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Editorial



Dear Friends,

I wish you all had a good summer break.

Advocacy is one of the cornerstones of IDF Europe's work. With 70 very active members in 47 countries across Europe, every day is filled with activities dedicated to diabetes in our region. From advocacy to education, awareness and recognition, from Western Iceland to Eastern Russia, the sun never sets on our fight against diabetes.

Our annual Youth Leadership Camp is a fantastic tool to help young European advocates grow. We are extremely grateful for all their ongoing efforts and are convinced that by joining forces they will achieve even more. This year's Leadership Camp was again a great success. It is barely over and we are already looking forward to the next- do let us know if you wish to host it! The 2017 edition of DiaEuro in Romania was also a success with twelve motivating teams.

Read about the role of the Austrian Diabetes Association to assist the Health Ministry in its efforts to prevent diabetes and support people living with it, and about a brilliant idea from Germany, which may inspire you to try it yourselves: the "diabetes carpool karaoke"!

Advocacy still often means basic education on diabetes as the pandemic is neglected and misunderstood by many. This is why we must continue to exchange ideas and best practices to sharpen our arguments and strategies. Events such as the Eastern European Countries (ECC) Summit and the Nordic Forum represent great opportunities for our members to do so.

Education is also a great way to increase awareness, for example of the importance of daily self-management, including through deliverables from the EU funded Manage Care Project, which are highly appreciated and used all over Europe. Awareness of the fact that even with diabetes, only the sky is the limit and not a limit to become, for example, an Indy car champion.

At the European policy level, through the dedicated work of our Regional office, we work daily to ensure that diabetes is at the top of the agenda of international decisions- and policy-makers and that the voice of people with diabetes is heard where it matters.

Awareness is also about recognition. This year again, we will celebrate the work of a young researcher and of an individual with a long-standing and successful activity record in the role they play in the fight against diabetes through the IDF Europe Prize in diabetes. Don't miss on the application deadline!

Recognition of the pandemic of diabetes is at the core of the work of our Federation. Together with the other IDF regions, and in the name of the 60 million people living with diabetes in Europe, we will ensure that diabetes is clearly on the agenda of Dr Tedros Adhanom, the newly elected Director-General of the World Health Organisation.

Prof Dr Sehnaz Karadeniz,
Chair, IDF Europe Region

MEMBERS' NEWS

AUSTRIA NEW POLICY FRAMEWORK ON DIABETES



In 2016 the Austrian Ministry of Health and Women's Affairs initiated the development of an Austrian Diabetes Strategy through a broad participatory process.

The present strategic framework states objectives and recommendations to improve the prevention of diabetes and enable people living with diabetes in Austria to maintain the highest possible quality of life.

More than 100 decision makers – experts and representatives of the government, Federal States, social insurance institutions, self-help groups as well as professional representatives – participated in this process and attended the kick-off meeting on 5 April.

The Diabetes Strategy was discussed in the health policy focus of the spring session of the Austrian Diabetes Association (ÖDG) on 5 and 6 May, which emphasised three particular points, and called on quick implementation:

- Supply structure beyond the basics
- Increased competence for treating physicians and care givers
- Strengthen or create specialized health professions

Prof Hermann Toplak, Medical University Graz and President of the Austrian Diabetes Association explained: "The Strategy is a valuable basis for a targeted planning of the future, but without implementation all planning and defining of responsibilities is meaningless. We need a timeframe for financing solutions and evaluation parameters to make a successful project out of a plan. The ÖDG as a scientific society will ensure that the process is not stalled and that proper strategic action follows."

CYPRUS "LIVING WITH DIABETES: I CAN DO IT!"



On Monday 29 May 2017, at the Hellenic Bank Headquarters in Nicosia, Cyprus, The Cyprus Diabetic Association organised

a presentation of the Booklet: "Living with Diabetes: I can do it!" , one of the deliverables of the EU-funded Manage Care project, in which IDF Europe took part (See Newsletter No. 26, October 2016). IDF Europe Board Member Dr Kostantinos Makrilakis,

one of the authors of the Booklet, presented the content and recommendations. This manual targets elder people with diabetes and aims to foster better quality of life and avoid complications. The Cyprus Diabetic Association, in an effort to assist in the improvement of knowledge of people with diabetes, is offering the book free of charge. The booklet is also available in multiple languages on IDF Europe's [website](#).



