

2024

IDF EUROPE ANNUAL REPORT



International
Diabetes
Federation
Europe

Foreword

I am honoured to introduce IDF Europe's Annual Report for 2024, a pivotal year for the diabetes community, marked by our unwavering commitment to advocating for the rights of people living with diabetes (PwD) and those at risk.

In 2024, building on the momentum generated by the impactful [IDF Europe-WHO Europe Declaration](#), signed in Belgrade at the end of 2023, alongside the [2022 European Parliament Resolution on Diabetes](#), we deepened our efforts to drive policy change and secure diabetes as a key priority across Europe.

Ahead of the European Parliament (EP) elections, we worked in close collaboration with our Member Associations and other health organisations to ensure diabetes and other non-communicable diseases (NCDs) were recognised as urgent public health priorities in the Manifestos of Political Groups. Following the election, we engaged with newly elected Members of the European Parliament (MEPs) to expand and strengthen the [MEP Interest Group on Diabetes – MEPs Mobilising for Diabetes \(MMD\)](#).

Beyond the EU, we strengthened our collaboration with WHO Europe, leveraging our joint [Declaration](#) to accelerate action towards global health goals. Our advocacy efforts leading up to the 2025 UN High-Level Meeting on NCDs aim to ensure that diabetes remains at the forefront, with a call for bold, impactful action that will shape the future of global strategies on diabetes and other NCDs.

At the heart of our work lies a deep commitment to empowering PwD. In 2024, we expanded key initiatives such as the [Youth Leadership Camp/Lab](#), our network of young diabetes advocates ([YOURAH](#)), and our [platform for people living with Type 2 diabetes \(T2D\)](#). Throughout the year, members of these platforms played a crucial role in research projects, policy discussions and awareness-raising campaigns, elevating the voice of the PwD and advocating for meaningful change.

On the research front, we continued our participation in numerous [EU-funded research projects](#) and sought new opportunities to ensure that PwD's perspectives are represented across all aspects of research, development and care.

Crucially, none of this would have been possible without the dedication and engagement of our Member Associations. In October, we had the privilege of convening in Rome for our annual Regional Council, where we exchanged insights, shared best practices and reinforced our collective mission. Throughout the year, our members played a pivotal role in our advocacy work at European and national levels, contributing to policy discussions and outreach initiatives – demonstrating the power of unity in our shared cause.

As we approach the beginning of a new biennium, we do so with renewed determination. The progress we have made together in 2023 and 2024 lays a strong foundation for the future – one where our advocacy continues to drive change, our initiatives empower even more people and our contribution to research leads to inclusive innovations in diabetes care. Together, we will keep working to create a healthier, resilient and sustainable future for all PwD and those at risk.



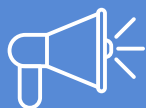
Prof. Nebojša M. Lalić
IDF Europe Regional Chair

Table of contents



Uniting the voice of people living with diabetes

3



Advocacy

4



People living with diabetes

14



Communicating and collaborating for change

17



EU-funded projects

19



Partnerships

20



Governance and Secretariat

22



IDF EUROPE

Vision:

To improve the lives of PwD and those at risk

Mission:

To be the voice of PwD and engage with them and all stakeholders in creating a person-centred diabetes ecosystem within an informed and health promoting environment



IDF Europe is the European chapter of the International Diabetes Federation (IDF). We are an umbrella organisation representing 72 national diabetes organisations in 45 countries across Europe. We are a diverse and inclusive multicultural network of national diabetes associations, representing both PwD and healthcare professionals (HCPs).



Our priority objectives are:

- **Reducing diabetes prevalence**
- **Improving PwD's quality of life and health outcomes through better access to quality of care and the prevention of complications**
- **Increasing the voice of PwD (#NothingAboutUsWithoutUs)**

