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International Diabetes Federation  
European Region  
Chaussée de La Hulpe 166  
B1170 Brussels - Belgium  
[idf-europe.org](mailto:idfeurope@idf-europe.org)  
[www.idf-europe.org](http://www.idf-europe.org)

## Editorial



Dear Friends,

The April edition of IDF Europe Newsletter offers us the opportunity to look back at some of our major achievements last year and to look ahead for an exciting year which will end in Abu Dhabi.

More than ever before, the European diabetes community was united on 14 November to celebrate the World Diabetes Day. I am overwhelmed by the number of events which took place on that day on the continent and I am even more convinced that our joined efforts will lead to better and stronger prevention, better care and a unified voice for people living with diabetes.

Our TEAM meeting and Regional Council, brilliantly hosted by the Portuguese Diabetes Association in Lisbon last November, were for many of us a unique experience. Thanks to your engagement and enthusiasm, reflections were fruitful and collegial. In Lisbon we also had the occasion to celebrate the winners of the 2016 IDF Europe Prizes in Diabetes: Shoqata E Diabetit Në Shqipëri (Albanian Diabetes Association) in the long-standing achievement category; Dr Michael Gejl Jensen (Aarhus University Hospital, Denmark) in the young researcher category and #dedoc, the German Diabetes Online Community in the social media category.

With IMPACT Diabetes, we pursue the reinforcement of the unity of Members of Parliament to fight against diabetes; with our Youth leadership Programme, we continue to build a united European team of young advocates; together, in our daily work with people with diabetes, we make sure that their rights are respected and ensure a united voice to defend and protect them locally and at the European level.

Throughout 2017 there will be occasions to show the unity of our voice, starting with World Health Day, focussing on depression, a theme of great relevance for people with diabetes.

On behalf of the IDF Europe Board and the Regional office, I want to forward you best wishes and we look forward to working with each and every one of you.

Prof Dr Sehnaz Karadeniz, Chair, IDF European Region

## WORLD DIABETES DAY 2016

### BULGARIA MONTH OF DIABETES

On November 14<sup>th</sup> young people from Sofia and the members of the Bulgarian Diabetes Association's youth branch "Active living with diabetes" organized an information campaign in front of the national



palace of culture (NDK) by distributing flyers with information and advice on diabetes and its symptoms. The campaign was held together with volunteers from the

Association of Students in medicine in Bulgaria. Upon completion of the campaign, participants formed a blue circle – symbolizing their unity in efforts to raise public awareness for prevention, treatment, improvement of medical care and a better quality of life for people living with diabetes.

At 18.00 with the support of Sofia Municipality and the National Palace of Culture, the NDK building - one of the most remarkable buildings of Bulgaria capital Sofia shined in blue light and joined in the symbolic lighting of important buildings and monuments in more than 270 countries all over the world. Different initiatives to celebrate the month of diabetes were organized in Bulgaria.



The "sweet dance" in Pleven marked a record number of participants joined in the spirit of friendship and support.

For more information and contacts [www.facebook.com/bulgarian.association.diabet](http://www.facebook.com/bulgarian.association.diabet)

### CZECH REPUBLIC WALK AGAINST DIABETES

The biggest meeting of type 1 diabetes patients in the Czech Republic takes place regularly in autumn



around World Diabetes Day. In 2016 the 18<sup>th</sup> meeting took place in traditional spa city Luhacovice in south

Moravia. Around 200 participants met and started the event with a Walk against diabetes followed by 3 days of educational sessions, sports activities and sharing experiences. More information about this unique event in the Czech Republic with international hosts can be found on this link <http://www.diaktiv.cz/report.html>



### GERMANY HEALTHY FOOD PROJECT KICK-OFF

IDF Europe member association in Germany – German Diabetes Aid held a press conference with their new cooperation partner, the leading discounter in Germany "LIDL" on World Diabetes Day. Lidl presented their new reduction strategy "20% reduction of salt and sugar in company-owned brands by 2025".



