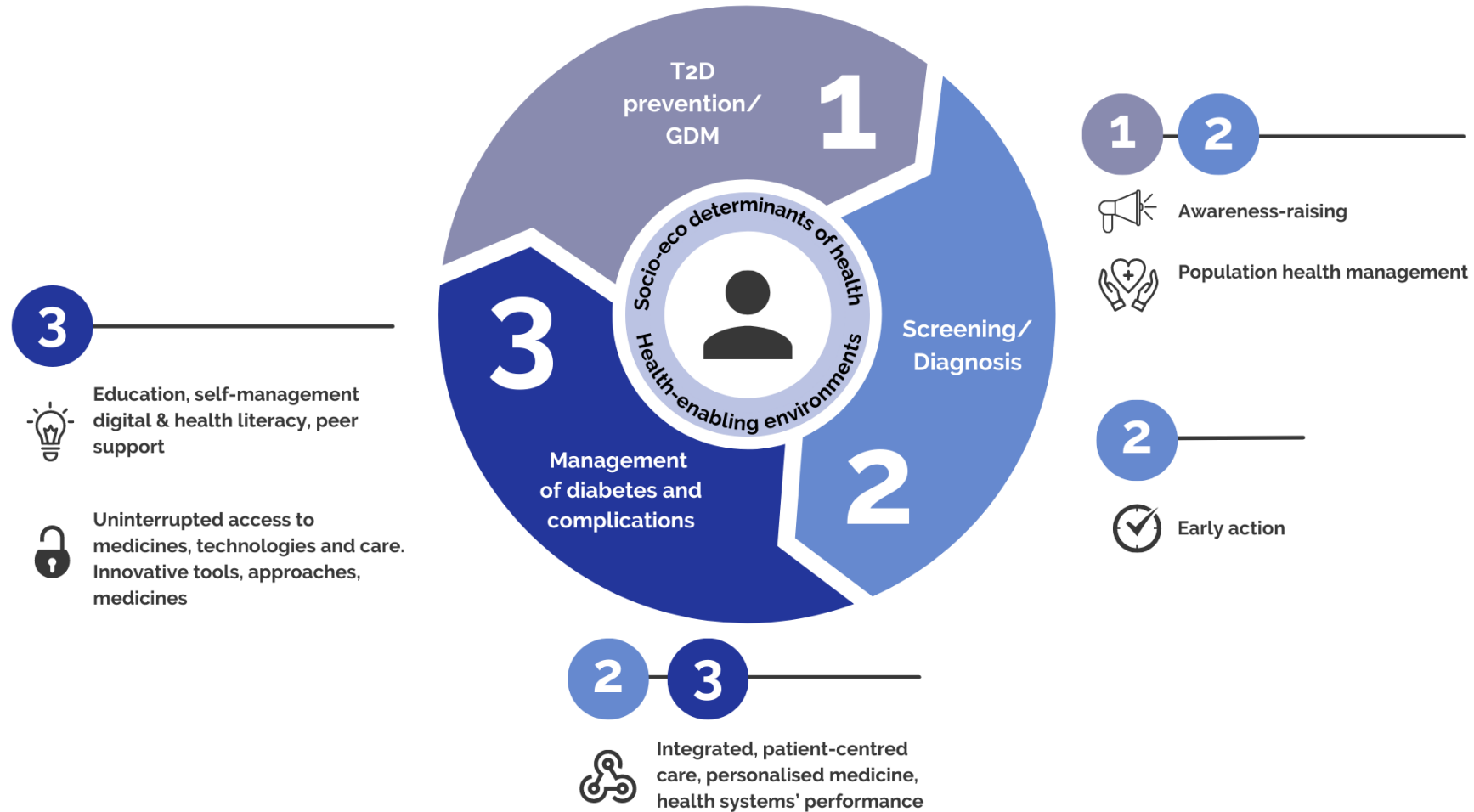




## **The relevance of diabetes in EU programmes, legislative proposals and initiatives**

Sabine Dupont, Senior Policy Consultant  
International Diabetes Federation Europe Region

# Lowering the risk of developing diabetes and improving diabetes management requires action across a range of dimensions