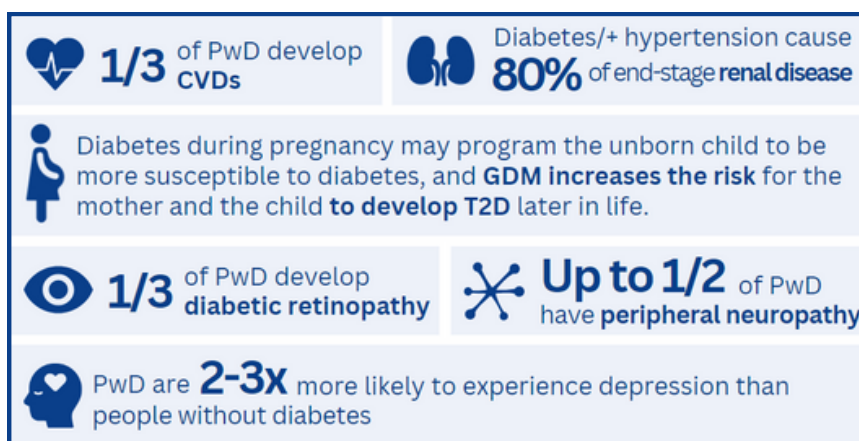
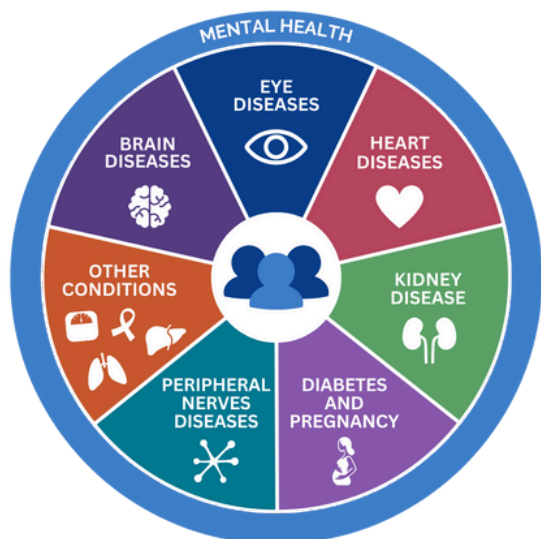
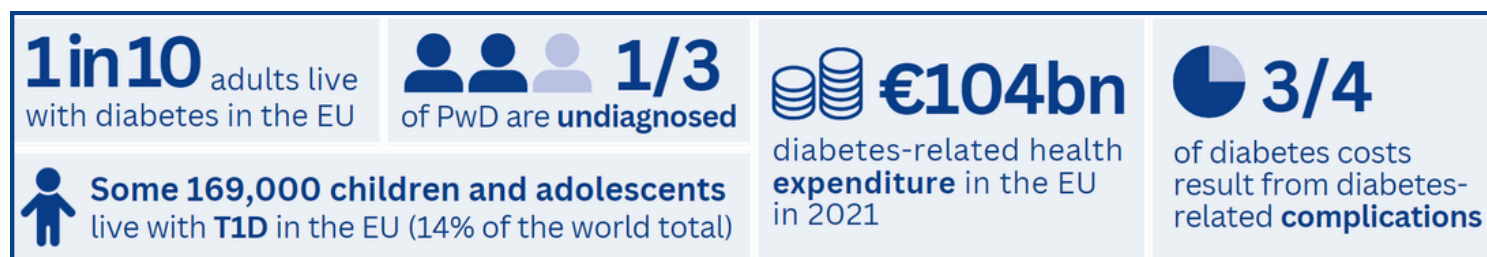
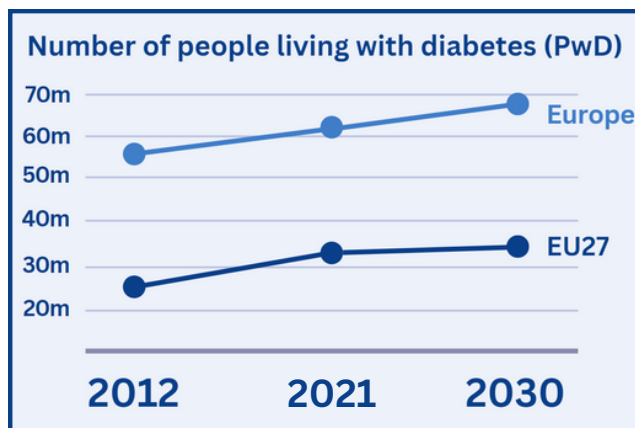
Through our activities, we aim to increase awareness, promote the exchange of best practices and high-quality information about diabetes, and to influence policy. Of key importance is the realisation that diabetes is a serious and complex condition and that, in order to live a long and healthy life, PwD need timely access to high-quality care and adequate support for self-management. It is also critical to understand that, to flatten the diabetes curve, we need to create health-enabling environments, address the determinants of health and promote early action by healthcare systems, including a shift in focus to prevention rather than treatment based on chronic care models.