From left to right: Dietrich Monstadt (conservative MP, Rapporteur for Diabetes and Obesity), Prof. Thomas Haak (Board member diabetesDE – German Diabetes Aid), Anita

Wälz (Lidl Germany), Jan Bock (Lidl Germany), Matthias Steiner, Diabetes Type 1, World Champion and Olympic medallist (super heavyweight).

This is a big voluntary step forward to make healthy choices easier for consumers. The project aims at raising awareness for healthier products in all LIDL stores across Germany. The first project recommends healthy meals to the consumers with healthy LIDL brands that already fit in the WHO nutrient profile defining healthy products. Participants started the event with healthy breakfasts.



### GREECE DIABETIC VILLAGE

As part of World Diabetes Day, Panhellenic Federation of People with Diabetes (P.F.P.D.) and club members held a series of events designed to inform, prevent and educate people with diabetes, their families and the general population. In addition, P.F.P.D. broadcasted this year's message of the World Diabetes Day, which was: "Eyes on Diabetes – Act Today to Change Tomorrow". P.F.P.D. organized the "Diabetic Village" in Chania, Crete, while, at places across Greece, several actions took place with information and blood glucose measurements.

During "Diabetic Village" our team conducted 6,000 glucose tests on people, whether or not they had diabetes and on 2.100 people with diabetes mellitus type 2. Moreover, examinations were made (blood pressure, spirometry, funduscopy, tonometry, retinografia, Schirmer's test, nevus control) on 657 people with type 1 and 2 diabetes mellitus.

The clubs of the Federation organized glucose measurements throughout Greece, including



Komotini, Kavala, Drama, Thessaloniki, Kilkis, Katerini, Kastoria, Athens, Piraeus, Volos, Chania, Chios, Samos, Lamia, Kalamata, Patras, Sparta, Tripoli.



A total of 40,000 individuals took part, of which 28.000 people with type 2 diabetes.

### HUNGARY – CONFERENCE ON THE FINANCIAL BURDEN OF T2 DIABETES

At the end of 2016 an important study was published on the prevalence and financial burden of type 2 diabetes in Hungary. The National Health Insurance Fund database was analyzed retrospectively in the period of 2001-2014. Although the incidence of type 2 diabetes decreased, its prevalence rate continuously increased and later plateaued (in 2014 the number of registered patients with type 2 diabetes was 727.000 with a prevalence rate of 7.3 % in the total population). The standardized prevalence rate of type 2 diabetes increased from 4.2 % to 6.4 % in the investigated period. According to this study the prevalence rate of type 2 diabetes increased with increasing age; in 2011 its prevalence rate was 19 % among subjects with age 60-70 years whereas it was 20 % in subjects aged over 70. The number of type 2 diabetic patients with hospitalization increased, the duration of hospitalization also increased.

The financial burden of diabetes care increased, however this was only due to the higher number of patients. The proportion of hospital-related costs were high whereas the costs of antidiabetic drugs represented only 11.7 % of the total costs in 2014. The burden of care of type 2 diabetic patients increased between 2001 and 2014 in Hungary. To cut the related costs, role of primary care should be strengthened and access to the outpatient' departments should be broadened. Finally, special attention should be paid to the prevention of type 2 diabetes which needs a wide social cooperation. (P.Kempler et al in Diabetologia Hungarica 2016; 24: 177-188)



From left to right: Prof György Jermendy (past president), Prof Péter Kempler (president), Prof István Wittmann (president elect)

### KAZAKHSTAN EYESIGHT TESTING



In the treatment of diabetes it is important to identify complications beforehand, rather than dealing with its consequences and to begin

the appropriate treatment in time. To this end, since 2013, the Diabetic Association of the Republic of Kazakhstan (DARK) annually holds charity events for patients with diabetes. In accordance with the recommendations of the International Diabetes Federation for the WDD-2016, DARK organized and held a charity event 'Test yourself for Diabetes Complications on Eyesight'. This event took place at the International Center for Protection of eyesight in Almaty, which has highly qualified specialists and the latest equipment. During November and December the Event was attended by 770 people with diabetes for more than 5 years and in need of additional ophthalmologic examination.