# Several EU policies under development can support action on diabetes



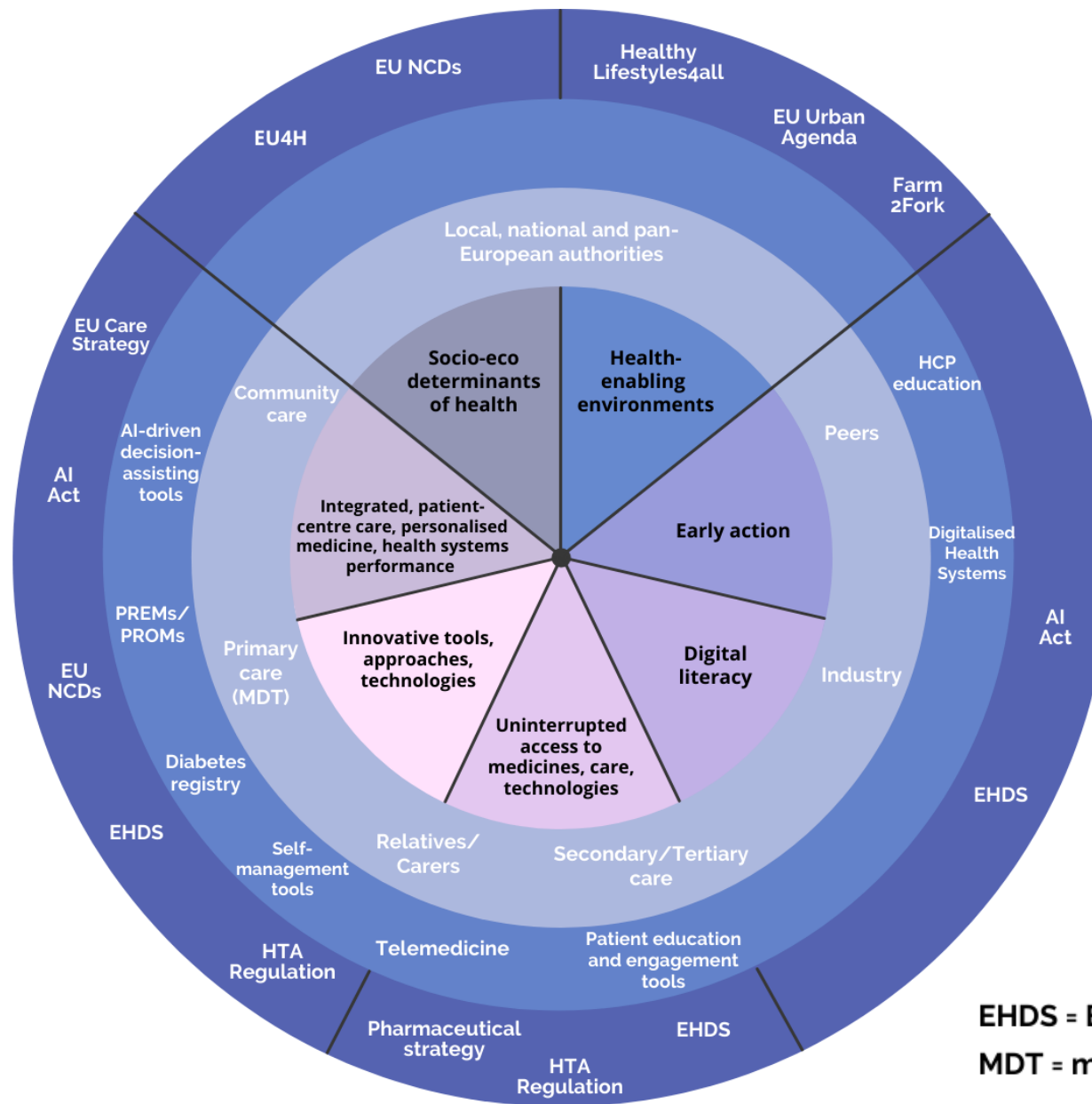
**POLICIES and INITIATIVES**



**TOOLS**



**STAKEHOLDERS**



**EHDS = EU Health Data Space**  
**MDT = multidisciplinary team**



# EU policies and initiatives under development

# Tackling the socio-economic determinants of health (SDH)

Income

Education

Food  
insecurity

Housing

Social  
Inclusion

Working Life  
Conditions

## Relevance for diabetes

- SDH account for between 30-55% of health outcomes.
- High rates of diabetes can be found among the lower-income/least educated groups in many middle- and high-income countries.
- The [syndemic](#) of COVID-19 and NCDs is a clear example of the socioeconomic impacts on health.

## EU's current initiatives

- [EU4Health](#) supports actions addressing health determinants.
- [EU NCDs Initiative](#) will include a horizontal strand of health determinants.
- [Europe's Beating Cancer Plan](#) takes into account the impact of health determinants.

# Improving access to quality diets

## Relevance for diabetes

- Following a healthy diet and engaging in physical activity can help lower the risk of developing certain types of diabetes.
- It also can help with diabetes management, notably with the risk of developing complications.

## EU's current initiatives

### [Europe's Beating Cancer Implementation Roadmap](#)

includes initiatives on diets and physical activity, with progress indicators.