During the event, the President of the Cyprus Diabetic Association presented several IDF projects such as KiDS, an education programme designed to speak about diabetes in schools and which is used by the Association to deliver seminars to school teachers.

With over 150 persons attending, the event was a great success!

GERMANY

DIABETES CARPOOL KARAOKE



DiabetesDE (German Diabetes Aid) invited ten German politicians in their "Diabetes-Taxi" to speak about the National Diabetes Plan. Seven agreed to jump in (two even sang a song!), and

four interviews have already been produced.



You can already watch the first video with Mr Michael Hennrich, a conservative member of the Health Committee in the German Bundestag (Parliament) [here](#).

Videos with other parliamentarians are available [here](#)

HEALTH PARTNER OF LIDL GERMANY

Since January 2017, diabetesDE is the "health partner" for Lidl Germany, a supermarket chain. Together with Lidl own brands that already fulfilled the criteria of the 2015 WHO nutrient profile for healthy products, they develop recipes with fresh produce. A flyer was sent to 25 million households all over Germany to raise awareness on diabetes and healthy eating. The Association aims to show that healthy eating is possible, even on a small budget.



**ITALY and MALTA
YOUTH EXCHANGE – PROJECT NEPTUNE**



The Maltese Diabetes Association participated in a youth exchange collaboration with the Diabetes Association "Stili di Vita" in Palermo, Italy. The youth exchange has the aim of developing a working relationship between the two associations and twelve Maltese young people were involved in the five-day programme between 26th July to 30th July.

Upon arrival, the Maltese participants were split up and mixed groups of Maltese and Italian young people with diabetes were formed. In spite of the language barrier, the youngsters engaged in a number of activities in sharing the respective knowledge in terms of treatment, management and care of diabetes in both countries. The young participants also went swimming and enjoyed the beautiful scenery in Cefalu.



Speaking of this ever-first experience of joint project, both Anna Zammit McKeon, the President of the Maltese Diabetes Association and Francesco Sanfilippo, President of Stili di Vita regarded it as a positive experience. The social impact of the exchange was highlighted, noting that the participants from the two countries will stay in touch after the end of the exchange. A reciprocal visit has been planned for the summer 2018, where the Italian youth will visit the Maltese host.

**EASTERN EUROPEAN COUNTRIES
"UNITY FOR THE GOOD SUMMIT"
BISHEK, 12-14 May**

"Unity for the Good", the XVth Summit of Heads of Diabetic Associations in Eastern European countries was held on 12-14 May at the State residence No. 1 in Bishkek, Kyrgyz Republic. The Summit discussed themes such as intergovernmental cooperation of the Commonwealth of Independent Countries (CIS), addressing diabetes problems and the implementation of IDF Europe development priorities. The Summit also included an



information session on innovative technologies in diabetology and financial opportunities for non-governmental organisations.



In parallel, an Award ceremony dedicated to veterans of the diabetic movement in the Kyrgyz Republic also took place, with the aim of praising the selfless work on protecting the rights of people living with diabetes.

A press conference was organised during the Summit and was attended by Members of Parliament and representatives from the Government of the Kyrgyz Republic, delegations of countries and regional organizations, IDF Europe Regional Chair Prof Sehnaz Karadeniz, and Board Member Dr Iryna Vlasenko. The days spent in Bishkek were unforgettable: lively discussions, searching for solutions and making use of new opportunities. The Summit presented the joy of communication and gave a strengthened impetus to work for the benefit of people with diabetes!

Many thanks to Dr Svetlana Mamutova, Dr Rosa Sultanalieva and the entire team of the Diabetes and Endocrinology Association of Kyrgyzstan for the organisation of this successful Summit!



**NORDIC FORUM IN MIDNIGHT SUN
TROMSO, 9-10 June**

37 participants from hosting Norway, Sweden, Finland, Denmark, Faeroe Islands and Iceland were gathered in Tromsø the second weekend in June for good discussions combined with arctic summer and midnight sun. And for the first time representatives from the youth organizations joined the Forum throughout the whole programme!

Friday 9 June focused on diabetes and diabetes care: "How to change the diabetes care" (based on experiences from Tromsø and Northern Norway), a short presentation of "New technology and equipment", "Child to young adult in diabetes care" (with an interactive session) and "Living with diabetes in a psychological perspective" (by Jon Haug, who will publish a book on the topic in September). Saturday 10 June was mostly dedicated to matters such as organization,



membership, democracy, cooperation between youth and the mother organization.