During the charity event, the patients had the opportunity to participate in 'Diabetes and Visual Organ', to measure the level of glucose in the blood, test blood pressure, intraocular pressure, determine visual acuity, refraction, correction, inspect the anterior segment (biomicroscopy), cycloscopy and to consult with a retinologist specialist.

### LITHUANIA WORLD DIABETES DAY CONFERENCE

On 14th November 2016, the Lithuanian Diabetes Association together with National Health Board at the Seimas of the Republic of Lithuania organized the conference "Diabetes – epidemic. Act today to change tomorrow!" dedicated to World Diabetes Day. More than four hundred participants took part in this event. The conference was opened by the



President of the Lithuanian Diabetes Association Mrs Vida Augustiniene and chairman of National Health Board Prof Juozas Pundzius. The chairman of the Society of Endocrinologists of Lithuania, Prof Antanas Norkus, welcomed participants. Presentations were made by the head of WHO representative office Ingrida Zurlyte, head of the Institute and of the Clinic of Endocrinology of the Lithuanian University of Health Sciences and Department of Endocrinology Prof Rasa Verkauskienė, representative of the Ministry of Health of the Republic of Lithuania, specialists of the Centre of Endocrinology of Vilnius University and other. At the end of conference the Resolution on Diabetes was adopted. Some monuments and buildings in Lithuania were lit in blue for diabetes and blue circles were organized. The Oginski Palace in Plunge, shone in blue light.

Across

Lithuania, 54 local Diabetes Clubs organized public



information meetings, events for children, adolescents (at schools in Alytus, Kaunas), for the general public (in all regions). Over 11 thousand people with risk factors for diabetes took a preventive blood glucose test. More than 8% of people tested had higher glucose than normal. Information about diabetes was broadcast on radio, television programmes and in the press.

### MALTA WORLD DIABETES DAY SEMINAR

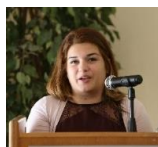
The international theme of World Diabetes Day 2016 was Eyes on Diabetes. This year's activities and materials focused on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

For this purpose, the Maltese Diabetes Association organised a seminar on this theme which was very well attended.



The key speakers at this seminar were leading ophthalmologist Dr Mario Tabone who gave an overview of diabetes retinopathy and complications to the eyes as a result of

Diabetes and Ms Rachel Portelli, a university graduate and a person living with type 1 diabetes who gave an overview of her personal experience in dealing with eye complications. The Seminar was opened by Ms Anna Zammit McKeon, President of the Maltese Diabetes Association, who spoke about diabetes as a huge and growing burden: 415 million adults were living with diabetes in 2015 and this number is expected to increase to around 642 million or one in ten adults by 2040. Malta is no exception with a prevalence rate of around ten per cent of their population.



The Maltese Diabetes Association recently offered Free Diabetes Tests for the general public on the occasion of World Diabetes Day which is celebrated around the world on the 14th November. The event was held at the Plaza Shopping Centre in Sliema.

The general public responded wholeheartedly and hundreds were tested for diabetes. The event was also attended by Her Excellency Marie Louise Coleiro Preca, President of the Republic; Hon Dr Chris. Fearne, Minister for Health; Hon Dr Simon Busuttil, Leader of the Opposition and Hon Ms Claudette Buttigieg, Shadow Minister for Health. All dignitaries supported the event by taking a diabetes test themselves.

A free give away consisting of a healthy breakfast pack and other promotional material were distributed to all those who attended the event.



Her Excellency Marie Louise Coleiro Preca, President of the Republic taking a diabetes test

### NORWAY TORCHLIGHT PROCESSION

Diabetes Day with blue buildings, torchlight procession and a concert in Oslo arranged by the central office.



