Diabetes is the leading global cause of blindness in adults of working age, a leading cause of kidney failure, heart attacks and strokes as well as lower-limb amputation.

Diabetes also has a significant, and often under-acknowledged, psychological impact on people living with diabetes, their families and carers, while diabetes-related stigma and discrimination remain an issue for many. While the diabetes world is well aware of the seriousness of the diabetes epidemic, many still dismiss diabetes as just a touch of sugar. Our message needs to be bolder and louder to break through the noise and be heard.

**Type 2 diabetes is preventable**

Recent evidence has shown that type 2 diabetes can be prevented (even, in some cases, reversed) and its complications delayed or prevented. It can be prevented by cost-effective interventions that promote a healthy lifestyle and through sustained behavioural modification. However, bringing about the changes required to make the difference will be no easy task. This will require action at many levels – individual behaviour, local environments and national and global policy.

Advances and developments in the research into type 1 diabetes offer hope, as do further developments in the provision of diabetes medicines and technologies. Furthermore, healthcare best practices have emerged with the potential to allow for better health outcomes for people living with the condition and reduce the number of new cases of type 2 diabetes.

Regardless, the number of people with diabetes and diabetes complications continues to rise, and much remains to be done to improve the quality of life of people living with diabetes, reduce the incidence of diabetes-related complications and fight discrimination.

Over the 2020-2021 biennium, IDF will build on work underway to increase the visibility and knowledge of diabetes worldwide among healthcare providers. The focus in year one will be on tackling the type 2 diabetes epidemic and preventing diabetes complications.

“Poor management, lack of training and staff shortages also create barriers to care”

IDF Blue Circle voice member, South Africa.

“Sometimes I feel I know more about diabetes than my family doctor and other healthcare professionals”

IDF Blue Circle Voice, Brazil.

The second year of the biennium will coincide with the 100-year anniversary of the discovery of insulin. IDF will work with key partners to celebrate this occasion but will not lose sight of the important concern that insulin and other diabetes medicines and supplies do not always reach those who need them most. It is unacceptable that a person should die as a result of a lack of insulin.

“In my country the healthcare system is not patient-friendly and accessing medication is beyond the reach of ordinary people.”

IDF Blue Circle Voice, Nigeria.
DRIVING TRANSFORMATION THROUGH COLLABORATION

Through its 240 member associations in 168 countries organised into seven regions, IDF is able to mobilise significant numbers to support its goals. IDF will not achieve this 2020-2021 implementation plan alone. Our members are key to our action, as their expertise and diversity provide IDF with unparalleled, first-hand insight into the local challenges to improving health outcomes for people living with diabetes and understand the best practices available. Through partnerships IDF seeks opportunities to co-create projects, initiatives and mobilise resources to take action grounded in local reality, while our combined reach ensures global impact.

IDF will listen to, work closely with, support, and rally its stakeholders to deliver added value and benefits for all IDF member associations and partners, and increase the possibility for successful action at the local level.

IDF will seek to build capacity in its regions through the closer integration of awareness and advocacy campaigns. IDF will support its members with training programmes, relevant advocacy and educational material and will foster increased collaboration across IDF member associations and regions and partnering organisations.

Furthermore, IDF will continue to work closely with regulatory bodies, international institutions and organisations such as the World Health Organisation, as well as aligned NGOs and other key stakeholders in the public and private sectors.

This document outlines IDF’s plan of action over the next biennium in the support of these objectives. This plan is consistent with the strategic objectives articulated in IDF’s ten-year plan, 2011-2021, aligned with IDF’s Mission and Vision and respects our key values (see appendix 1 for the description of IDF’s Values).

