

Message from the President



"On behalf of the IDF Europe Board, Staff and Consultants, I wish you and your families a healthy and prosperous 2009.

Towards the end of 2008, Professor Eberhard Standl decided to resign from the office of President for personal reasons. The resignation, effective as of 1 January 2009, was accepted with regret by IDF Global and the board of IDF Europe. The Board has entrusted me to lead the European Region as its President from 1 January 2009 until our next General Assembly in Montreal, where elections for a President, President Elect and vacant board member positions will take place. Dr Michael Hall has been appointed to serve as Vice-President and Soteris Yiangou will be the Treasurer, assisted by Alojz Rudolf. At its last meeting in December, the Board thanked Professor Standl for his sterling work within IDF and the diabetes community and wished him well for the future.

On a personal level, I feel honoured and privileged to serve as your President. Working in a dynamic organization like IDF Europe, where team spirit and unity prevails in all our activities, motivates me even more to work wholeheartedly to improve the wellbeing of people with diabetes.

Looking back on 2008, we should all feel proud as a Region of what was achieved and the work carried out. A highly successful General Assembly and Together we are Stronger Meeting was held in Malta, where we addressed the challenges of living with diabetes. Attendance was exceptional, with the highest amount of delegates recorded in recent years.

The most significant project carried out last year was the launch of the 2nd Edition of the IDF Europe-FEND Diabetes Policy Audit. The first copy of the report was presented during the Malta meetings to His Excellency the President of Malta Dr Edward Fenech Adami, who personally signed it. A further copy was presented to Health Commissioner Androulla Vassiliou.

On the EU affairs front, we pursued our work, led by Dr Michael Hall and Dr Joao Nabais, and were successful in influencing the EU Commission's draft proposal for a directive on Food Labelling, as well as other directives.

Two successful EU Parliamentary Working Group Meetings were held, in Brussels in July and in Strasbourg in November, on the occasion of World Diabetes Day. The latter event was highly successful and well attended by MEP's, who had the unique opportunity to talk to the youth representatives that were present.

Concerning Association Development, our Association Development Coordinator Christian Andriciuc continued with his assessments in various countries in Eastern and Central Europe. A well-attended workshop took place in Malta, focusing on organizational skills, government relations, and relationships with professions.

At the sub-regional level, various meetings were organised in the Nordic Countries, DEPAC and the Central and Eastern European Countries.

The New Year brings with it new challenges and opportunities for our Region. The highlight of 2009 will be the St. Vincent Declaration 20th Anniversary Meeting in Glasgow next November, where experts and member associations will look back at what was achieved in 1989, with the intention of breathing new life into the Declaration.

In October, IDF Global will hold its 20th World Diabetes Congress in Montreal, Canada. IDF Europe's General Assembly will also be held in Montreal on Saturday 17 October.

At the EU level, 2009 will see a new Commission and elections for MEP's for the next five years. Our Region will be following these elections closely, and will further its lobbying work in this very important institution.

I hope 2009 will be a successful year for our efforts to improve the lives of people with diabetes."

Chris Delicata – President IDF Europe

IDF Europe News

- EU Commissioner Vassiliou receives IDF Europe/FEND Audit: the Policy Puzzle, second edition

On 3 November 2008, IDF Europe arranged a meeting with the newly appointed EU Health Commissioner Androula Vassiliou. At the end of the meeting, Anne-Marie Felton and Dr. Michael Hall, presented the Commissioner with a copy of the second edition of the IDF Europe/FEND publication, 'Diabetes - Policy Puzzle: Is Europe Making Progress?'

The report describes the situation of diabetes care in 30 European countries (the 27 members of the European Union, Turkey, Kazakhstan and Croatia), and aims to furnish strong evidence to EU and national decision makers of the urgent need to address diabetes through targeted policy action. The document is available to download from the IDF Europe website - www.idf-europe.org.



EU Health Commissioner Androula Vassiliou receiving a copy of the IDF Europe/FEND audit from Anne-Marie Felton and Dr. Michael Hall.

- On 19 November, IDF Europe, FEND and ISPAD celebrated World Diabetes Day by organising an awareness-raising event at the European Parliament in Strasbourg, hosted by MEP John Bowis. The theme of the event was "Children and the importance of physical activity", and the activities organised actively involved children and young people from a wide range of EU member states. Special guests included 2008 Tour de France winner, Carlos Sastre, and Dutch Olympic Volleyball Gold medallist, Bas van de Goor. The event was highly successful and attracted many Members of Parliament.