The torchlight procession started from Stortinget, the parliament building, and two high profiled politicians from ruling parties attended. Approximately one hundred people participated to raise diabetes awareness, even though the weather was not on their side. Participants walked up to Akershus fortress where the Norwegian secretary general, Bjørnar Allgot, opened the show and presented the up-and-coming music artist Surfalot. The concert had several musical numbers, supplemented with two appeals – by Sveinung Stensland, Norwegian parliamentarian for diabetes, and Nina Skille, the leader of the Norwegian Diabetes Association.

With good help from the diligent county- and local branches, the team was visible countrywide – with blue buildings all over Norway and good media coverage. There were different local stands with activities to raise diabetes awareness, for example a diabetes myth quiz, recruiting new members and selling the World Diabetes Day pins.

The association also collaborated with the Norwegian Opticians Association, so that every optician chain in Norway gave out material about diabetes risk. The three largest pharmacy chains in Norway also participated in the campaign.

### SERBIA BLUE CIRCLE MARATHON



On Sunday 13th November, just before the WDD

2016, the fifth edition of the 'Blue Circle around Ada lake' marathon was held in Belgrade, Serbia. The marathon, traditionally organised by 'Plavi Krug' (Blue Circle), the diabetes association of Belgrade,



has a goal of raising diabetes awareness and explaining the importance of physical activity in diabetes prevention and treatment. In spite of the drizzling cold weather 150 runners finished the race within the 6 hour limit, which made this diabetes marathon the second largest in Serbia, something they are extremely proud of.



Among the 150 finishers, there were three runners with

type 1 diabetes: Predrag Kovačević from Serbia, Nenad Krčadinski from Croatia and Kostadin Martinov from Macedonia who really showed that people living with diabetes can do anything. Alongside with the marathon there was a big support race where people could run or walk a 7700m circle around the lake. Around 250 people took part in it.

**SUCCESS!**



These two races played a great role in reaching the goal for IDF Europe's EURMOVE Challenge 2016, collecting around 57.000 active minutes and taking second place in the biggest events and overall standings for Serbia.

## **TURKEY PUBLIC SCREENING**

On World Diabetes Day, the Turkish Diabetes Association organized a public screening event at the main Office of the Association in the morning.

While screenings went on, participants also enjoyed healthy food during the event. The association also organized screenings with the local municipality and with the Public Health Administration in Istanbul. The media campaign included a short video

(<https://www.youtube.com/watch?v=HKu5IYieJA>)

with tips on diabetes which was shown on public transport such as trains, subway, buses,



ferries and planes during November. Risk tests for Type 2 diabetes, brochures and posters were also distributed.

## **IDF EUROPE REGIONAL OFFICE – EUROPEAN INSTITUTIONS**

### **Council of Europe**

IDF Europe was present with an exhibition stand at the Council of Europe's Regional and National Government Congress (19 to 21 October 2016), with the aim of increasing our presence amongst policy-makers at national level. The 300 participants of the Congress had the opportunity to learn about diabetes and discuss implications of this condition in the European Region. They were also offered a blood sugar level test, an effective awareness-raising activity.



### **European Parliament**

On 8 November, in partnership with MEPs Marian Harkin and Anne Hedh, IDF Europe hosted a lunch debate on "Mobilising political will to prevent diabetes and its complications". The event aimed to facilitate a discussion between MEPs, the European Commission and IDF Europe Members on the development of a European strategy to prevent diabetes and the complications that arise from it, thereby putting diabetes at the forefront of disease-specific issues discussed at the EU level. The European Commission was represented by DG SANTE with insights on its approach on diabetes prevention, promotion and participation, and by DG Connect on protecting minors from harmful advertising of unhealthy foods.



### **European Commission**

On 14 November, in collaboration with the Medical Unit of the European Commission, IDF Europe organised a lunchtime presentation on "Tips and tools for diabetes prevention and management at work", delivered by Board Member Dr Dario Rahelić.



A lively debate with the audience, both in the room and in remote connection from Luxembourg, followed.



220 European Commission staff members took the opportunity to have their blood glucose tested, including the Commissioner for Health and Food safety, Dr Vytenis Andriukaitis, who even tweeted about it!