Vision
- Living in a world free of diabetes

Mission
- Promote diabetes care, prevention and a cure worldwide

Strategic Objectives
- Improve health outcomes for people living with diabetes
- Prevent the development of type 2 diabetes
- Reduce stigma and fight discrimination against people living with diabetes

Over 2020-2021, IDF will play an important role in driving positive change across all aspects of diabetes prevention, management and care by:

1. Raising awareness of the management and prevention of diabetes and its complications
2. Encouraging the provision of quality diabetes services and education to areas in need
3. Increasing access to essential diabetes medicines, supplies and diagnostic equipment
4. Developing holistic diabetes services and projects to improve the quality of life for those diagnosed
5. Elevating the issue of diabetes onto the global and national political agendas
6. Strengthening and expanding IDF partnerships and networks through transparent governance
Through these actions, IDF will deliver on its ultimate objective of preventing diabetes and improving the lives of those living with diabetes. We will seek to transform the diabetes environment for greater universal access to diabetes care, including coverage of essential diabetes medicines. We will look to ensure the conditions are met for a net decrease in the incidence of new type 2 diabetes cases, and ask governments and healthcare systems to make sure all people with diabetes and those at risk, irrespective of their circumstances or settings, benefit from affordable, timely and uninterrupted access to the most appropriate prevention programmes and diabetes management and care.

**IMPLEMENTATION STRATEGIES 2020-2021: IDF CORE PROGRAMMES**

IDF believes that meaningful change for people living with diabetes can only happen through a transformation of the entire diabetes environment. To support this over 2020-2021, we will focus on reinforcing IDF core programmes (see figure below), implementing new initiatives, and providing strong leadership for the global diabetes community.

Core IDF Programmes, such as the IDF Diabetes Atlas, form the backbone of this implementation plan. They underpin the delivery of IDF’s mission and do not have any specific duration. They are multi-stakeholder projects, funded through a variety of sources.

IDF will focus primarily on supporting the development of the evidence to encourage the deployment of sufficient resources to improve health care delivery and build capacity (e.g. through improved education for health care professionals – both training and access – particularly at the primary care level). We will also advocate, where necessary, for better and sustainable funding mechanisms and operational frameworks (e.g. supply chain, procurement, etc.).

IDF will also work to ensure appropriate care, services and essential diabetes medicines are delivered, without placing families under financial hardship or placing too high a burden on existing health services.

For the next two years, IDF’s success will be measured by its ability to:

- Deliver novel, context-adapted, action-oriented, efficient, and evidenced-based tools, solutions and other resources, which will be widely used and will contribute substantially to health system improvement;
- Act as a catalyst for the mobilisation of the diabetes community and networks;
- Collaborate successfully with partners and other stakeholders (established and new)

**IDF Core Programmes**

![Diagram showing IDF Core Programmes](image)

- Delivering the supporting evidence
- Influencing frameworks and policies. Holding governments accountable to translating their commitments into concrete actions. Supporting them in this process through tools, guidelines and policies and effective advocacy among other key stakeholders
- Strengthening Partnerships and Networks
- Placing diabetes front of mind through impactful awareness and advocacy campaigns
- Engaging networks and building the next generation of diabetes advocates
- Empowering people living with diabetes
- Enhancing HCP Knowledge, Education and Networks Preventing Complications Patient Education and supporting UHC
- IDF Atlas
- Global advocacy Position papers Good practice/solutions High-level events and meetings
- World Diabetes Day Diabetes networks (YLD, BCV, other NGOs)
- IDF School of Diabetes Training and consultancy Humanitarian Action IDF Congresses and thematic conferences
**Strategy 1 – Raising Awareness and Promoting Prevention**

Supporting efforts to leverage its knowledge, evidence and recommended solutions, IDF disseminates information via traditional channels and social media campaigns. These are relayed and amplified by our partners, including member organisations and global networks.

This strategy aims to raise awareness of the burden of diabetes, hold governments to account for their commitments and, ultimately, prevent type 2 diabetes and improve diabetes care and health outcomes.

**World Diabetes Awareness Month and World Diabetes Day  Placing diabetes front of mind**

IDF’s major global campaign, World Diabetes Day, is a two-pronged campaign designed to: 1) Raise awareness of diabetes among the general public, and 2) Target specific global health stakeholders (e.g. local and national governments, global institutions, key donors) to outline the global burden of diabetes and the concrete actions required to tackle this global public health emergency.

It is the world’s largest diabetes awareness campaign, reaching a global annual audience of more than one billion people. The campaign involves all our major partners, supporters and our network of member associations and advocates, most of which organise dedicated activities in their own countries. The campaign runs throughout the year, with most activity spread across the month of November and in particular on November 14, the anniversary of the birth of Sir Frederick Banting.