The professional discussions and interactions were constructive; the social part – getting to know each other better – was equally important in this Forum. The setting couldn't be more ideal: full arctic summer, midnight sun, mountains with snow – and nice local food. The social evening was unforgettable: RIB-boat on the fjord and reindeer stew in a lavvo (big tent), followed by Fjellheisen (cable car) up to a majestic view over Tromsø and mountainous surroundings – with warming sun in the face at midnight.

The Nordic Forum in Tromsø was successful in all matters and we look forward to the 2018 edition which will take place in the Faeroe Islands!

All the Nordic Forum participants dressed up for speed and waves on board the RIB-boats



The Nordic Forum successfully combined lectures and discussion

Snow and midnight sun at Fjellheisen – a rare combination for most of the participants



YOUTH LEADERSHIP CAMP CLUJ-NAPOCA, 10-16 July

The 7th edition of the IDF Europe Youth Leadership Camp has just come to an end – again it was a great success!

The organising team welcomed 22 participants from 21 European countries in Cluj Napoca (Romania) for a full week of interactive workshops, presentations and sports activities, with the aim of developing the next generation of young advocates in diabetes. You can find the programme [here](#).

As in previous years, the Leadership Camp involved a range of activities such as team building games, physical activities, presentations by the participants and workshops led by expert presenters. Topics covered included youth activism and advocacy in Europe, leadership, project management, living with diabetes and healthcare systems in Europe. It is of



no doubt that the highlight of the week was the flash mob performed by the participants in the salt mine of Turda, at 115 meters depth! The live performance was shared on Facebook and other social media platforms, attracting more than 600 views in a few minutes. An excellent example of their path towards more youth advocacy in diabetes! To see the video, click [here](#)



We would like to say a big thank you to Federatia Romana de Diabet, Nutritie si Boli Metabolice for the great organisation and to our faithful sponsors, Ely Lilly and the Foundation of European Nurses in Diabetes (FEND) who have supported this important initiative for young Europeans living with diabetes.

If you're interested in hosting and organising the next IDF Europe Youth Leadership Camp, please visit: <https://www.idf.org/europe/youth-leadership-camp> or email us at: ylc@idf-europe.org.

IDF EUROPE PRIZES IN DIABETES : CALL FOR APPLICATIONS

As you already know, nominations are open for the 2017 edition of IDF Europe Prizes in Diabetes. Two Awards will be allocated this year:

- **Young Researcher**
- **Long-standing Achievement (an individual)**. This Prize is supported by an educational grant from Eli Lilly and Company.

To download the Call for nomination and the nomination forms please visit the IDF Europe website or click below and don't miss out on the **deadline: 4 October**.

IDF Europe Prize in Diabetes: Young Researcher
[Call for Nomination](#) and [Nomination Form](#)

IDF Europe Prize in Diabetes: Long-standing Achievement (Individual): [Call for Nomination](#) and [Nomination Form](#)

You may want to visit the IDF Europe Prizes in Diabetes Hall of Fame and get inspired by [past winners!](#)

**IDF EUROPE SYMPOSIUM AT EASD :
SAVE THE DATE!
LISBON, 10 September**

As in previous years, IDF Europe is organising a Sunday symposium prior to the EASD Congress. The topic for this year's event is ***Achieving improved compliance to diabetes care: the common task for care providers, health systems and people with diabetes.***

The Symposium will take place on 10 September from 13:30 to 17:00 in the Edison Hall, International Fair of Lisbon, Lisbon, Portugal. The programme can be downloaded [here](#)

To book your seat, please send an email by 5 September to info@idf-europe.org

ADVOCACY

IMPACT DIABETES

We are happy to share with you that MEP Ms Schaldemose from Denmark and Mr Kovatchev from Bulgaria are among the latest signees of the Diabetes Pledge, increasing the number of countries represented to 14.

IDF Europe recognises the importance of garnering policy-makers' support at the European level to tackle issues linked to diabetes prevention and management such as Added Sugar in food products, Medical Devices, the development and implementation of National Diabetes Plans. We are continuously working on gaining support from national and European Members of Parliament. Join us and introduce the [Pledge](#) to the policy-makers in your local area!

World Diabetes Day 2017

The theme for the World Diabetes Day (WDD) 2017 is "**Women and Diabetes**".

There are currently over 199 million women living with diabetes and this number is projected to increase to a staggering 313 million by 2040. One in seven births is affected by gestational diabetes. Gender roles and power dynamics influence vulnerability to diabetes, affect access to health services and health-seeking



behaviour for women, and amplify the impact of diabetes on women.