We wish to thank Ms Viviane de Laveleye (Belgian Diabetes Association) for performing the test at the European Institution.

### IDF EUROPE 2016 TEAM MEETING AND REGIONAL COUNCIL

IDF Europe held its Annual "TEAM" Meeting (Together Everyone Achieves More) and Regional Council in Lisbon, Portugal between on 26 and 27 November. This year's meeting was organized jointly with Associação Protectora dos Diabéticos de Portugal (APDP), the Portuguese Diabetes Association, who was also celebrating its 90th birthday!



During the TEAM Meeting, participants were able to discuss issues relevant to the region with the IDF President, then broke out in two rounds of smaller facilitated sessions to exchange best practice and ideas on the development of IDF Europe in the five priority areas of Advocacy, Communication, Partnership, Access to Care and Youth. Corporate Partners also shared their views on successful partnerships between the private sector and civil society organisations and gave insights into current and possible future areas of collaboration. APDP kindly invited all participants to a get-together dinner at a beautiful location in Lisbon.

The Regional Council started with an eulogy of the late Wim Wientjens, former IDF Europe President and advocate extraordinaire. Activity and financial reports were presented and adopted by the Regional Council. Open discussions were held on what lies ahead, and the period leading to the next World Diabetes Congress. These two very intense and enriching days reflected once again the enthusiasm and dedication of IDF Members in the European Region.

### IDF EUROPE PRIZES IN DIABETES 2016



IDF Europe has been awarding Prizes in Diabetes since 2012 in the Long-Standing Achievement and Young Researcher categories.

In 2016 a third Prize rewarding excellence, innovation and commitment in diabetes communication in Social Media, was awarded. 27 applications from 20 countries were received for these three Prizes. Winners were announced and recognized at the TEAM meeting in Lisbon on 27 November: the Albanian Diabetes Association (Shoqata E Diabetit Në Shqipëri) for Long-standing



achievement, Dr Michael Gejl Jensen for Young Researcher and #dedoc (Deutsche Diabetes Online Community) for Social Media.

Read more at <http://www.idf.org/idf-europe-prizes-diabetes-hall-fame>



### IDF EUROPE PRIZES IN DIABETES 2017 CALL FOR APPLICATION

IDF Europe awards **IDF Europe Prizes in Diabetes** yearly to reward excellence, innovation, and commitment in diabetes. These Awards aim at increasing awareness about diabetes and acknowledging outstanding individuals who are dedicated to improving the lives of people with diabetes.

Do you know of an **outstanding individual, a young outstanding researcher or an individual producing and sharing accurate information for media** dedicated to improving the lives of people with diabetes and those at risk in your country?

IDF Europe would like to reward them for their contribution to the fight against diabetes.

Please note the timeline for the prizes:

End April 2017 – Call for nominations

End September 2017 – Deadline for submissions

3 December 2017 – Announcement of Prize Winners at IDF Europe Regional Council Meeting and World Diabetes Congress in in Abu Dhabi, United Arab Emirates

To find out more about the IDF Europe Prizes in Diabetes: <http://www.idf.org/idf-europe-prizes>

### ADVOCACY

**IMPACT DIABETES: The Initiative to Mobilise Parliamentarians to Act to prevent, Care and Treat Diabetes**

With IMPACT diabetes, IDF Europe intends to strengthen its contribution to a more informed political environment where knowledge and understanding are provided by people living and working with diabetes. This will enable effective policies for people with diabetes and those at risk to be developed, adopted, financed, implemented and evaluated.

IMPACT can only work as a collaboration between Members working together to mobilise our elected politicians across different political groups. The current outreach on a European level is towards Members of the European Parliament (MEPs) who signed the Written Declaration no. 0008/2016 on Diabetes to invite them to join IMPACT. Please

contact our Policy Officer Giulia Barenghi ([Giulia.Barenghi@idf-europe.org](mailto:Giulia.Barenghi@idf-europe.org)) if you would like to coordinate such outreach.