**Preventing diabetes and its complications**

Preventing the development of type 2 diabetes and diabetes complications has been a long-running IDF strategic objective. It is now well established that preventative action – including early diagnosis and screening of people at risk, as well as locally adapted lifestyle interventions designed to reduce modifiable risk factors – are successful and cost-effective. Prevention involves supporting healthy lifestyles by influencing positive change in the obesogenic environment by ensuring that access to nutritious, plant-based food and opportunity for physical activity for all is taken into account as a primary consideration rather than an afterthought.

Key to maintaining a high quality of life for all people living with diabetes is the prevention of complications. This is a field where IDF has developed expertise through its long-standing work on diabetes-related eye and foot diseases.

For example, for the past three years, IDF has implemented a specific strategy on Eye Health to reduce avoidable blindness and the impact of vision loss resulting from diabetic retinopathy (DR) and diabetic macular oedema (DME). To enhance clinical management and collaboration between medical specialities, the IDF School of Diabetes, has developed two short course modules on DR and DME.
IDF has published a number of resources including Diabetes Eye Health: a guide for health professionals, the product of a long-standing collaboration with the Fred Hollows Foundation and others corporate partners. This body of work will continue to form the basis of ongoing prevention and education activities, designed to improve care and strengthen collaboration between all key healthcare stakeholders (Governments, aligned NGOs, etc.) to ensure that state-of-the-art eye assessments, affordable treatments and patient-centred care are fully integrated within routine diabetes care.

Linked to this, IDF launched an initiative in 2019 to increase the provision of screening tools (fundus cameras) in geographical areas and centres where there is currently a shortage of material (more on this in the humanitarian section below).

In 2017, IDF also published “Clinical Practice Recommendations on the Diabetic Foot”.

Cardiovascular disease (CVD) has also been an area of focus for IDF over the past few years. IDF is member of the Global Circulatory Health Coalition, and launched a multi-country survey (Taking Diabetes to Heart survey) in 2019. Furthermore, IDF launched a short course on CVD as part of the IDF School of Diabetes modules.

**Plans for 2020-2021**

IDF will launch a new series of clinical practice guidelines (diabetic kidney disease to be the first).

Plans are underway to update the Diabetes Eye Health Guide in partnership with the Fred Hollows Foundation. IDF will continue to collaborate with other NGOs to address policy and patient-related issues regarding DR. IDF will also develop patient education materials to reduce the burden for those living with diabetic eye disease.

**Specific programmes to tackle complications of diabetes**

The latest IDF Atlas shows that more than a quarter of adults living with diabetes live with pain resulting from nerve damage, that diabetes-related foot and lower-limb complications affect nearly 200 million people globally, and that more than 80% of kidney failure is caused by diabetes, high blood pressure, or a combination of both.

However, evidence has shown that good diabetes management can help delay or prevent the onset of complications.

**IDF Diabetic Foot Programme**

The diabetic foot is one of the most serious complications of diabetes and contributes significantly to the morbidity and mortality attributable to diabetes, especially in low-income countries.
Together with other expert bodies, IDF will work on the standardisation of diabetic foot risk assessment protocols. With this Foot Programme, IDF will promote evidence-based and effective screening and risk assessment tools for the diabetic foot. We will also improve capacity of selected countries to develop integrated diabetes clinics, and implement practical guidelines and protocols for managing the diabetic foot through regional workshops. Finally, improved education on foot care to reduce the risk of developing ulceration will be important to enhance this programme.

**IMPLEMENTATION STRATEGY 2 – PROVIDING QUALITY DIABETES EDUCATION TO AREAS IN NEED**

An essential requirement in the realisation of IDF’s mission is to support the development of robust healthcare systems with professionals at all levels trained in the delivery of the best possible diabetes care, and to provide best-in-class, setting-adapted treatment and education. This is complemented by a strategy focused on empowering and educating people with diabetes themselves, and developing guidelines, best practices and recommendations.

To improve the quality of diabetes care through knowledge sharing, IDF will support the development of evidence-based tools, solutions and guidelines for healthcare professionals, as well as creating resources to support patient empowerment.