Women play a major role in the prevention and the care of diabetes. For example, when a chronic disease such as diabetes hits a family, the role of the mother is crucial, especially since time spent on domestic tasks and care activities falls more often than not on women. Most of the time, the mother will be the one adjusting the lifestyle of the family, including eating habits, to fit the requirements of the family member(s) with the disease. She will also often be the one looking after the therapeutic and psychological aspects of a child with type 1 diabetes. Unfortunately, women do not get the credit they deserve in most cases.

With this overall theme in mind, IDF Europe is planning the following events:

**European Union (EU Committee of the Regions
26th September**

For the first time we are expanding our EU advocacy efforts on to the Committee of the Regions, an institution representing 350 members of regional and local representatives from



the 28 Member States. The Committee will be in session on 26 September, and we will be present to make Members of Parliaments aware of diabetes and its implications. We will hold a one-day exhibition and offer the popular blood glucose testing.

We appreciate the support of the Swedish policymaker Ms Birgitta Sacrédeus and her office in our work for raising the awareness of diabetes.

**European Parliament in Strasbourg
Week of 14th November**



Capitalising on the presence of EU parliamentarians (MEP) in Strasbourg during the European Parliament plenary session, we will hold an afternoon debate on World Diabetes Day itself.

Hosted by Maltese MEP Roberta Metsola, the discussion will focus on preventing diabetes and its complications. Representatives from Directorate General Health and Food Safety, IDF Europe members and our Young Advocates will be presenting. An exhibition and blood sugar testing will also be organised during the week to sensitize the parliamentary personnel to the importance of prevention of diabetes and its burden.

**European Commission
in Brussels
Week of 14th November**



In view of the positive feedback from last year's lunch presentation and blood sugar testing, IDF Europe is collaborating again with the Medical Services of the European Commission. The date for a lunch presentation will be confirmed soon. An exhibition to raise awareness about living with diabetes, when to test, treatment and the effects of the condition on daily life will also be held at the European Commission. The blood sugar testing will be made available exceptionally over three days at rotating Commission locations, maximising the advocacy impact among the European civil servants.

To stay updated to the latest news of our WDD activities: read [here](#)

**INTERNATIONAL CENTRE FOR
PARLIAMENTARY STUDIES
ROUNDTABLE
BRUSSELS, 11 April**

The aim of the ICSP 2017 Diabetes Europe Roundtable held on 11 April, was to bring together EU policy makers, healthcare professionals, patient groups, academic experts and healthcare players in order to examine the ongoing challenges in managing the prevalence of diabetes and to explore practical solutions to reach a consensus and implement a sustainable forward action plan.

IDF Europe was represented by Dr Stefanie Gerlach (Diabetes DE, German Diabetes Aid). In her speech, Dr Gerlach presented the position and strategy of IDF Europe and their fit within the new overall European political framework. With a number of other relevant speakers and interesting topics, several themes linked to the work being done on a diabetes action plan were addressed.



The upcoming Government Gazette, the European Parliament policy quarterly, will include a report on the diabetes roundtable.

**STENO DIABETES CENTRE LAUNCH
BRUSSELS, 26 April**



On 26 April Steno Diabetes Center Copenhagen and Copenhagen EU office hosted a high level debate in Brussels on tackling chronic diseases and in particular diabetes. The objective was to highlight the potential of effective and innovative regional ecosystems as well as cross-regional linkages in developing and implementing evidence in diabetes. In her presentation, IDF Europe Regional Chair Prof Sehnaz Karadeniz noted with alarm the increasing prevalence of diabetes, and the human and economic costs associated with it. She deplored that although diabetes risk factors are well recognized, the evidence is not being effectively translated into everyday life. Prof Karadeniz emphasized that the ecosystem that surrounds diabetes patients should help make the disease a part of their life, and not cause additional problems.

**eHEALTH WEEK MALTA
10-12 May**

The annual eHealth week took place from 10 to 12 May in Malta with the theme "Data for Health: the key to personalised sustainable care". Data lies at the heart of service delivery and the development of effective health policy.

Our Board Member Kyle.J.Rose was an invited speaker joining the discussion on eHealth with organisations such as the European Public Health Alliance, Mental Health Europe and Malta Health Network.

