



International Diabetes Federation European Region

General Assembly 2004

Otočec, Slovenia, Friday 22 October 2004
16:00 – 18:00

ANNUAL REPORT 2003 – 2004

From Paris to Otočec

1. Introduction

After all the inspiring meetings in Paris, August 2003, the new Board of IDF Europe started with great enthusiasm and good team spirit. Everybody realizes that the real work is done locally in the countries by our member associations. The Board and our very small office are trying to facilitate and to stimulate the tremendous amount of activities in the 43 countries of IDF Europe. Whenever necessary and wherever possible.

The Board is working with shared responsibility, but divided main tasks amongst each other. The shared responsibility means no exclusivity on the individual portfolios for anyone on the board.

These main tasks are (shortly summarized):

| | |
|-------------------------------------|--|
| Wim Wientjens (President) | spokesman, sponsors, office |
| Tony O'Sullivan (President-Elect) | deputy-president, contents meetings |
| Max Hansen (Treasurer, Secretary) | finances |
| Vida Augustiniene | Central European Countries |
| Chris Delicata | discrimination |
| Michael Hall | EU Affairs, National Diabetes Programmes |
| Helmut Henrichs | EASD, EURADIA, editorial committees |
| Laszlo Madacsy | Central European Countries |
| Valentina Ocheretenko | East European Countries |
| Itamar Raz (country representative) | IDF Global |

During the period of this annual report this way of working appeared already to be effective and efficient.

2. EU Affairs

Before May 2004 the European Union (EU) had 15 member states: Austria, Belgium, Denmark, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal, Spain, Sweden, United Kingdom.

On 1st May 2004 10 new member states accessed the European Union: Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Slovakia and Slovenia. The access of these countries to the European Union was also for IDF Europe a very important event.

In November 2003 we organized in close co-operation with Mrs Mary Banotti and Mr John Bowis (members of the EU Parliament) a roundtable of the informal EU-Parliament Diabetes Working Group. The theme this time was "Diabetes and Enlargement". Presentations were given by Laszlo Madacsy (Hungary) about Diabetes in the Central European accessing countries and by Vida Augustiniene (Lithuania) about Diabetes in the Baltic countries. It was a big meeting with many representatives from the accessing countries, as well as from several EU-institutions.

In the same week IDF Europe organized in the Parliament in Brussels the EU Diabetes Week, this time with the motto "Diabetes – Keep your eyes open". This time it was not only possible to check the blood glucose level, but also blood pressure and cholesterol. It was once again a good awareness event in the EU-parliament.



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The EU-Parliament Diabetes Working Group wanted also to be informed about "Diabetes and Discrimination". Tony O'Sullivan presented in September 2003 a questionnaire survey to the diabetes associations of IDF Europe (54% countries answered). Insurances appeared again to be a hot item. Attempts are made by IDF Europe (Chris Delicata) to improve the situation regarding insurances. A remarkable development in the Netherlands is that the Traffic Minister, following the advice of the Dutch Health Council, decided that the period of validity of the common driver's licence for people with diabetes will be the same as for people without diabetes (10 years).

Within the European Union not only the EU Parliament is important for us, but of course also the EU Commission. During the first half of 2004 Ireland held the Presidency of the EU. The Diabetes Federation of Ireland organized together with IDF Europe a EU Workshop, "Towards a European Framework for Diabetes Prevention and Care", held in Dublin, April 2004. One of the major conclusions was the need to act together, throughout Europe, to ensure common approaches for preventing and controlling diabetes. IDF Europe will try to organize such a workshop each half year during the Presidency of the EU in that country. The Dutch Diabetes Association and Diabetes UK have already expressed their interest in such a workshop. Important is that the EU Health Council of Ministers in June 2004 placed Diabetes on the EU agenda recognizing the disease as a key public health concern. The recent statement of Commissioner Byrne, whilst not naming diabetes, does make a strong case for public health action in prevention and in reducing the incidence of the complications of long term medical conditions.

IDF Europe has started discussions with the EU about the EU Public Health Programme to participate in a programme to tackle the problems of the diabetes pandemic. IDF Europe is active as partner in The European Heart Network to make a proposal in the Public Health Programme and has become member of Health First Europe, a discussion platform to represent the patients needs, the medical technology industry and all key players in health in the EU at a high level.

3. Central European Countries (CEC)

Within IDF Europe we consider 15 countries as the Central European Countries: Albania, Bulgaria, Croatia, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Macedonia, Poland, Romania, Serbia-Montenegro, Slovakia, Slovenia and Turkey. Eight of them entered the European Union in 2004.

Discussions were held in June 2004 between the CEC-countries Czech Republic, Hungary, Romania and Slovakia about exchanging information, for instance on screening of metabolic syndrome and healthy lifestyle promotion.

A strong drive was given this year by starting a Diabetes Expert Panel of Accessing Countries (DEPAC). The first DEPAC-meeting took place in Brussels. Eight of the ten accessing countries were present. During this meeting an overview was given of the diabetes situation in these countries (population, epidemiology, treatment habits, patient monitoring [self monitoring, patients education], access to diabetes care, diabetes health care providers, reimbursement of medicines). The discussions that followed and the exchange of information were impressive. The countries of DEPAC will try to meet each other twice a year. Next time hopefully also including Cyprus and Malta.