**Patient empowerment and education**

IDF believes that patient-centred healthcare is critical to achieving positive health outcomes. This can be accomplished by helping people to understand all aspects of the management of diabetes. Thereby empowering them to participate in discussions about their own or a family member’s care and treatment. The majority of the decisions that need to be made each day to manage diabetes and practice a healthy lifestyle are made by the people with diabetes themselves, who, more often than not, do not see a healthcare professional for months at a time. Successful self-management, therefore, requires in-depth education at the time of diagnosis and throughout a person’s life as care and treatment requirements change over time. In 2020-2021, IDF will develop new resources to support diabetes self-management.

**KiDS Project**

IDF believes education should be an on-going process that should include the family and, in the case of young people living with diabetes, support diabetes education in the school environment and encourage prevention from an early age. The KiDS educational project continues to expand its existing resources. Through the KiDS project, IDF continues to foster a safe and supportive school environment for children with diabetes to manage their diabetes and avoid discrimination.

To advocate at both global and national level for the endorsement or recognition of the KiDS educational approach by public health and education authorities.

**Improving healthcare professionals’ knowledge and skills by strengthening the IDF School of Diabetes**

In many parts of the world, the provision of diabetes care is constrained by a series of barriers including a shortage of specialists, a lack of standardised programmes for professional education, and a lack of basic education for primary care physicians and associated health professionals.

To alleviate this situation, IDF has recently redoubled its efforts to deliver quality education across the world through its School of Diabetes. The School provides innovative, high-quality education programmes to physicians/general practitioners, specialists, diabetes educators, and Pharmacists in several languages.
In the course of this implementation plan and beyond, IDF will further expand School of Diabetes, with plans to develop its offering for a broader geographic reach with a vision of training 1 million health care professionals by 2025.

IDF education will expand its delivery of face-to-face workshops.

IDF will explore the opportunity to launch a Master Class series in collaboration with the IDF Centres of Excellence and Education to improve diabetes management at the local level.

**IDF Diabetes congress and conferences**

Another key IDF educational opportunity is generated through IDF’s Global Congress and thematic conferences focused on complications.

Taking place every two years in different locations across the world the IDF Global Congress gathers the global diabetes community for five days of unique knowledge exchange, sharing of best practices in diabetes, and networking. Beyond its educational mission, the Congresses and events help foster the collaborations, connections and political actions required to place diabetes at the top of the global health agenda to improve the lives of people living with diabetes.

Over 2020-2021, IDF will review the Congress format to ensure that the 2021 edition keeps abreast of emerging technologies and meets the needs of healthcare practitioners and the wider diabetes community.

Now in its second edition, IDF’s next conference on complications will take place in July 2020 in Lisbon, Portugal. The conference will aim to provide an update on the latest research, treatment and tools to manage and prevent diabetes complications.

**IMPLEMENTATION STRATEGY 3 – INCREASING ACCESS TO QUALITY ESSENTIAL DIABETES MEDICINES, SUPPLIES AND DIAGNOSTIC EQUIPMENT**

**IDF Centres of Excellence in Diabetes Care Programme**

Currently, it is estimated that at least half the world’s population lack access to essential health services. To address this, the IDF School of Diabetes works in concert with more than 65 IDF Centres of Excellence and Centres of Education. These form part of an international collaborative voluntary network to improve high-quality education for multidisciplinary healthcare professionals in diabetes and other related chronic diseases. The Federation will continue to work to strengthen the delivery of quality care through this network.

**Living with diabetes in humanitarian crises**

About three-quarters of people with diabetes live in low- and middle-income countries, many struggle to provide the necessary diabetes care and treatments to their populations. A 2015 IDF survey on Access to Care and Medicines showed that no low-income country was able to ensure full provision of any kind of insulin for children and only half of middle-income countries reported full provision of short-acting regular and intermediate-acting insulin; this figure fell to about 30% of middle-income countries for rapid-acting and long-
acting analogue insulin. Even in high-income countries, only about three-quarters of countries reported full provision.