To date sixteen national and European politicians have expressed their engagement towards the diabetes cause by signing the Diabetes pledge <http://www.idf.org/they-signed-pledge>. The two most recent signatories are:

**Marisa Matias** (Portugal), Member of the European Parliament (MEP), was first elected in 2009 and re-elected in 2014. She co-chairs the EU Diabetes Working Group (EUDWG) with Therese Comodini Cachia (Malta) and Christel Schaldemose (Denmark). The EUDWG co-chairs represent the interests of all people living with diabetes in Europe within the European Parliament. She is currently involved in the Committees for Economic and Monetary Affairs (ECON) and Industry, Research and Energy (ITRE). She was also Vice Chair of the special Committee TAXE and TAXE II. During her career Ms Matias has participated in the activities of several NGOs, and was vice-president of the civic association Pro Urbe, for four years. Ms Matias signed the Diabetes Pledge in Lisbon during our TEAM meeting!



**Keith Vaz** (UK) MP, visited IDF offices in Brussels to explore collaboration and learning about our advocacy effort in IMPACT. Mr Vaz took the occasion of this visit to sign the Diabetes Pledge. Keith Vaz was first elected in June 1987 and was subsequently re-elected as a Member of Parliament 7 times. He has been Chairman of the All Party Parliamentary Group for Diabetes since 2015.

## EU-FUNDED PROJECTS: AN UPDATE

### FEEL4DIABETES



Feel4Diabetes stands for "Families across Europe following a hEalthy Lifestyle 4 Diabetes prevention". This H2020 project (2014-2019) aims to promote healthy lifestyle and prevent type 2 diabetes in families from vulnerable population groups.

Led by the Harokopio University, the project includes partners from six European countries (Belgium, Bulgaria, Finland, Greece, Hungary and Spain). The aim is to develop, implement and evaluate an evidence-based and potentially cost-effective, communal and scalable intervention to prevent type 2 diabetes across Europe.

The last consortium meeting took place in Frankfurt on 29-30 March. For more information about the project, please visit: <http://feel4diabetes-study.eu/>

### ePREDICE



The project aims to assess the effects of various medical treatments and lifestyle interventions on a number of microvascular complications affecting people with intermediate hyperglycaemia and screen-detected Type 2 diabetes.

IDF Europe Board Member Professor Konstantinos Makrilakis attended the last General Assembly in Salzburg, Austria in early February. The project completion date has been extended to 31 Dec 2017. IDF Europe will disseminate results upon completion of the project, at the end of the year.

For more information about the project, please visit: <http://www.epredice.eu/en/>

### EURHYTHDIA



This project looks at whether lifestyle change to reset the internal clock can significantly reduce the risk of developing Type 2 diabetes and cardiometabolic complications.

The last consortium meeting took place in Rome on 13-14 March. The project will conclude at the end of June, with IDF Europe in charge of disseminating results. Sessions will be organized within the German Diabetes Congress (Hamburg 24-27 May), the International Taskforce of Cardiometabolic Disease (Aachen, 16-17 June) and Health Europe Congress in Amsterdam on 27-28 June. For more information about the project, please visit <http://www.eurhythdia.eu/>

## JOINT ACTION-CHRODIS



The recently concluded Joint Action on Chronic Diseases (JA-CHRODIS) aimed to identify, exchange, scale-up and transfer best practices and effective interventions for chronic diseases, with a specific focus on health promotion and prevention and multi-morbidity. Diabetes was used as one of the examples in chronic disease management. IDF Europe offered blood glucose testing to participants of the final conference, which took place on 27-28 February in Brussels. For an overview of the conference, please visit <http://chrodis.eu/ja-chrodis-final-conference/>

## OTHER NEWS AND EVENTS

### Youth Advocacy Forum

Supporting the development of advocacy capacities of Youth, as well as encouraging knowledge sharing and replication of successful activities, is a core concern of IDF Europe. The aim of the IDF Europe Youth Advocacy Forum is to support the empowerment of youth to engage in policy, advocacy and support activities.