Participants at the IDF/FEND/ISPAD World Diabetes Day event in Strasbourg.

IDF Europe **Association News**

- In **Belarus**, the Belarussian Humanitarian Organisation "Children's Diabetes" marked the National Diabetes Day on 14 November in Minsk, involving people with diabetes from all over the country, their relatives, doctors, nurses, Government representatives and media. One of the highlights of the day was the lighting in blue of the National Library, one of the most famous Belarusian landmarks.

As part of the campaign 'Check yourself for diabetes', members of the association tested the blood glucose levels of employees of the National Library, the House of Literati and of the Executive committee of Minsk. Over 500 persons were screened.

On 3 January, the Association held its traditional Christmas and New Year party in Minsk for children with diabetes.

- In **Bulgaria**, several activities were organised on 14 November to mark World Diabetes Day. These included:

A national scientific meeting for endocrinologists, GPs and diabetes nurses. The initiative was attended by 380 endocrinologists, 150 GPs and 120 Diabetes nurses from the entire country.

A meeting of the National Association of Children with Diabetes, involving more than 350 children and their families from throughout Bulgaria. The highlight consisted of a lecture by professional mountain climber Boyan Petrov, who has type 1 diabetes, following which the children played and climbed on a training climbing wall in a big commercial centre.

A meeting of the Bulgarian Diabetes Association that brought together elderly people with diabetes.

A 'Unite for Diabetes' charity concert dedicated to children with diabetes was held at the National Palace of Culture in Sofia. The concert was attended by more than 5000 people. A video of the event was broadcast on the country's most popular TV station on 31 December. All funds collected from ticket sales were donated to the National Association of Children with Diabetes, to support their activities aimed at improving the social integration of children with diabetes and organising summer camps. A white and blue city tram promoting the concert circulated throughout the city for over a month.



National Palace of Culture, Sofia

The blue lighting of the following buildings and landmarks in Sofia: National Palace of Culture, Hilton Hotel, and "The Bridge of Love."

The country's most popular TV station was engaged as a media partner for World Diabetes Day and actively promoted the "Unite for Diabetes" charity concert, the blue lighting and all activities for the day. All the activities were made possible thanks to the support of Novo Nordisk.



The Bridge of Love, Sofia

- In **Israel**, the Israeli Diabetes Association organised a mobile lab, in collaboration with Novo Nordisk, providing diabetes-related services for the general public in several cities throughout the country (Ramat Gan, Tel Aviv, Rishon-le-Zion, Jerusalem, and Beer Sheva). The mobile lab was also used by other companies to carry out screenings around Israel.

On World Diabetes Day, the association organised its traditional meeting to mark the day. The event involved the participation of the Minister of Health, Yaakov Ben-Yizri, family members of people with diabetes, and diabetes specialists. The participants emphasized the serious change that had occurred in the public and private health systems with regard to combating diabetes. The minister stated that he was aware of the frightening data on diabetes and its severe complications in Israel and around the world, and stressed the importance of a powerful information campaign to increase awareness of diabetes, and its management and treatment.



From right to left: Dr. Julio Wainstain, President of the Israel Diabetes Association, gives a copy of the association's new book to Health Minister, Mr. Yaacov Ben-Yizri.

- In **Latvia**, the Latvian Diabetes Association organised a scientific conference "Diabetes Mellitus: Yesterday, Today, Tomorrow" dedicated to the 15th anniversary of the

foundation of the association. The conference, which was held in Riga, brought together 450 endocrinologists, GPs, internists, other health professionals, government officials, journalists, and members of the Latvian Diabetes Association. The conference was supported by the Welfare department of Riga City Council, the Association of Endocrinologists and 17 healthcare-related companies. The programme included talks on the history of diabetes mellitus in Latvia, recent trends in diabetes treatment, and problems, opportunities and challenges. All the participants were given the opportunity to taste a large 15th anniversary cake with the logo of the Association on it.



Latvian Diabetes Association President, Ingvars Rasa, cutting the 15th Anniversary Cake.

- In **Kazakhstan**, the Diabetic Association of the Republic of Kazakhstan (DARK) organised a series of events in connection with the World Diabetes Day 2008 campaign. These included:

"Test yourself for Diabetes" charitable promotions were held in Astana (14 and 19 October), and Almaty (18 and 20 November), also involving schools in the cities.