Kyle's presentation was entitled "My eHealth, My Way: Personal Experiences in Effective eHealth Use" in which he talked about the role of eHealth in diabetes. The full presentation can be accessed [here](#).



**EASD Diabetes Technology
Event at the European Parliament
BRUSSELS, 31 May**



The European Association for the Study of Diabetes (EASD) organised a meeting at the European Parliament in Brussels on 31 May. The meeting was supported by the Member of the European Parliament (MEP), Bogdan Wenta from Poland. IDF Europe was invited to participate in this event to discuss innovation in diabetes technology and the legislations of new medical devices and its relevance to research and related topics.

IDF Europe Chair Professor Sehnaz Karadeniz and Board Member Cristina Petrut were among the distinguished speakers, sharing insights on patients roles in the process.



The meeting report can be accessed [here](#).

**EXPO 2017
ASTANA, 28 June**

The International conference "Modern Approaches in Managing Socially Significant Diseases. Diabetes Mellitus" took place in the French pavilion of Expo 2017 (Kazakhstan, Astana) on 28 June 2017. The conference addressed the prevalence and risk factors of chronic non-communicable diseases, and in particular of diabetes. With the participation of international medical experts including representatives of IDF Europe and WHO European Region, the conference served as an international platform to share experience and best practices.



Two board members of IDF Europe spoke during that conference. While Dr Iryna Vlasenko concentrated her speech on national policies and practices in the prevention of diabetes, Dr Dario Rahelic focused on how to effectively optimize care for people with diabetes. During this event, current data on the worldwide prevalence of diabetes was also shared



together with experiences in implementing diabetes programmes, national policies and practices in disease prevention.

IDF EUROPE PUBLICATION

**INTEGRATING DIABETES EVIDENCE INTO PRACTICE:
CHALLENGES AND OPPORTUNITIES TO BRIDGE THE
GAPS**

Research on gaps in diabetes care and barriers behind implementation of guidelines into clinical practice across the European region is being steered by an Editorial Committee comprised of diabetes experts and international diabetes advocates.

The work comprises a literature review of the evidence published in the scientific domains, as well as review of the European policy documents. In addition, the analysis from a survey, which IDF Europe Member kindly replied to will give the perspective from our national diabetes advocates on the gaps in diabetes care.

This work is essential to outline what's missing from diabetes clinical practice and the reasons for these gaps, to enable us to raise awareness, educate and lobby at the political level as we all endeavour to raise standards of care across Europe.

The executive summary will be unveiled on World Diabetes Day and will be accessible to all our member associations, advocates, professionals, policymakers and persons with diabetes. And the full publication will be available during the World Diabetes Congress in December 2017. The publication is ambitious but imperative to understand and alleviate the gaps in diabetes care. We hope you will find it useful in your advocacy work!

We take this opportunity to thank Mr. Cristian Andricuc for the coordination of the publication and Ms Lauren Quinn, Staff Exchange, for her hard work and dedication to this important project.

**IDF EUROPE YOUTH CHAPTER:
YOURAH!**

Following the successful webinar on World Health Day (7 April), IDF Europe's young advocates have been very active in the last few months with another webinar on European Patients' Day Webinar (10 May) and the fundraising #youforG20 competition.



European Patients' Day webinar:

About 30 attendees signed up for the May 10 webinar, which was led by young advocates Jaivir Pall (UK), Sophie Hindkjær (Denmark) and Uros Bogdanovic (Serbia). A general introduction on the rights of patients across Europe was given, followed by a Q and A session.

Another key theme of the evening was the discussion on the role of employers to improve the entrance of young people with diabetes into the job market.

<https://goo.gl/kRnNqx>

International Youth Day webinar:

To mark the annual International Youth Day (12 August), young advocates from the YOURAH group held a 90-min long webinar focusing on the "Transition of Diabetes Care from Paediatrics to Adulthood" and "Diabetes and Heat", where useful tips for travelling were provided. Around 25 participants joined the discussion live. All presentation materials and the recording of the webinar are accessible through IDF Europe's website. <http://bit.ly/2hFBS80>



Thank you to young advocates Uros Bodganovic (Serbia), Weronika Kowalska (Poland) and Lauren Quinn (UK) in leading the presentations and interactive discussions with the audience.



The **#youforG20 competition** is an initiative to support an important and promising project led by young people across the world, in view of the July G20 meeting in Hamburg. IDF Europe Young Advocates were up for the challenge, producing an inspiring video to gather online votes with the aim of securing funding for their project on peer support and education. Though perceived as an excellent project by the online community with over 1.000 votes, their proposal did not win the competition. Nevertheless, the episode demonstrated how our young advocates try the impossible for people living with diabetes!