A brainstorming meeting to develop activities was held with a core group of young advocates in London on 20 February, facilitated by IDF Europe Board Members Cristina Petrut and Kyle Jacques Rose.

While the work plan gets refined, the Youth group has already held a webinar on 7 April, World Health Day, on Diabetes and mental health. Please see below.

### World Health Day

This year's World Health Day (7 April) focused on Depression, a major challenge to health in the WHO European Region. IDF Europe widened the theme of "Depression: let's talk", to "Let's talk about Depression and Diabetes", with IDF Europe Board Member Cristina Petrut and Young Advocate Cajska Linsberg's sharing their reflections (read [here](#)) and our young advocates holding a webinar on this theme <https://recordings.join.me/yjnTMUHDUIgly15eRJWxw>

### New Website!

IDF will be launching a new version of its corporate website [www.idf.org](http://www.idf.org) late April 2017. The new platform will present an updated, modern look and feel, increased and improved functionality, and a more intuitive structure to best showcase the various activities of the Federation aimed at improving diabetes care, education and prevention worldwide. Information will be more easily accessible to key stakeholders and target audiences, which include IDF members, partners, people with diabetes, health professionals and policy-makers. IDF Europe's website will of course reflect all this.

New features will include an e-library, hosting all IDF publications and resources for view and download in one place, and a Living with Diabetes section, featuring inspiring stories from around the world. The new website will aim to firmly position IDF as the global voice of diabetes, highlighting the global network of members in over 160 countries that is its strength and the source of inspiration for all its activities to improve the lives of people living with diabetes and those at risk.

### World Diabetes Congress 2017 – Abu Dhabi



Don't miss the chance to engage in lively discussions with your peers and international experts in all fields of diabetes. Learn about the latest developments in science and research, public health, education and care. Don't miss the chance to engage in lively discussions with your peers and international experts in all fields of diabetes. Learn about the latest developments in science and research, public health, education and care. **IDF 2017 will feature more e-poster presentations, lunch sessions on the exhibition floor, additional streams, new session formats and overflow capacities** in every session hall.

Early bird rate deadline is 18 August –

[Register now](#) and save up to 50%!

Help us promote the IDF 2017 Congress! Contact [margarita.babenko@idf.org](mailto:margarita.babenko@idf.org) for promotional materials and further information.

We are looking forward to welcoming you in Abu Dhabi!

### ANIAD – Rome International Marathon

ANIAD, one of our member associations in Italy held its first International Marathon Championship for runners with diabetes in Rome, Italy on 2nd April 2017.



More information about the event: <http://www.aniad.org/1-campionato-internazionale-di-maratona-per-atleti-con-diabete/>

### European Patients' Forum (EPF)



Universal Health Coverage

For All.

#Access2030

On 27 February, the European Patients' Forum (EPF) held a policy meeting at the European Parliament to officially launch its one-year patient-led campaign on Access to Healthcare. A long-standing priority for EPF and its membership, access is at the top of the EU agenda and EPF will build on the current political momentum to call for Universal Health Coverage for All by 2030, as stated by the UN Sustainable Development Goal on Health. The campaign particularly urges Member States to work together to advance in five action areas: quality of care across the EU, sustainable investment in health, affordability of healthcare products and



services, access to a holistic range of health and social services, and non-discrimination. For this to happen, EPF counts on the support of five MEPs who will champion the campaign and help to mobilise and engage policy and decision makers.

To learn more about the campaign and how to engage, please visit EPF's website ([www.eu-patient.eu](http://www.eu-patient.eu)).

### Diabetes and Ramadan Symposium

Two months before the start of Ramadan 2017, on March 28, DaR, UNFM and DESG organised the first symposium for French speaking countries about Diabetes and Ramadan in Lille (France). The objectives were on the one hand to disseminate the Diabetes and Ramadan practical guidelines, and on the other hand to facilitate a discussion among multidisciplinary health care professionals as well as with civil society, including people with diabetes organizations and Muslim religious authorities.