The XII International Scientific and Practical conference "Modern approach for prevention, diagnostics and treatment of diabetes and its complications" was held on 17-18 October, with the support of the Ministry of Health. Some 240 health care experts from Kazakhstan, Russia, Kyrgyzia, Uzbekistan, Germany, Israel, and the USA took part. Leading experts from Kazakhstan, Russia, Israel and Germany presented reports in the field of diabetes.

On 13 November, the unique 'Bayterek' landmark in Astana was lit in blue as part of the World Diabetes Day Monument Challenge.



Bayterek in Blue, Astana

On 14 November, 250 copies of a colouring book for children with diabetes, produced in collaboration with USAID "Zdrav Plus", were distributed.

A "Test yourself for Diabetes" charitable promotion was held in Almaty on 18 November.

A round-table on "Ways of improving the situation of diabetes in regions of RK" was held on 8-10 December. The purpose of the event was to discuss and analyse the quality of medical care provided to people with diabetes in the different regions of Kazakhstan, and develop recommendations to improve the current situation.



Round-table, 8-10 December

A New Year's concert for children with diabetes was held in

Almaty on 15 December. Some 77 children aged 3 to 10 took part and received presents, which included colouring books.

- In **Lithuania**, the Lithuanian Diabetes Association marked World Diabetes Day with several activities focussing on the campaign theme of diabetes in children and adolescents. These included:

A conference on "Diabetes in Children and Adolescents" in Vilnius on 14 November, which attracted over 300 participants.

National and Regional Radio and Television programmes.

Public Information Meetings

Events for Children and Adolescents

Free Screenings for diabetes and its complications. Over 10,000 people at risk of diabetes had their blood glucose tested. The results of the tests were presented to the Ministry of Health and the Parliament of the Republic of Lithuania.

- In **Poland**, several events, big and small, were organised by the Polish Diabetes Association throughout the country to mark World Diabetes Day. Several buildings (among them the Palace of Culture and Science in Warsaw) were lit in blue, a diabetes fair, concert, run, press conference, and scientific conference were held in Warsaw, and various activities were organised for children.

Other recent activities of the association have included several regional meetings, and discussions with the Ministry of Health concerning the reimbursement of insulin pumps and insulin analogues. As a result of the latter, the Minister of Health has agreed to reimburse insulin pumps for children and young people under the age of 18.

- Following the considerable attention that the video shown by the **Diabetes Association of Serbia** about the screening of Roma with diabetes in Serbia received at the IDF Europe General Assembly in Malta, Mr. Dragoljub Ackovic, Vice-President of the World Roma Congress (who was present in Malta) announced further contacts and efforts to establish cooperation with IDF Member Associations. He emphasised the need for special care for Roma affected by diabetes at the local and national level, throughout Europe and wider.



Summer camp for children with diabetes, Plateliai



World Diabetes Day concert in Warsaw

In **Slovenia**, the Slovenian Diabetes Association (SLODA) marked World Diabetes Day with a variety of activities throughout the country. These included an awareness-raising event in the town of Litija, which was patroned by the President of the Republic of Slovenia, Danilo Türk, an exhibition in the largest shopping centre in Ljubljana (in collaboration with Novo Nordisk and Roche), the lighting in blue of six monuments and buildings around the country, and the 10th edition of an Amateur Radio event organised by the Association of Radio Amateurs of Slovenia.



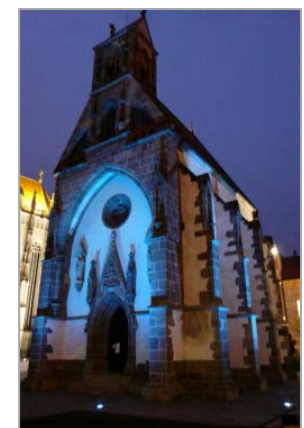
Ljubljana Castle in blue

In addition, a press conference was organised on 13 November, focussing on the latest treatments for type 2 diabetes, and the national action plan on preventing type 2 diabetes.

- In **Slovakia**, the Association of Diabetic Patients of Slovakia (ADPS) marked World Diabetes Day with a press conference on 10 November in Kosice. Speakers included ADPS President Jozef Borovka and diabetologists Emil Martinka from NEDU Lubochna and Zbynek Schroner from Moldava nad Bodvou. The conference addressed misleading information from the Euro Consumer Diabetes Index 2008 and diabetology in Slovakia.

On 14 November, diabetes walks, blue lightings, and blue circle activities took place in Kosice, Martin, Michalovce, Nitra, and Ziar nad Hronom. On 15 November, the 3rd Dia Festival took place in Bratislava with an estimated 1500 participants. The theme of the event was 'Together We Are Stronger in Slovakia and in the World.'

