Improving diabetes care and quality of life: Priorities of the diabetes community

Joao-Filipe Raposo, Clinical Director at APDP – Diabetes Portugal and President of the Portuguese Society of Diabetology

Diabetes is a huge burden and no population group is immune

32 million (one in ten) adults live with diabetes in the EU. This number is forecast to increase to 33 million by 2030.

One in three PwD is undiagnosed.

Diabetes reduces life expectancy by up to 10 years.

One in seven live births are affected by hyperglycaemia in pregnancy. Children born to women with HIP are at very high risk of obesity, early onset T2D & CVD.

The Europe Region has the highest number of children and adolescents with type 1 diabetes.
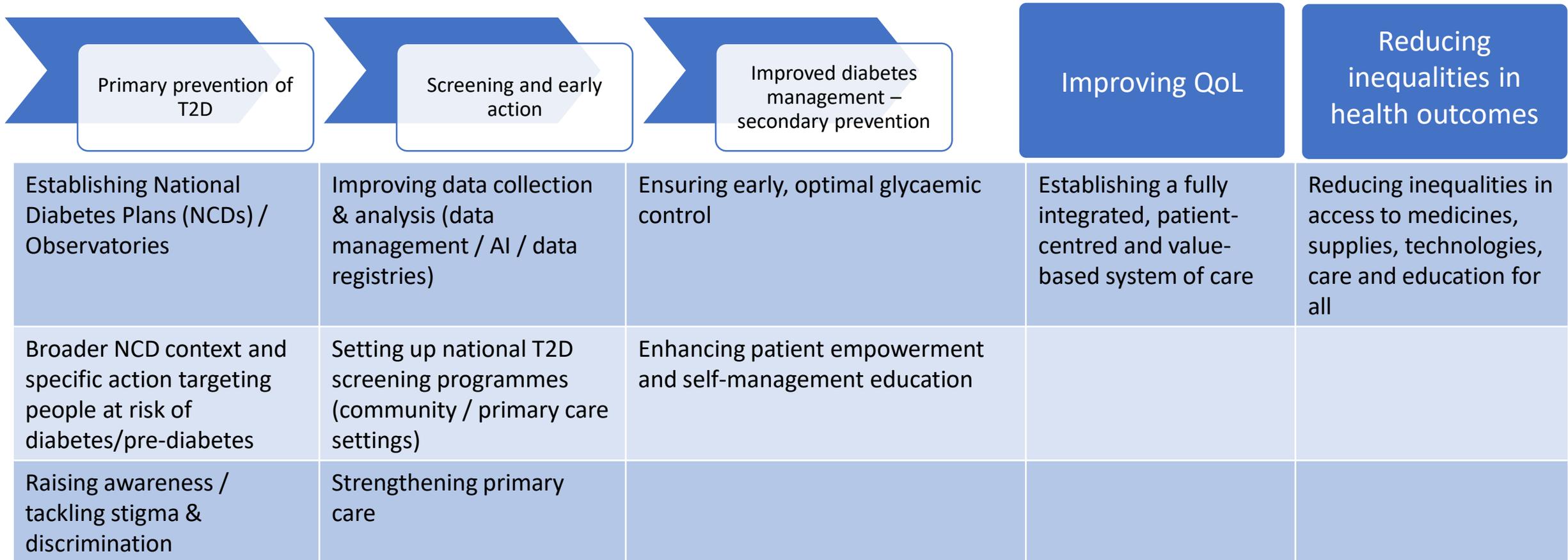
Diabetes-related health expenditure in the EU was € 104bn in 2021.

About 75% of diabetes-related expenditure is due to potentially preventable complications of the disease.