To watch the inspiring video, click [here](#)



DIAEURO BUCHAREST 16-23 July

Launched in 2012 by the Ukrainian Diabetes Federation, the European Futsal Championship for people living with diabetes (DIaEuro) has become an exceptional annual event to raise awareness on diabetes at the national and international level.

This year it took place in Bucharest, Romania on 16-23 July, bringing together twelve Futsal teams from Belgium, Bulgaria, Bosnia and Herzegovina, Croatia, Hungary, Kyrgyzstan, Macedonia, Portugal, Romania, Russia,



Slovakia, and Slovenia. Matches were broadcasted live on internet!

Prof Sehnaz Karadeniz, Regional Chair of IDF Europe, was present at the opening ceremony to stress the fact that Dia Euro sends a wonderful message on the importance of sport for health. On the same note, Ms Cristina Petrut, IDF Europe Board Member, highlighted the fact that this annual event is a powerful way to bring attention to the worldwide problem of diabetes.

Of note, the event was attended by representatives from the Romanian Health and Government authorities, as well as main stakeholders.

Well done to all DiaEuro 2017 participating teams and special congratulations to the Croatian team who won this year's edition, to Hungary who placed second, and Russia who finished at the third place.

Click [here](#) to see the games of DiaEuro 2017!

EU-FUNDED PROJECTS: AN UPDATE

EURHYTHDIA



The project 'EuRhythDia' has ended on 30 June 2017. We would like to thank all

project partners for their hard work over the last few years! As part of our dissemination activities, a press release summarising the key findings of the 5-year project has been made available in six languages (English, French, German, Italian, Spanish and Polish) and can be downloaded [here](#).



The Consortium calls for an increased awareness of health risks associated with night shift work and for cooperation among stakeholders to improve working conditions for workers and implement preventive measures.

Two dissemination workshops were organised on 24 May and 17-18 June, in Hamburg and Aachen, Germany, respectively. The Hamburg workshop took place within the programme of the German Diabetes Congress and was very well-attended by over 300 participants. The press release was distributed through both the workshop and the booth of the German Diabetes Aid (Diabetes DE), which we would like to thank for their cooperation. The dissemination session in Aachen was part of the International Taskforce for Prevention of Cardiometabolic Diseases.

We will continue to disseminate the project results at relevant upcoming events. A webinar on night-shift

work and the risks of developing Type 2 diabetes is foreseen later in the year.

FEEL4DIABETES

Over the last few months, the Feel4Diabetes (F4D) Consortium has been busy completing their field work in the first follow-up of the intervention and the measurements in the six countries (Belgium, Bulgaria, Finland, Greece, Hungary and Spain). The next project meeting, which will be hosted by IDF Europe at our headquarters, is scheduled on 7-8 September. Discussions will include the planning for two dissemination meetings in 2018 and 2019, as well as the upcoming dissemination activities and the composition of the International Stakeholder Advisory Board.



OTHER NEWS AND EVENTS

EASO POLICY CONFERENCE BRUSSELS, 10 May

The European Association for the Study of Obesity (EASO) symposium **"Implementing national obesity policies and action plans in Europe"** took place on 10 May 2017 in Brussels.



It was attended by policymakers, professionals and patient advocates from all across Europe. The meeting was organised around a range of talks presenting strategies to prevent and treat obesity that have been successful at national level and could be implemented at the international level. Key concepts included the need to make changes at the system level, to improve education, advertisements, food labelling and content to help individuals make healthier choices, as well as the need to reconstruct our environment to eliminate physical inactivity. Another key theme was the need to liaise with industry and produce high quality trials and research to seek the most effective strategies for obesity prevention and treatment.

As expressed by one of the speakers: *"If you want to walk fast, you must walk alone; if you want to walk far, you must walk with others. So to tackle obesity, we need to walk fast and far!"*

IDF SCHOOL OF DIABETES

IDF recognises the value of providing continued professional education for health professionals and

resources for people with diabetes and caregivers in a sustainable and convenient manner. To this end, IDF is pleased to announce the IDF School of Diabetes Certified Courses, a set of online courses tailored to the needs of a variety of healthcare professionals.

