetes outcomes at the national level and to encourage, wherever possible, stronger linkages between action at the Member State and European levels. Sharing best practices among Members is also at the core of IMPACT.

The outreach to Members in mobilizing parliamentarians on World Health Day with the provision of tailor-made letters

was a first activity of this new initiative, which received positive feedback from Members.

With IMPACT diabetes, IDF Europe intends to pursue its contribution to a more informed political environment, where knowledge and understanding are provided by people living and working with diabetes so that effective policies are developed, adopted, financed, implemented and evaluated.

For more information on IMPACT please visit <http://www.idf.org/regions/europe/impact>

## IDF EUROPE Prizes in Diabetes 2016

Since 2012, IDF Europe has been organising annual diabetes Awards recognising excellence, innovation, dedication and commitment to diabetes. These Awards aim to increase awareness about diabetes and recognise outstanding individuals who have dedicated themselves to improving the lives of people with diabetes.

In 2016, IDF Europe Prizes in Diabetes will be awarded to:

- A **young researcher** under 40 years of age working in the field of diabetes research and the broader field of diabetes advocacy, education, prevention, care and management in Europe.
- An **association/institution** for its long-standing achievement in diabetes. IDF Europe is the proud federation of 70 national associations in 47 countries. We recognise the endless work of these associations to support the life of people with diabetes in their respective country and to prevent the condition. In 2016, the award for long standing achievement will be allocated to an association. This prize is supported by Eli Lilly.

The Award ceremony for both prizes will take place during IDF Europe's Regional Council (25-27 November in Lisbon, Portugal), to which the winners will be invited.

Please do not hesitate to circulate this information to your network!

Deadline for applications: 20 September 2016

More information: [www.idf-europe.org/diabetes-award](http://www.idf-europe.org/diabetes-award)

## 2016 YOUTH LEADERSHIP CAMP IN AGROS, CYPRUS – 11-17 July 2016



From 11 to 17 July, 24 youth advocates from 24 countries across Europe will meet for a week to share their experiences, find out about their differences in diabetes care and daily-life realities

across Europe and learn about advocacy, campaigning activities and how to engage further with their national Member association and with IDF Europe.

The 6th edition of the Youth Leadership Camp will be held in the beautiful village of Agros, Cyprus. We thank the Cyprus Diabetic Association for helping organising it!

 [Follow us on Twitter](https://twitter.com/IDFEuropeBXL) @IDFEuropeBXL

## UPDATES ON EU-FUNDED PROJECTS

### MANAGE CARE

The International Conference on Integrated Care provided an ideal setting to present the outcomes of the Manage Care EU-funded project – looking into developing chronic care management models and building on existing models. A symposium was organised by IDF Europe together with other Manager Care partners at the conference.



IDF Europe also manned the Manage Care booth at the conference, displaying the patient empowerment booklet in 7 languages (English, French, Spanish, German, Portuguese, Italian and Greek), the recommendations as well as a guide to the eHealth Portal. The final deliverables are on the [manage care website](http://www.managecare-project.eu/) (<http://www.managecare-project.eu/>) and will be made available to

members through the IDF Europe website later this year.

### EUROCONDOR

Another EU-funded project that has come to an end is Eurocondor, which looked at the effectiveness of eye drops in preventing or delaying the development of Diabetic Retinopathy. Due to the complexity of the results, final analysis has not yet been completed. Once the results are fully interpreted and approved, IDF Europe will share the outcomes with our Members.

Other EU-funded projects including EuRhythDia, ePredice and Feel4Diabetes are on-going. Please see: <http://www.idf.org/regions/EUR/eufundedprojects>

## COLLABORATIONS

### WORLD HEALTH DAY – COLLABORATION WITH WHO EURO

IDF Europe welcomes the close collaboration around World Health Day (WHD) with WHO EURO and in turn with WHO Country Offices. Bespoke letters were developed by the IDF Europe Regional Office for each country and Member, supported by WHO letters and contacts, to enhance activity on and around World Health Day, particularly in national parliaments.

We were delighted to receive positive feedback from our Members!

### WORLD HEALTH DAY MAP

WHO set up a map to record activities and initiatives dedicated to diabetes on World Health Day 2016, to which many IDF Europe Members contributed. The WHO map no longer being available, IDF Europe is creating a European map with the content you sent us, to be posted online soon.