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EU NCD Initiative - Healthier Together: Five priorities around "disease journey", and transversal QoL and Inequalities

Primary prevention of T2D	Screening and early action	Improved diabetes management – secondary prevention	Improving QoL	Reducing inequalities in health outcomes
Establishing National Diabetes Plans (NCDs) / Observatories	Improving data collection & analysis (data management / AI / data registries)	Ensuring early, optimal glycaemic control	Establishing a fully integrated, patient-centred and value-based system of care	Reducing inequalities in access to medicines, supplies, technologies, care and education for all
Broader NCD context and specific action targeting people at risk of diabetes/pre-diabetes	Setting up national T2D screening programmes (community / primary care settings)	Enhancing patient empowerment and self-management education		
Raising awareness / tackling stigma & discrimination	Strengthening primary care			

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Primary prevention of Type 2 diabetes

- T2D accounts for about 90% of all diabetes cases.
- 36% of PwD in Europe are undiagnosed.
- Risk of developing pre-diabetes and T2D can be lowered through early interventions.
- Undiagnosed / sub-optimal management leads to costly diabetes-related complications.
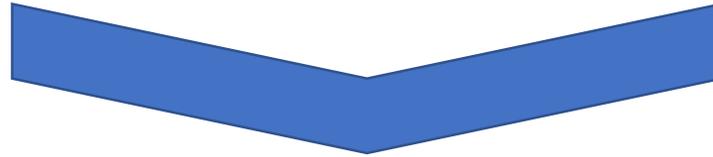
Implementation of national diabetes prevention plan / national diabetes observatories (broader NCD prevention + specific action for people at risk / people living with pre-diabetes).

Raising awareness and tackling stigma and discrimination through awareness and education campaigns.

Screening and early action

- Half of PwD have developed one or more complications by the time they are diagnosed.
- Delays in diagnosis / effective treatment can lead to the development of severe complications.
- Screening of at-risk populations can reduce the number of undiagnosed people and must be followed by immediate action.

Improving data collection and analysis – investing in more comprehensive data & investment in data management / artificial intelligence capabilities can help identify people at risk.

Screening (cost)-effectiveness can be improved through national screening programmes for T2D in the community & primary care settings.

Strengthening primary care where much of T2D management takes place through investment in relevant resources and expertise & setup of multi-disciplinary teams.

Improved diabetes management – secondary prevention

- Appropriate management of glycaemia and key other risk factors (e.g. blood lipids, blood pressure) is fundamental to prevent and delay diabetes complications.

Implementing lifestyle intervention alongside **adequate access to the required medicines, technologies, education and care.**

Ensuring patient empowerment and improving self-management/education.

Promote adoption of innovation within national health systems

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Developing integrated, patient-centred care models and value-based care for improved quality of life and outcomes

- The complexity of diabetes & its many co-morbidities requires juggling a number of different HCPs and healthcare teams.
- European health systems tend to be single-disease focused

An EU-wide common **digitalisation/data framework** alongside more transparency in medicines procurement, including fair pricing models, review of incentives and improvements in logistics.
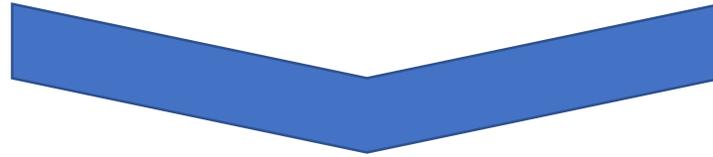
Support to national governments in **health technology assessment**.

Developing EHR and PREMs/PROMs

Reducing health outcomes inequalities

- Inequalities in access exist within Europe and within Individual countries resulting in inequalities in health outcomes for PwD.

Address socio-eco determinants through a holistic and structured frame of action, e.g. urban policies, taxation of unhealthy foods, food labelling, etc.

Healthcare delivery systems to use population-level data & identify people with the greatest need / ensure they receive care & support.

An EU-wide common **digitalisation/data framework** alongside more transparency in medicines procurement, including fair pricing models, review of incentives and improvements in logistics.

Diabetes is a marker of the quality of health systems and well-being societies.

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Thank you!

Fore more information, visit:

MEPs Mobilising for Diabetes

Blueprint for Action on Diabetes in the European Union by 2030

https://apdp.pt
https://idf-europe.org
https://www.mepinterestgroupdiabetes.eu/