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4. East European Countries (EEC)

Within IDF Europe we consider 7 countries as the East European Countries: Azerbaijan, Belarus, Georgia, Kazakhstan, Kyrgyzstan, Russia and Ukraine. The Azerbaijan Diabetes Society organized together with IDF Europe an excellent meeting of all these countries in Baku, Azerbaijan in April 2004. Also Uzbekistan was present and expressed their interest to become member of IDF. Plenary sessions were held on 'Living with diabetes', 'Diabetes, a psychological perspective', 'Role of the State' and 'Diabetic foot'. Workshops on 'Supporting the rights and responsibilities of people with diabetes', 'Working with healthcare professionals' and 'Media skills'. Especially interesting was the new modelling law of the Inter-Parliamentary Assembly (IPA) of the Commonwealth of the Independent States (CIS) about "Basic medical & social protection of people with diabetes". Apart from Uzbekistan, IDF Europe wishes to involve more countries of East Europe as members of IDF (Armenia, Moldova, Tajikistan and Turkmenistan). The next EEC-meeting will be held in Belarus in 2005.

5. Implementation National Diabetes Programmes

Through the survey by IDF Europe and member associations an increasing number of activities took place within National Diabetes Programme. But, at the same time we have to ask ourselves whether this also means that the quality of life of people with diabetes improves. Can the health care systems handle the tremendous growth of people with diabetes? Are the complications of diabetes and the effects of these complications decreasing? Less blindness? Fewer amputations? Less kidney failures? Less cardio-vascular complications? And what about the psychosocial aspects? All these questions were the basis of the Saint Vincent Declaration in 1989, 15 years ago. IDF Europe decided upon a kind of re-awakening of the Saint Vincent Movement. An inventory was made of the existing situation in IDF Europe's member associations of the development and implementation of National Diabetes Programmes. The Conclusions were that the SVD Movement is still important, that the targets had been over optimistic, that registration was generally missing to follow the progress, that in too many countries they are still discussing "plans", that it is time to use our knowledge on the management of diabetes to move from Programme to Practice. In any framework of implementing National Diabetes Programmes, education is in general one of the critical success factors. The principle of 'train the trainers' is one of the aspects of education. We will try to organize twice a year education workshops for general physicians, nurses and patient representatives.

6. Prediabetes

Recently, a new initiative entitled "Gluco-forum" was started by IDF Europe aimed at delaying or even preventing the progression of pre-diabetes to type 2 diabetes. A steering group with representatives from 7 different countries (Belgium, Finland, France, Germany, Italy, Sweden and United Kingdom) will formulate the aims of the initiative in more detail and discuss activities to be rolled out.



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7. Communication within IDF Europe

Communication has two aspects. The content itself of the communication and the means of communication. The means of communication within IDF Europe are meetings, education camps, magazines, newsletters, e-mail, programmes, activity plans, and so on. The better the quality of communication, the better the content will be.

We are very happy that since the end of 2003 the Newsletter of IDF Europe is translated into Russian. We received many positive reactions to this initiative. We must take the opportunity to improve our website. Full reports of meetings are already on the website. At present we have little information about the use of the website by member associations.

The Association Village in Paris was a big success. The member associations of IDF Europe are also invited to be present in a similar village during the meeting of the European Association for the Study of Diabetes (EASD) in Munich, September 2004. During the IDF Congress 2006 in South Africa a big Association Village will be organized once again.

The development of our associations varies from country to country. May be it is good to mention here that the Danish Diabetes Association organised a very successful seminar on diabetes care economics during the Paris 2003 Congress. Leading economic experts spoke about both the economic aspects of diabetes care and how to use the data in dealing with the authorities. You can find the report and the presentations on <http://www.diabetes.dk/wm4608>.

During the period of this annual report Diabetes UK celebrated its 70th Anniversary, the Israel Diabetes Association celebrated its 50th Anniversary, the Cyprus Diabetic Association and the Polish Diabetics Association their 25th Anniversary. On the occasion of these anniversaries the associations organized excellent and very inspiring meetings in their countries.

8. Office IDF Europe

IDF-Europe said thank you and farewell to Pascal Onraed who left the office for new adventures. The Board appointed Lex Herrebrugh as the new regional manager of IDF Europe from the beginning of June 2004.

The Board is still very happy with the official status of IDF Europe and our official By-laws according to Belgian law.

9. Finances

The financial report 2003 and the report of the auditor will be given separately. IDF Europe ended the year 2003 with a loss of almost Euro 30.000. (The year 2002 ended with a loss of almost Euro 50.000).

For the year 2004 we are expecting a balance between income and expenses. Our reserves (cash on hand & in the bank) at the end of 2003 were Euro 40.000. However, not all "promised" money was received. So, the cash flow position of IDF Europe was not good. In 2004 we have made every effort to encourage early payment of money due.



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It is tragic to say, that IDF Europe does not receive any percentage of the membership fees, which the member associations pay each year to IDF Global, nor anything from the hundreds of thousands of euros profit from the IDF Congress in Paris.

So, we are very happy with the support (in cash or in kind) from about 5 member associations directly to IDF Europe, and we hope all other member associations will do their best to pay their dues as well.

10. Partnerships

From paragraph 9 you can conclude that our activities are very much dependent on support from government or industry. IDF Europe receives nothing from any government nor from the European Union. So, without the support of the industry (from their headquarters and from their affiliates) we would be very restricted in our activities.

At the beginning of the period of this annual report the following five companies were Corporate Partners of IDF Europe (in alphabetical order): GlaxoSmithKline, Novo Nordisk, Pfizer, Roche Diagnostics and Sanofi-Synthélabo.

After good discussions the following five companies joined us also as Corporate Partner: Aventis, Lifescan, Merck, Pernod Ricard and Servier.

Eli Lilly, Eucomed and Hartmann also give strong support to IDF Europe.

We are all of them very thankful for making our activities possible.

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