[HealthyLifestyles4All \(HL4A\) initiative](#) is designed to link sport and active lifestyles with health, food and other policies.



# Fostering health-enabling environments/city planning

## Relevance for diabetes

- **Urbanisation** has been a major contributor to the rise of in the number of people living with Type 2 diabetes.
  - Over 70% of Europe's population live in urban areas.
- **Taking a life course perspective is important.** Dietary and physical habits are established early in life.
- **Community-based interventions** such as campaigns, education and social marketing can reach individuals.
- **Population-based interventions** and policies in urban planning can support healthy lifestyles.

## EU's current initiatives

- The [Urban Agenda for the EU](#) is addressing multiple priority themes such as health enabling environments, through better regulation, funding and knowledge.
- EU policy, through projects such as [URBAN 2030](#), can support the achievement of SDG goals and help address some challenges linked to healthy behaviours and choices.
- The [URBAN Intergroup at the European Parliament](#) is an important space to discuss and find solutions on creating health-enabling environments on a European level.

# Supporting mental health

## Relevance for diabetes

- Diabetes is a complicated, chronic condition that can cause significant emotional strain in various ways including:



## EU's current initiatives

- The [EU NCDs Initiative](#) will include a mental health strand.
- The EP is preparing an [own-initiative report on 'Mental Health in the Digital World of Work'](#) exploring psychosocial risks in the increasingly digitalised world of work and with recommendations for further EU level action.
- The [European Parliament Coalition on Mental Health and Wellbeing](#) is a group gathering MEPs committed to the inclusion of mental health in all policies.



# Towards sustainable long-term care – The European Care Strategy

## Relevance for diabetes

- Diabetes is a chronic condition which requires long-term care that enables PwD to live independent, healthy and active lives.
- Integrated care and comprehensive care pathways are important for health outcomes and QoL.

## EU's current initiatives

- A **European Care Strategy** is included in the 2022 Commission Work Programme. Expected to be adopted in Q3 2022
  - Framework for policy reforms to guide the development of sustainable long-term care for better and more affordable access to quality services for all.
  - Synergies with other EU initiatives on digitalisation can help improve health/digital literacy, facilitate the use of medical devices for the elderly, the collection of data and secure better health outcomes.
- **The EP's committees on Employment and Social Affairs (EMPL) and Women's Rights and Gender Equality (FEMM)** will be working jointly on an own-initiative report (INI) entitled Towards a common European action on care.

# Improving diabetes health outcomes and quality of life through innovation, data and digitalisation

## Relevance for diabetes

- Diabetes, a condition ideally suited to the use of digital solutions for self-management, can benefit hugely from the accelerated uptake of digital tools for healthcare delivery.
- Digital solutions can deliver better care and outcomes for PwD, improving access through broader reach and reducing operational cost.
- Good data collection is essential to generate real-world data and enable benchmarking across PwD and different Member States.
- **Challenges:** Poor data quality, lack of integration in healthcare systems, digital/health literacy and digital hesitancy.

## EU's current initiatives

- [European Health Data Space \(EHDS\)](#) must be future-proof, ensure interoperability and structured access to data that enable digital solutions.
- [Europe's AI Act](#) needs to optimize data governance, while protecting privacy and transparency aspects.
- [Europe's Pharmaceutical Strategy](#) supports primary and secondary use of health data, and explores affordability and accessibility of medicines including novel medicines



# Diabetes is an integral part of the new [EU NCDs initiative](#) – Healthier Together

The new initiative aims to support EU countries in reducing the burden of NCDs and focuses on 5 key areas:

- cardiovascular diseases
- diabetes
- chronic respiratory diseases
- mental health and neurological disorders
- health determinants

Q1 2022

Q2 2022

Q3 2022

Q4 2022

Member States and Commission DGs providing input through SGPP, ongoing stakeholder input through Health Policy Platform and webinars

Publication of Consensus Document

EU 4 Health Joint Action proposals for diabetes

# Healthier together is a major step forward but it is not enough to address the burden of diabetes in Europe

- The Initiative will be a guide and a **toolkit for Member States**, containing best practices and funding tools to implement actions in the areas of the five strands.
- We need to **move beyond creating a toolkit, towards a broader ambitious framework**, supported by proposed policies which enable a harmonized approach, ensure equitable access to care and improve health outcomes for PwD across Europe.
- An ambitious, significantly increased EU Health Budget needs to be tied to **political commitment to combat diabetes and other NCDs by proposing EU-wide policy solutions** that are tied to **accountability through key performance indicators and an implementation roadmap**.
- **All stakeholders have a major role to play** to ensure that we can build back better, fairer, more resilient healthcare systems and we call on all MEPs to drive a strong Parliament's contribution towards better management of diabetes and chronic diseases.