The courses available include:

- IDF Certified Course for Diabetes Educators: a customised set of modules promoting education of people with diabetes, healthier lifestyles and effective diabetes management
- IDF Certified Course for Primary care Physicians/General Practitioners: a comprehensive range of modules addressing the ongoing needs of physicians and general practitioners (medical doctors) in the prevention, detection and management of diabetes
- IDF Certified Course for Specialists: An advanced series of modules containing the latest advances in the treatment and management of diabetes, targeting diabetologists, endocrinologists and equivalent specialists

[Download an overview of the courses](#)

PRIMARY CARE DIABETES EUROPE 20TH ANNIVERSARY

The mission of Primary Care Diabetes Europe (PCDE) is to provide a focal point for primary care professionals and their patients in Europe by advocating in promoting standards of care, diabetes education and research. PCDE represents a strong interface role between primary and secondary care organizations allowing the translation of evidence based medicine into daily practice to improve outcomes.

In 2017, PCDE is celebrating its 20th Anniversary inviting colleagues and partners who have been accompanying PCDE on its successful path. The meeting, on invitation, will take place on Wednesday, 13 September 2017 with EASD President Prof Juleen Zierath and Portuguese MP public health Dr Ricardo Baptista Leite as keynote speakers.

FOR A PIECE OF CAKE: MISSION ACCOMPLISHED!

Do you remember Riccardo and Chiara, the two amazing diabetes advocates who last year started a cycling trip from Italy to Singapore?



It took them more than a year to complete the entire journey and with Chiara living with diabetes, it makes their achievement of special relevance to the

diabetes community. They have recently arrived Singapore after cycling 18,000 km. Congratulations Riccardo and Chiara! You can read about their adventure [here](#).

DIABETES IN MOTORSPORT

There are a number of challenges which come with having Diabetes in Motorsport. Driving sport cars over 100 miles per hour in a competitive environment is extremely challenging and only a select few master it. This is difficult for all drivers, but those with diabetes face an even bigger challenge making their achievements even more amazing.

Charlie Kimball (UK) is one of them. He began racing Go Karts at the age of 9 and gradually rose up the motorsport ranks winning races in British and European Formula 3, beating drivers like Sebastian Vettel (Four-time Formula One World Champion). In 2007, while Charlie Kimball competed in the Renault World Series, he was diagnosed with type 1 diabetes and had to stop the season midway through. After taking a year out to learn how to manage his condition effectively and to reach optimum physical form again, Charlie returned to the motorsport world determined not to let diabetes stop him from achieving his dream of becoming a professional racing driver in the Indy Car series.



In 2011 he became the first driver with diabetes to qualify for the Indianapolis 500, one of the most prestigious races in the motorsport world. In 2013 he became the first ever driver with diabetes to win an Indy Car race and since then has become a well-known name on the Indy Car grid despite the challenges which come with having diabetes in motorsport. In fact, the main issue is regulating blood sugars over long periods of time during races: some Indy Car races can be 200 laps, plus and the amount of physical exertion means blood sugar will be constantly wanting to drop. This problem is solved by having sugar water in the car allowing the drivers to boost their blood sugar whenever they need to, a display on the control panel wirelessly connected to the driver's insulin pump, giving the driver and the team constant updates.

Charlie Kimball's determination demonstrates that the only limits are the one you determine, and paves the way for other motorsport athletes with diabetes. There are still many misperceptions and discrimination due to diabetes not only in motorsport but also for normal drivers. Thanks to organisations like IDF Europe and its members around Europe, progress is being made and perhaps one day we will see a Formula 1 driver with diabetes on the grid!

Contributed by Ronan Quinn, Work experience student

NEWS FROM THE REGIONAL OFFICE

STAFF EXCHANGE

IDF Europe has a Member Staff Exchange Programme which allows those working in Member Associations to come work with the IDF Europe team in Brussels for three to six months. They contribute to on-going advocacy, membership activities and projects managed by IDF Europe, help foster improved relations with European Members and much more.

At the same time, IDF Europe gains very valuable insight into the work and projects carried out by our Members, looking at ways to strengthen the collaboration with our membership.

Lauren Quinn, UK

"I came to IDF Europe hoping to learn about health policy and international advocacy work, and boy have I learnt so much more than that! In my first week alone, I attended the IDF Europe Corporate Forum and attended a stakeholder event on biosimilars at the European Commission. This enabled me to realise the scope and reach IDF Europe has for persons with diabetes and professionals working in diabetes across the European region.



