

The International Diabetes Federation Call to Action on the road to the UN High Level Meeting on Non-Communicable Diseases (2018)

On behalf of people living with, and affected by, diabetes, IDF calls on governments to:



Heighten focus on prevention to achieve a 0% increase in diabetes prevalence by 2025

Up to 90% of diabetes cases are of type 2. Therefore, preventing the onset of new type 2 diabetes cases is key to achieving this 2025 target. This can be done by:

- Developing **education campaigns aimed at the general population** on how to recognise the symptoms of, and prevent, type 2 diabetes;
- Implementing **locally-tailored comprehensive lifestyles programmes**, especially for the at-risk populations;
- Encouraging **fiscal policies and other public health measures to promote healthier diets**, especially among children (whose rates of overweight and obesity are increasing in many countries)¹;
- Considering the use of **cost-effective medication strategies**, alongside lifestyle programmes;



Educate to achieve a 30% reduction in diabetes-related premature mortality by 2030

This can only be achieved if the targets on access to essential medicines and devices and UHC are achieved. Additional actions to achieve a reduction in mortality involve improving education by:

- Establishing adequate **education programmes for healthcare professionals** on how to prevent, recognise and treat diabetes to avoid serious complications that can ultimately lead to death;
- Developing **education programmes for people with diabetes and their carers** which offer sound information about the disease, its management and the prevention of complications at the time of diagnosis and throughout their lives.



Boost investment to ensure 80% access to essential medicines and devices by 2025 and Universal Health Coverage (UHC) by 2030

Improving the access to affordable, essential diabetes medicines and care is urgent not only in developing countries, but also in high-income countries where paying for diabetes care can lead to catastrophic expenditures. This can be done by:

- Establishing an increased and stable government budget to improve or create **reimbursement systems**;
- Improving **multisectoral collaboration** to regulate prices and to enhance the supply chain;
- Leveraging all existing **financing sources** and develop new funding mechanisms.



Listen to the priorities of people with diabetes and defend their rights

Governments can do this through the following:

- **Eliminating all types of discrimination against people with diabetes** through the adoption of regulations that defend their rights, as well as the development education campaigns aiming to eliminate misconceptions among the general population.
- **Empowering and engaging meaningfully with people living with diabetes** in developing appropriate policies to prevent and manage diabetes