Living with diabetes is a huge burden with many challenges. Diabetes management becomes even more difficult when disaster strikes. The increasing intensity and frequency with which disasters occur worldwide demonstrate the need to enhance diabetes management during disasters. Unfortunately, diabetes as a chronic disease is not generally considered a priority. People living with diabetes face many difficulties in getting an uninterrupted supply of insulin and/or other medications, monitoring their blood glucose, controlling their dietary intake, undertaking physical activity and addressing other comorbidities. IDF will collaborate and support a range of local, national and international efforts under the Boston Declaration\(^1\) and will maintain contact with other humanitarian organisations in affected areas, not only to help provide disaster relief in the short term, but ultimately to re-establish or otherwise build long-term medical stability.

Every child with diabetes has the right to live a healthy life regardless of geographic location and socioeconomic status.

The **IDF Life for a Child Programme** provides insulin and other diabetes supplies for children living in resource-constrained settings.

Over time, IDF has supported many children with limited or no access to insulin and/or education, through the Programme. Over the next two years IDF will build on the work of the programme to ensure access to insulin in geographies that are not yet served fully by the existing programme.

Other humanitarian actions

In an extension of its humanitarian work, IDF launched a major initiative to supply screening equipment for diabetic retinopathy to remote areas across the world and/or to healthcare centres with no access to such technologies. In the coming two years, the monitoring of the centres that were equipped will continue and opportunities to expand the programme explored.

**IMPLEMENTATION STRATEGY 4 – ELEVATING THE ISSUE OF DIABETES ONTO THE GLOBAL AND NATIONAL POLITICAL AGENDAS**

IDF will continue to provide the evidence required to understand the impact of diabetes and to plan and implement policies that encourage optimal health outcomes for the majority of the population. IDF has a responsibility to advocate for the development and implementation of policies and frameworks at the national, regional and international levels.

**IDF Diabetes Atlas- Delivering sound evidence on the diabetes epidemic**

IDF will generate research, develop evidence, and propose actionable solutions to support governments and relevant stakeholders to strengthen their country’s health systems and implement effective prevention, patient-centred care and management programmes to deliver on their 2025/2030 commitments.

IDF will continue tapping into international expertise to promote the sharing of research experiences and best practices, identifying research priorities, building research capacity of IDF members, and collecting and providing recommendations supported by evidence for improved policies and programmes locally and globally.

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Over 2020-2021, IDF will promote the findings of the 9th edition of the IDF Diabetes Atlas launched in November 2019 through its extensive network of member organisations and other key stakeholders, as well as a range of communication tools and channels.

Preparatory work for a subsequent edition will begin by mapping not only the burden of diabetes but also its inter-relations with other non-communicable diseases and socio-economic conditions. IDF will continue to support efforts by academia, NGOs, health systems themselves and others to gather more reliable and consistent data through the development of protocols for high-quality data collection, which will enable the development of more accurately financed and targeted prevention and management plans.

To support the development of a broad range of action plans and convince governments of the cost-effective nature of specific interventions and good practices, IDF will also look to publish a series of studies and position papers examining specific components of universal health coverage (e.g. procurement, health economics assessments, access to essential diabetes medicines and supplies, diabetes care in humanitarian settings).

**Type 1 Diabetes Index – a joint initiative between IDF and JDRF**

IDF will be working with the Juvenile Diabetes Research Foundation (JDRF) on the concept of a “Type 1 Diabetes Global Index”, harnessing and augmenting the data in the IDF Diabetes Atlas to bring more focused attention and evidence-based decision making to programme investment and policymaking.

**Influencing global frameworks and national policies**

IDF has been instrumental in placing diabetes on the global political agenda. While governments have recognised the urgent need to act, nothing will change unless the necessary tools and policies are actually implemented, and proper monitoring and accountability mechanisms are put in place. Government inaction (also due to a lack of prioritisation and/or financing or other issues such as governance and procurement systems) is a major barrier to the adoption and adequate implementation of the existing tools and solutions required to tackle the challenges of diabetes.

IDF will develop dedicated advocacy resources, including position papers and status reports to help build the advocacy capacity of our regions, and, where possible, convene events and meetings to share knowledge and shape future policy developments.

We will mobilise our members, regions and networks of advocates in support of this.

