



Policy recommendations to improve access to diabetes care in RUSSIA

In 2015, there were 12.1 million adults with diabetes in Russia, 4.5 million of whom were not diagnosed. Almost 200,000 people died in the country that year due to diabetes-related complications. Many of these deaths could have been prevented with better access to care.

In order to stem the advance of the diabetes epidemic in the country, the Russian government needs to fully implement a National Diabetes Plan that:

Establishes a State budget that guarantees diabetes care to all Russian citizens on the basis of the Federal register:

- Guaranteeing government provision of affordable essential diabetes medicines and devices for all people with diabetes, including access to affordable glucometers and reagent strips in order to improve glycaemic control and avoid the development of diabetes-related complications;

Ensures uniform diabetes care throughout the country by:

- Improving the reimbursement system for all aspects of diabetes care, to limit the out-of-pocket payments and prevent households from incurring in catastrophic expenditures;
- Implementing a national screening programme to improve the early identification of disturbance of the carbohydrate metabolism and the development of prophylaxis measures;
- Creating a specialised diabetological health service under the auspices of the Ministry of Health of the Russian Federation;
- Establishing centres of therapeutic training that introduce the principle of a multidisciplinary team approach to diabetes management;
- Guaranteeing equal government provision of affordable innovative medicines and technologies that can improve the health outcomes of people with diabetes (e.g. DPP4 inhibitors, insulin pump, continuous glucose monitoring...);

Implements a diabetes education programme that includes:

- Awareness campaigns targeted at people at high risk of diabetes;
- Training of healthcare professionals on diabetes prevention, diagnosis and management, to establish a network of skilled diabetes experts and medical personnel to ensure that all Russian patients have access to adequate and appropriate care.



The policy recommendations in this document are based on information extracted from:

- The IDF Blue Circle Voices network's first consultation;
- Feedback from the Russian Diabetes Federation.