Other ADPS activities include the start of special international university courses (in Slovak and Czech) at St. Elisabeth University College of Health and Social Work in Bratislava, and preparation (in collaboration with the Slovak Diabetes Society) for the 19th National Diabetological Days, that will take place in Bratislava on 24-27 June 2009.



*Chapel of St. Michal,
Kosice in blue*

- In **Spain**, the Federacion Española de Diabetes (FED) marked World Diabetes Day with a variety of activities. The highlight was the event organised in Madrid on 14 November, at the well-known landmark la Puerta de Alcalá, involving local authorities and dignitaries. A declaration proclaiming 14 November as World Diabetes Day in the city was read by FED President Dr. Ricardo V García-Mayor, and an audiovisual display about World Diabetes Day was projected. The event culminated with the lighting of the

Puerta de Alcalá in blue.

- In **Sweden**, Diabetes Sweden (the National Diabetes Team, NDT) developed a national questionnaire on "The situation of children with diabetes at school", with the aim of investigating the current situation of children with diabetes in public schools in the country. The questionnaire was sent to schools in every region of the country.

Findings of the survey included:

In many schools, children with diabetes have access to support regarding their insulin treatment, but this varies significantly between schools and regions.

In most cases, younger children are allocated more resources than older children.

Parents of younger children are more satisfied with the care provided during school hours than the parents of older children.

The following improvements were identified as being required:

The Swedish National Agency for Education guidelines on how to care for children with diabetes during school hours are good, but there is a need for monitoring of the implementation of the guidelines.

The responsibilities of the counties regarding school and pre-school needs should be further enhanced and secured.

All children and youth with diabetes should have an individual health plan.

All children and youth with diabetes should have a person responsible for ensuring that each individual has access

to the appropriate daily care.

- In **Turkey**, the Turkish Diabetes Foundation (TURKDIAB) celebrated World Diabetes Day by organising several activities in many districts throughout the country. In Istanbul on November 14, a large blue circle was formed by boats on the Bosphorus river, where the two continents Asia and Europe meet. A concert by popstar Pinar Aylin was held following this event.



Boats on the Bosphorus gathered around a large blue circle.

On November 15, a Diabetes Walk took place in the Taksim area of Istanbul, at the end of which a blue circle was displayed around the well-known monument of Kemal Ataturk, the Founder of the Turkish Republic. Following this event, a panel entitled "Strategies for Fighting Diabetes and Patients' Rights in Turkey" was organised. Participants included the Head of the Health Commission of the Turkish Parliament, other Members of Parliament, and representatives of diabetes-related organisations.

Other News

- The second International Forum "Unite to Change Diabetes" was held in Moscow on 27 November. Many policy makers, government officials, health care professionals, people with diabetes and media were present, as was the case at the first Forum held in New York in 2007. The Key note speaker was former United Nations Secretary General Kofi Annan, and the Forum was Chaired by Prof. Ivan Dedov, President of the Russian Association of Endocrinologists and the Russian Diabetes Federation.

The discussions that took place focussed on how to accelerate the necessary implementation of good diabetes care and diabetes prevention, including implementation of the model law on diabetes. The Forum was made possible by Novo Nordisk.

- At the end of last year, it is with great sadness that IDF Europe received the news that Vlasta Kaloper, former President of the Slovenian Diabetes Association (SLODA), had passed away. Vlasta will be fondly remembered for her kindness and strength of spirit, and for her dedication to the diabetes cause.



IDF Vice-President and former IDF Europe President, Wim Wientjens, shaking hands with Kofi Annan in Moscow.



Vlasta Kaloper



For over 30 years, Servier has been a leading partner in the field of diabetes research, with partnerships with leading diabetes associations such as:

IDF, IDF-Europe, EASD, The Diabetes Education Study Group, The Mediterranean Group for the Study of Diabetes, The European Union Geriatric Medicine Society and the International Group of Insulin Secretion.

In addition, Servier collaborates with the European Foundation for the Study of Diabetes (EFSD) in a Research Grant Programme, and with the University of Padova for the Morgagni Prize.

Servier also endows the Robert Turner Professorship in Diabetic Medicine at Oxford University.

If you have any diabetes related news that you would like to share with IDF Europe, please send us the information by e-mail (newsletter@idf-europe.org) or Fax (+322-5371981) and we shall be pleased to include it in our next newsletters.

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