Informed and supported by the evidence and policies developed through our core programmes, IDF’s advocacy work includes convening high-level advocacy activities on the occasion of major political events, engaging with international bodies, leading political platforms and national governments to effect tangible, beneficial and long-term change for people with diabetes, and mobilising our networks of advocates in support of these actions.

Over recent years, IDF has been instrumental in placing diabetes on the global political agenda. The Political Declaration signed during the 2018 United Nations High Level Meeting on NCDs vindicated many of IDF’s positions, including the need for:

- Heightened focus on primary and secondary prevention
- Increased investment in health systems and the provision of medicines, supplies, devices and technologies
- Better education for HCPs, in particular primary care physicians, and people with diabetes
- Closer engagement with, and involvement of people living with diabetes
Over 2020-2021, IDF will strengthen its position as the global diabetes thought leader, and the go-to-player for all diabetes-related issues, with a view to influencing the global policy framework and national policies.

**A global campaign centred on Universal Health Coverage**

We will advocate for the rights of people living with diabetes around the overarching campaign theme of Universal Health Coverage, firmly placing diabetes at the centre of the WHO Global Monitoring Framework, which includes a target of 80% access to NCDs’ essential medicines and technologies by 2025. Also on the Sustainable Development Goals, which include a target for universal health coverage by 2030.

We will also build on the political declarations adopted by UN Member States in September 2018 (NCDs) and in September 2019 (UHC). The latter-re-affirms the political will to achieve universal health coverage including during emergencies and stop the rise of catastrophic out-of-pocket health spending, and campaign in the run up to the next planned meeting on UHC in 2023 In New York, which will gauge progress on the implementation of the agreed action plan.

An element of this campaign will focus specifically on access to insulin, in the context of the centenary of the discovery of insulin and its first use (2021/2022), which provides a unique opportunity to mobilise the global diabetes community.

IDF will continue to emphasise the crucial need to meet those 2025/2030 targets and will hold governments to account on their commitments, with a specific focus on the following necessary components to achieve an improvement in diabetes care:

- Bringing the financing for diabetes programmes to the top of the agenda
- Clarifying the role and responsibilities of the private sector
- Setting up global and national development and aid plans and policies, generally and specifically in relation to humanitarian emergencies
- Strengthening health systems
- Empowering people living with diabetes

**IMPLEMENTATION STRATEGY 5 – STRENGTHENING AND Expanding IDF PARTNERSHIPS AND NETWORKS THROUGH TRANSPARENT GOVERNANCE**

**Internal Alliances**

Over the next two years, supporting our newer member organisations, fostering collaboration and support between them, and continuing to grow our network will remain key priorities.

IDF will also continue to leverage and support its regions through the development of resources and mechanisms to support regional and local initiatives (e.g. training events, conferences and educational resources).

**External Alliances**

In the pursuit of its strategic goals, IDF will continue to build its external alliances:

- Collaborating more closely with existing trusted partners (other NGOs, foundations etc.)
- Identifying other like-minded organisations in diabetes and Non-Communicable Disease areas and, as appropriate, developing and supporting common projects.
Developing relationships beyond current partners and into new private and public sectors, and academia (financial, humanitarian-focused organisations and donors, new academic partners).

This is of paramount importance, as our goal of transforming the diabetes environment has to engage all key stakeholders – those influencing the provision and availability of diabetes medicines, devices and technologies (e.g. heads of states, ministries of health and finances, payers, and the pharmaceutical and medical industries) as well as those who can help prevent obesogenic environments including city planners, the food and beverage industry, etc.

Over 2020-2021, IDF will strengthen its work with WHO and other organisations, globally and at a regional level, e.g. through regional WHO meetings, WHO NCD work groups and other initiatives etc.

**Enhancing visibility**

Key to maintaining diabetes front of mind with policymakers and other stakeholders will be our advocacy efforts at relevant high-profile political meetings and events including during the World Health Assemblies. We will also continue to leverage global political summits including the G7 and G20.

IDF will work closely with the MENA region and its members in to gain recognition of the global need to act on diabetes during the Summit in Riyadh.

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**The Blue Circle Voices (BCV) and the Young Leaders in Diabetes (YLD)** - Engaging networks, building the new generation of diabetes advocates and empowering people living with diabetes.

