International Diabetes Federation Europe

WHERE CAN INNOVATION TAKE US?

CHANGING THE FUTURE OF DIABETES

From better care to remission, delay - and the search for a cure

Diabetes prevention and care are on the cusp of a revolution, with transformative innovations across the spectrum of diabetes prevention and care. The gap between what science now makes possible and what people living with diabetes (PwD) experience in routine care represents a missed opportunity to improve lives and reduce the risk of complications.

> **Innovation can transform the lives of millions of PwD.**

A healthier tomorrow is within reach.

HOW INNOVATION IS TRANSFORMING DIABETES CARE

From earlier detection to better outcomes ccross the life-course.

1 RETHINKING TYPE 2 DIABETES (T2D)

New approaches can prevent and put T2D into remission.

New pharmacological approaches

E.g. GLP-1 receptor agonists can improve glycaemia and support significant weight loss.

Lifestyle interventions

Structured lifestyle programmes can achieve remission for some people when introduced early.

Bariatric surgery

For some people with T2D bariatric surgery can lead to substantial and sustained remission.

2 DELAYING TYPE 1 DIABETES (T1D)

Earlier identification and new therapies can delay the onset of T1D.

Autoantibody screening

Can identify T1D earlier, reduce the risk of diabetic ketoacidosis at diagnosis and give people and families time to prepare.

Disease-modifying therapies

Can delay the onset of stage 3 T1D and shift from reactive treatment to proactive intervention.

3 LOWERING THE RISK OF COMPLICATIONS

Newer therapies can protect multiple organs, extending their impact beyond glucose management.

Heart

GLP-1 receptor agonists can reduce major cardiovascular events and cardiovascular mortality.

Kidneys

SGLT2 inhibitors and GLP-1 receptor agonists can slow chronic kidney disease progression and reduce major kidney outcomes.

Liver

GLP-1-based therapies may also help prevent or delay liver complications.

INNOVATION IS POWERED BY DIGITAL TOOLS AND AI

New technologies are reshaping how diabetes can be prevented, monitored and managed.

Continuous glucose monitoring (CGMs)

Enabling earlier detection and more personalised care.

Advanced digital tools for healthcare professionals

Supporting data-driven decisions and integrated care.

Artificial intelligence (AI)

Unlocking new insights, predicting risk and supporting more personalised care and efficient care.

WHAT NEEDS TO BE DONE?

Turning innovation into real-world impact for a healthier, fairer Europe.

1 ACCELERATE RESEARCH & SCIENTIFIC DISCOVERY

- Secure diabetes research funding through EU instruments and the Multiannual Financial Framework (MFF).
- Addressing unmet needs through basic research.
- Creating EU-backed testbeds/sandboxes in primary and community care for integrated pathways.

2 TRANSLATE BREAKTHROUGHS INTO CLINICAL BENEFIT

- Strengthen clinical research and trials, including diverse participants.
- Generate evidence on safety, effectiveness and long-term outcomes.
- Translate discoveries into real-world clinical practice.

3 ENSURE TIMELY, EQUITABLE ACCESS TO INNOVATION

- Address regulatory, health technology assessment, pricing and reimbursement barriers.
- Support adoption of new therapies into healthcare systems.
- Ensure timely access across Europe, regardless of circumstances.