I am currently working on a publication evaluating the barriers which limit high quality care and which seeks to learn why diabetes guidelines are not being met across Europe. We are also interested in the solutions to these barriers, where the executive summary will be published on the World Diabetes Day. We hope this publication will bring more clarity and will be valuable for future advocacy work for all of our Member Associations. Besides carrying out research, including an outreach to our Members through a questionnaire, I have explored new areas, such as text and social media analytics.

Alongside this, I have contributed to a project for an international competition for diabetes youth advocates, written articles for the IDF Europe Newsletter.

I have thoroughly enjoyed my time at IDF Europe and look forward to continuing to work with a formidable team and within an inspiring organisation. Thank you!"

This summer we have also welcomed a foreign student wishing to fulfil his one-week work experience credit requirements with us:

Ronan Quinn

"My work experience at IDF Europe has been a brilliant insight into all they do and it has been great to be a part of the team fighting for progress to be made in diabetes research and awareness! It has given me a good experience of working in an office and a team which will be valuable when I start working in the future. I was involved in a number of tasks including writing texts, producing infographics as well as designing covers for IDF Europe publications.

The IDF Europe team made me feel very welcome - they are amazing to achieve what they do with relatively few! I really enjoyed my few days working with them. "

GOVERNANCE

**IDF EUROPE BOARD MEETING
KIEV, 17-18 June**

Kindly hosted by the Ukrainian Diabetes Federation (UDF), the IDF Europe Board met in Kiev on 17 and 18 June to discuss the work plan for the next months, including highlights such as the IDF Europe Youth Leadership Camp, Symposium at the EASD, World Diabetes Day and Regional Council.

Prior to the Board Meeting, UDF organized a meeting with the Ukrainian Ministry of Health to debate on the improvements for diabetes care in the country through a National Diabetes Plan.

IDF Europe would like to thank the wonderful hospitality provided by our Members and the opportunity to have direct communications with the Ukrainian Ministry of Health.

**REGIONAL COUNCIL: SAVE THE DATE!
3 December**

As you know, the IDF Europe Annual Regional Council will take place on 3 December 2017 in Abu Dhabi, UAE.

The agenda will be sent later on in the summer.

**ELECTION OF IDF EUROPE
BOARD MEMBERS**

A Call for nominations has been sent to Members on 16 June. Election of eight members of the Board and two members of the Nominating Committee will take place during the IDF Europe Annual Regional Council on 3 December, 2017 in Abu Dhabi, UAE.

The nomination period is now closed and the Nominating Committee is examining applications closely. Further news on the selected candidates will be communicated to our members in due time.

**WORLD DIABETES CONGRESS
ABU DHABI 4-8 DECEMBER 2017**

Don't miss the chance to engage in lively discussions with your peers and international experts in all fields of diabetes. Learn about the latest developments in science and research, public health, education and care. The World Diabetes Congress will feature more e-poster presentations, lunch sessions on the exhibition floor, additional streams, new session formats and overflow capacities in every session hall.



Contact margarita.babenko@idf.org for promotional materials and further information. We are looking forward to welcoming you in Abu Dhabi! <https://www.idf.org/our-activities/congress.html>

IDF Awards

The IDF Congress provides the perfect opportunity to showcase the individual achievements of our community. In Abu Dhabi, IDF would like to honour people who have made significant contributions to improving the lives of people with diabetes. This could be either through work furthering diabetes care and research or through activities at the regional and Member level in support of people living with diabetes.

Awards will be given for *Lifetime Achievement*, *Outstanding Service for the Benefit of People with Diabetes* (at the global and regional level) and *Outstanding Contribution to Improving the Lives of People with Diabetes*.

The Award recipients will be announced during the World Diabetes Congress in Abu Dhabi in December 2017.

UPCOMING INTERNATIONAL DAYS FOR YOUR ADVOCACY CALENDAR

5 September: International Day of Charity
23-30 September: European Week of Sport
29 September: World Heart Day
1 October: International Day of Older Persons
2 October: World Habitat Day
10 October: World Mental Health Day
11 October: World Obesity Day
13 October: World Sight Day
16 October: World Food Day
17 October: International Day for the Eradication of Poverty
24 October: United Nations Day
31 October: World Cities Day
12 November: World Pneumonia Day
14 November: World Diabetes Day
20 November: Universal Children's Day
1 December: World Aids Day
3 December: International Day of people with disabilities
9 December: World patient safety day
10 December: Human rights day
18 December: International Migrants Day