If you still wish to send a brief description of your activities, please contact [Giulia.barenghi@idf-europe.org](mailto:Giulia.barenghi@idf-europe.org)

## IDF EUROPE SYMPOSIUM AT THE EASD MEETING – SAVE THE DATE!

11 SEPTEMBER 2016

IDF Europe will hold a Symposium at the Annual Meeting of the European Association for the Study of Diabetes (EASD) in Munich, Germany on 11 September titled **“New Technologies and Therapies Improving Patient Quality of Life”**

This Symposium will address new patient-centred technologies and new therapies for the treatment of diabetes. The sessions will be chaired by the patient representatives on the Board of IDF Europe and will bring new focus to treatment. The sessions will focus on:

- Monitoring technologies and apps
- Pumps and closed loop systems
- The role of new insulins in diabetes treatment.

IDF Europe looks forward to welcoming you on 11 September at 13:30 – 17h in Tiburtius Hall.

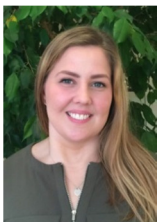
## IDF EUROPE STAFF EXCHANGE PROGRAMME

Working or volunteering for an IDF Europe Member? Want to take action at the European level and join a dynamic and international atmosphere in Brussels? This is a reminder to apply before **30 July 2016** to our **Member’s staff Exchange Programme** to join us for 6 months (September 2016 – February 2017) as a “staff member on loan”.

You will be involved in activities such as:

- Advocacy, membership activities and projects managed by IDF Europe
- Relations between IDF Europe and its Members
- Representation of IDF Europe at selected events and conferences
- Organisation of meetings and congresses including developing supporting materials

**Cajsa Lindberg (Sweden)** and **Davide Pilleri (Italy)** took part in this programme in 2015 and this is what they have to say about their experience:



Cajsa Lindberg

*“Working at IDF Europe for the Staff Exchange Programme was fantastic! I developed a good understanding of what it’s like to work in a multicultural organisation where volunteers play a very important role. It felt very meaningful and really taught me a lot about both strategic communication and advocacy and the workings of the EU Institutions”.*

*“Working with IDF Europe as an Exchange Staff was a great experience! I really enjoyed working in such a dynamic and international environment, and the job has been valuable in teaching me the importance of teamwork. It really made feel I was doing something useful”.*



Davide Pilleri

### How to apply

Send your CV and letter of motivation to [idf@idf-europe.org](mailto:idf@idf-europe.org)

## Heads up! Chiara, TD1, might be cycling near you!

On 7 June, a young couple, Chiara and Riccardo, left Cesena in the North East of Italy on a 18.000 km (yes, 18.000!) bicycle ride to Singapore. For Chiara, who has type 1 diabetes, exercise is fundamental since it significantly reduces daily insulin requirement and allows her to eat cake, for which she has a passion.



The first part of this trip will see them cycling in our Region though Italy, Slovenia, Croatia, Bosnia-Herzegovina, Montenegro, Albania, Macedonia, Bulgaria, Greece and Turkey. You can follow them on their website ‘For a piece of cake’ <http://www.forapieceofcake.com/>

If they are passing nearby, we encourage you to make contact and invite them to share their story (and perhaps a piece of cake) with you.

IDF Europe gave auspices to Chiara and Riccardo’s project, which is proof again that type 1 diabetes need not limit your dreams.

## FREE IDF ONLINE COURSE

**Launch of free IDF online interactive module: ‘Understanding diabetic kidney disease’**

WHEN: August 2016

WHERE: D-NET – online education zone

MAIN TARGET GROUP: The course is intended for health care professionals

DURATION: 60 mins

CERTIFICATE OF COMPLETION: An official IDF certificate of completion is available to purchase following the final assessment.

For more information: <http://www.idf.org/node/2068>

## INTERNATIONAL DAYS

Diabetes is of daily concern to many, not only on 14 November. It has an impact or is impacted by many other international days. Since December 2015, IDF Europe has issued statements on:

- World Cancer Day (4 February)
- World Water Day (7 March)
- World Kidney Day (10 March)
- World Health Day (7 April 2016)
- Mother’s Day (May 2016)
- European Obesity Day (21 May)
- Father’s Day (June 2016)

Please note some upcoming international days which may be useful in your advocacy efforts:

- World Patient Safety Day (25 July)
- International Youth Day (12 August)
- World Heart Day (29 September)

**WE WISH YOU A GREAT SUMMER!**