International Diabetes Federation Europe

WHAT IF DIABETES CARE COULD BE SMARTER?

CONNECTED FOR BETTER CARE

Better data. Better decisions. Better outcomes.

Digital tools, data and artificial intelligence (AI) are transforming how diabetes can be prevented, detected, monitored and managed - for people and for health systems.

> **Real-time data and smarter tools can empower people living with diabetes (PwD), support healthcare professionals (HCPs) and help build more sustainable and equitable health systems.**

Technology can help turn today's challenges into better lives tomorrow.

HOW TECHNOLOGY IS TRANSFORMING DIABETES CARE

From earlier detection to better outcomes across the life course.

1 DETECT EARLIER

AI and data analysis can identify poeple at risk of type 2 diabetes (T2D) and detect type 1 diabetes (T1D).



Earlier identification allows timely intervention and can prevent or delay diabetes and its complications.

2 EMPOWER PEOPLE

Continuous glucose monitoring (CGMs) & digital tools give real-time insights to inform daily decisions.



- Better glycaemic control
- Fewer hypoglycaemic episodes
- Improved quality of life

3 SUPPORT HCPs

Digital tools and AI provide decision support, streamline care and enable more personalised, proactive management.



- More informed decisions
- Early alerts and risk assessment
- More time for personalised care

4 TRANSFORM CARE DELIVERY

Digital and AI-enabled solutions support integrated, more accessible and person-centred care.



- Care closer to home
- Better coordination across care settings
- Greater access for underserved groups

INNOVATION CAN IMPROVE OUTCOMES

Better health for people. More sustainable systems.

- **Lower HbA1c levels**
- **Less time in hypo- and hyperglycaemia**
- **Reduced risk of complications** (e.g. heart, kidney, eye and nerve disease)
- **Improved quality of life and well-being**
- **More efficient, sustainable health systems**

SAFETY, QUALITY & TRUST ARE ESSENTIAL

- Devices must be accurate, reliable and clinically effective.
- Robust regulatory standards and transparent data are needed.
- Ongoing monitoring helps ensure continued safety and performance.

PwD and HCPs should have access to clear, comparable information to support informed choices.

WHAT CAN BE DONE?

Turning innovation into real-world impact.

1 TRANSFORM HEALTH SYSTEMS TO EMBRACE INNOVATION

- Build interoperable data systems and connected infrastructure.
- Use real-world evidence to assess impact, guide implementation and improve care.
- Establish the key building blocks for adoption: governance, standards, evidence, funding and workforce capacity.

2 EMPOWER PwD THROUGH DIGITAL TOOLS IN DAILY DIABETES MANAGEMENT

- Integrate CGM, AI and digital tools into daily care and clinical decision-making.
- Strengthen digital literacy and confidence among PwD and HCPs.
- Support informed decisions, self-management and more personalised care.

3 MAKE DIGITAL TRANSFORMATION HUMAN-CENTRED, TRUSTED AND INCLUSIVE

- Co-design solutions with PwD and HCPs.
- Protect privacy, build trust and ensure transparency.
- Ensure digital care is accessible, affordable and equitable for everyone, without widening inequalities.