Participants from 12 countries shared their experiences and challenges in implementation. While all agreed that assessment and education should start six to eight weeks before the period of Ramadan, as well as medical adjustments, a number of areas, including medical, psychological and social aspects, need further research and consideration. Specific training for health care professionals, both Muslim and not Muslim, is needed. One should not forget that the person with diabetes is the focal point and the one taking the decision of fasting or not. Reducing the gap between medical and religious advice by setting more DaR workshops is one of the "take home message".

For more information about the symposium, please visit: <http://www.daralliance.org>



## NEWS FROM THE REGIONAL OFFICE

### Call for Staff Exchange

The IDF Europe Staff Exchange Programme is looking forward to welcoming staff working in Member Associations to join the Regional Office team in Brussels for a period of three to six months. Colleagues "on loan" will contribute to advocacy, policy, research and communication activities – and much more. Let us know what your skills are and we'll build a programme for you!

For more information on the programme and on how to apply, please visit

[http://www.idf.org/sites/default/files/2017%20Staff%20Exchange%20Call%20For%20Application\\_V2.pdf](http://www.idf.org/sites/default/files/2017%20Staff%20Exchange%20Call%20For%20Application_V2.pdf)

Luca Cappellini from ANIAD, Italy, was Staff Exchange last fall:

*I'm really glad of the chance I have had here: my three-month staff-exchange has been a great experience. I had the opportunity to improve my English as well as started speaking French but, most importantly, I worked in an international environment and could put what I've studied into practice. It has been an important step for my career, especially to understand what I would like to do after my Master's degree in International Sciences.*



Read more about Luca's experience here:

<http://www.idf.org/member-associations-staff-exchange-programme>

### Youth Leadership Camp, 10-16 July Faget-Cluj-Napoca, Romania

We are excited to announce that this year's Youth Leadership Camp will be held between 10-16 July in Faget-Cluj-Napoca, Romania, hosted by Federatia Romana de Diabet, Nutritie si Boli Metabolice. As in the past, this flagship activity of IDF Europe has attracted many excellent applications from candidates across the Region, supported by their diabetes association. The Selection Committee is hard at work!

### Save the Date IDF Europe Symposium at EASD, 10 September 2017

The EASD meeting will take place in Lisbon, Portugal this year and IDF Europe will host a Sunday



Symposium prior to the opening of the Conference. Please save the date in your agenda! We are looking forward to hearing and debating with you about thoughts and solutions for people living with diabetes.

For more information, please visit <http://easdcongress2017.org/index.php>

## IDF Europe Releases Position Paper on Mobile Applications in Diabetes



IDF Europe is a strong supporter of innovation in healthcare. Witnessing the emergence of mobile applications (Apps) in the field of diabetes in recent years, and given the general uptake of a connected lifestyle, IDF Europe reflected on 'Mobile Applications in Diabetes' in a position paper. The full paper is available for download [here](#). IDF Europe would like to thank all contributors for their expertise and valued contribution.

## GOVERNANCE

### Board Meeting 18-19 February, London

IDF Europe Board Members held their first meeting in 2017 on 18-19 Feb in London, kindly hosted by Diabetes UK. Board Members discussed questions arising from the Regional Council in Lisbon, as well as the annual work plan for 2017.



### Nominations for Board Members 2018-2019

The Call for nominations to the position of Board Members 2018-2019 will open soon. Members will receive a notification on procedure. The election will take place during the Regional Council on 3 December 2017.

## UPCOMING 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. Over the last months, IDF Europe communicated about:

- World Cancer Day (4 February)
- Zero Discrimination Day (1 March)
- International Women's Day (8 March)
- World Kidney Day (9 March)
- World Water Day (22 March)
- World Health Day (7 April)

Upcoming international days for your calendar:

- European Patients' Rights Day (10 May)
- World No Tobacco Day (31 May)
- Father's Day (18 June)

We hope our News pieces are useful in your work!

*Together  
Advocating for diabetes across Europe  
Improving access to care  
Creating dynamic new partnerships  
between people with diabetes,  
healthcare providers and other  
stakeholders*