Providing insights into the realities of living with diabetes, while also amplifying IDF’s key messages and sharing their experiences with other people living with diabetes in the Blue Circle Voices (BCV), IDF’s newest network of people living with diabetes.

Launched in 2016, the BCV network aims to bring together people living with all types of diabetes, as well as their relatives and carers. The network’s main objectives are to draw on people’s experiences and provide them with a forum for expression. Consultations with the network inform IDF’s strategies and recommendations to improve diabetes prevention, management and care, while BCVs also help strengthen IDF’s presence in global political fora through heightened credibility and expertise and amplify global messages, at the local and regional levels. IDF also supports BCVs’ local diabetes-related projects through small grants.

Over 2020-2021, IDF will continue to strengthen the network’s engagement with IDF policies and programmes, for example, though more direct input into and/or review of project goals and outcomes. This will be supported by IDF reviewing its strategy for recruiting, training and retaining of BCV members to help improve their effectiveness as diabetes advocates.

The YLD programme aims to nurture a new generation of diabetes advocates, who will enhance the lives of other people living with diabetes, raise awareness of the disease and help build capacity in their own countries
and regions by supporting and strengthening their member organisations and participating in, or initiating, specific diabetes projects. More than a 100-members strong, the network brings together youth from almost 70 countries.

Beyond “formal” education, during their term as YLD trainees, youth advocates develop projects with the support of their member organisations and are encouraged to continue working closely with their member organisations once they have graduated. As a powerful voice of the diabetes community, IDF also strives to engage them in all kinds of advocacy-related activities.

Over 2020-2021, there will be a major review of the YLD Programme’s success to date, as well as a revamp of the educational offering and delivery mechanisms.

TOGETHER, WE CAN

Despite government commitments, new healthcare approaches, medicines, technologies and the coming together of the diabetes community in the form of networks of patient and professional organisations and people living with diabetes, the burden of diabetes continues to rise across the globe.

Recent years have, nevertheless, seen a step change across the world in governments’ approaches to tackling NCDs generally, as demonstrated by the political declarations resulting from the 2018 UN High-Level Meeting on NCDs, the 2019 UN High-Level Meeting on Universal Health Coverage and the 2019 G7 Osaka Summit.

This provides a clear opportunity for ushering through new policies and programmes and IDF is determined to work tirelessly with its partners and others key players such as the WHO to achieve meaningful change for people living with diabetes through a series of actions and initiatives across health system strengthening, the prevention of type 2 diabetes and complications and the empowerment of people with diabetes.

Key to IDF’s success will be its ability to work closely with all its Members and other relevant stakeholders worldwide to galvanise action and ensure that the voice of people living with diabetes resonates more loudly and clearly than ever! Together we can make the difference.
## Appendix 1 – IDF Values

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<thead>
<tr>
<th>Solidarity</th>
<th>Integrity</th>
<th>Honesty</th>
<th>Compassion</th>
<th>Independence</th>
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<tbody>
<tr>
<td>We will support one another within the global diabetes community since solidarity is the founding principle of our federation; we value and seek strategic alliances</td>
<td>We will uphold our ethical code, maintain a high standard of personal conduct and embed our values in all that our organisation does</td>
<td>We will be truthful, deliver on promise and remain willing to be held to account; we will maintain confidentiality and respect individuals’ privacy</td>
<td>We will act with empathy and without prejudice, appreciating the personal impact of diabetes and the necessity for action</td>
<td>We will maintain our independence and no be beholden to other organisations</td>
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<tr>
<th>Embracing risk</th>
<th>Collaboration</th>
<th>Creativity</th>
<th>Cultural sensitivity</th>
<th>Humility</th>
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<tr>
<td>We will be audacious, set ourselves ambitious targets and embrace risk, whilst safeguarding our organisation</td>
<td>We will encourage open dialogue and freedom of expression; we will work in collaboration with the diabetes world, providing leadership</td>
<td>We will stay flexible, seek innovative and alternative ideas, be willing to challenge conventional wisdom and seize opportunities as they arise</td>
<td>We will respect and values all cultures and acknowledge the human rights of all people</td>
<td>We will give credit to others, never forgetting that all we do is for the benefit of people with diabetes; we will accept and learn from our errors</td>
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