International Diabetes Federation Europe

DIABETES IN EUROPE

A SHARED CHALLENGE. A BRIGHTER TOMORROW.

WHAT DO WE MEAN BY DIABETES?

Diabetes is a long-term condition that occurs when the body cannot produce enough insulin or cannot use insulin effectively, leading to raised blood glucose levels.

Type 1 diabetes (T1D)

An autoimmune condition in which the body produces little or no insulin. It can develop at any age and requires lifelong insulin therapy.

Type 2 diabetes (T2D)

A condition in which the body does not use insulin effectively (insulin resistance) and/or does not produce enough insulin. It is the most common form of diabetes and may be prevented in some people.

Gestational diabetes (GDM)

Develops during pregnancy and usually resolves after birth. It increases the risk of complications for the person giving birth and the baby and the risk for both of developing T2D later in life.

THE SCALE OF THE STORY IN THE EU

34 million people live with diabetes in the EU.

1 in 4 adults living with diabetes are undiagnosed.

Around **200,000** children & adolescents live with T1D or T2D in the EU.

€119 billion diabetes-related expenditure.



Prevalence of diabetes across the EU27

4.4%-14.3%

of the adult population.

THE QUESTIONS WE NEED TO ASK

Turning insight into action for people living with, and at risk of, diabetes.

1 WHAT SHAPES OUR RISK?

Individual health factors and the exposome influence diabetes risk.

ASSESS THE PRIMORDIAL DRIVERS OF POPULATION HEALTH – the conditions in which people are born, grow, live, work and age – and strengthen primary prevention.

- Dietary patterns
- Physical activity levels
- Air quality
- Cilmate conditions
- Built spaces
- Working & social conditions
- Access to green spaces
- Exposure to harmful chemicals

2 WHAT IF WE KNEW EARLIER?

Diabetes and its complications often develop silently for years.

IDENTIFY PEOPLE AT RISK EARLY – and reverse or delay progression through timely screening, diagnosis and intervention.

- Systematic screening for people at risk, including those with risk factors such as obesity, family history or GDM.
- Early detection of T2D and intermediate hyperglycaemia (IH).
- Screening for diabetes in people with cardiovascular disease (CVD).
- Early, integrated risk assessment across the life course.

3 IS DIABETES EVER JUST DIABETES?

Diabetes is closely interconnected with other non-communicable diseases (NCDs), and can lead to several, serious complications.

ENSURE INTEGRATED, PERSON-CENTRED AND CONNECTED CARE – across the life course, addresssing the whole range of physical, mental and social needs.

- Recognise and manage the links between diabetes, CVD, chronic kidney disease, obesity and other NCDs.
- Provide multidisciplinary, coordinated care around the person.
- Support self-management education and psychosocial care.
- Use digital tools and data to enable personalised care pathways.

4 WHO ARE WE LEAVING BEHIND?

Diabetes does not affect everyone equally.

ENSURE QUALITY PREVENTION AND CARE FOR ALL, addressing the needs of groups who are at higher risk or face greater barriers.

- Women, including those with GDM and during menopause.
- People in lower socio-economic groups.
- Ethnic and racial minorities.
- Children, adolescents and young adults.
- Older people.
- People in rural or underserved areas.

5 WHAT IF DIABETES CARE COULD BE SMARTER?

Digital tools, data and AI are transforming diabetes prevention, detection & management.

FOSTER DIGITALISATION, ADOPTION OF AI & BETTER DATA FOR BETTER OUTCOMES

- Continuous glucose monitors (CGMs) and digital tools give insight to inform decisions.
- AI & data analysis can help identify people at risk of T2D and detect T1D earlier.
- Decision-support tools & alerts can support healthcare professionals (HCPs).
- Care should be more personalised, proactive and coordinated.
- Human-centred design, digital literacy, trust, privacy, accessibility & inclusion are key.

6 WHERE CAN INNOVATION TAKE US?

Innovation can accelerate progress towards a healthier future for all.

PROMOTE MORE RESEARCH AND INNOVATION to:

- Find a cure for T1D.
- Enable remission or reversal of T2D.
- Better understand the mechanisms of diabetes and its complications.
- Develop and scale new medicines, technologies and digital solutions.
- Generate real-world evidence to inform policy and practice.