One of IDF Europe's main activities is policy and advocacy at the regional (EU institutions, Council of Europe, World Health Organization European Region) and national level (bridge between Member Associations and Europe-wide policy developments). Strong advocacy is essential to elevate diabetes on the public agenda and foster key policy changes at European and national levels.

In 2024, we continued to promote a paradigm shift with greater emphasis being placed on a holistic approach to diabetes, highlighting its [interplay with many other NCDs and complications](#), addressing stigma and discrimination, promoting person-centred, value-based and integrated care.

Throughout the year, we also illustrated the fact that the quality and effectiveness of diabetes prevention, management and care, which touch on all aspects of national health systems, are a clear marker of their [resilience](#).



Following the signing of the [IDF Europe-WHO Europe Declaration](#) (November 2023), in 2024 we continued raising awareness of the need to accelerate action on diabetes to improve its detection and quality of care.

We are working closely with our Member Associations at the national level as well as PwD and HCPs, academia, public health and consumer non governmental organisations (NGOs) and the private sector. We are continuing our outreach to influence national and pan-European policy-making through close collaboration with [EU institutions](#) as well as [WHO Europe](#).



EU-LEVEL ADVOCACY

2024: a pivotal year for the European Union and its institutions

In June 2024, the European Elections took place, marking the conclusion of the 2019–2024 mandate and ushering in a new term for 2024–2029.



The European Parliament: the number of MEPs increased from 705 to 720, reflecting the European demographic growth. Nearly 50% of the previous MEPs were replaced by newcomers. MEP Roberta Metsola (EPP, Malta), a strong advocate for the diabetes community, was re-elected as President of the EP.

The European Commission: every five years, a new European Commission (EC) is elected. In July, Ursula von der Leyen was re-elected as President of the EC and appointed a new team of 26 European Commissioners who underwent approval by the EP.

Our work towards the 2024 EU Elections

In the lead up to the EU Elections, IDF Europe worked closely with its Member Associations to push for diabetes to be included as a key public health issue in the Manifestos of Political Groups.

To support our members in their advocacy efforts at national level, IDF Europe organised various initiatives.

A Communications Toolkit for Member Associations was developed to provide background information on the [Resolution on Diabetes](#) adopted in 2022 by the EP, the [Declaration](#) co-signed by IDF Europe and WHO Europe at the High-Level Technical Summit on Diabetes in 2023 and the [Pledge on Diabetes](#) developed with other European Diabetes Forum (EUDF) Members. The Toolkit suggested ways of leveraging these documents for policy action at national level.



In February, IDF Europe, in collaboration with its public affairs partner, held a webinar for Member Associations on how to effectively engage in policy and advocacy initiatives at the national and EU levels.

Direct outreach efforts were made to support various files and urgent actions, such as the European Commission's revision of the Directive on Driving Licences and the EU General Pharmaceutical Legislation.

Council of the EU

In 2024, IDF Europe engaged with health attachés from Member States present in Brussels and met with representatives from Hungary, France, Italy, Poland, Czech Republic and Denmark to raise awareness of the need to prioritise diabetes in the health agenda of the various Presidencies of the Council of the EU.

On July 4, IDF Europe representatives travelled to Budapest to attend the High-Level Ministerial Conference on Cardiovascular Health organised by the Hungarian Permanent Representation, where the President of the Hungarian Diabetes Association, Prof. István Wittman, participated in a panel discussion on the prevention of cardiovascular diseases (CVD).



MEP Interest Group on Diabetes – MEPs Mobilising for Diabetes (MMD)

In 2024, IDF Europe continued to engage with the [MEPs Mobilising for Diabetes Interest Group \(MMD\)](#), for which we provide the Secretariat. After the EP Elections in June, IDF Europe, in collaboration with Member Associations, reached out to, and met with, newly elected MEPs interested in joining the MMD Group to support the diabetes community. Throughout the year four MEPs joined the eight MMD members who have been re-elected in June. As of December 2024, the MMD Group consists of the following members: MEPs Kulja (co-chair), Schaldemose (co-chair), Agius, Andriukaitis, Arimont, Jerković, Konečná, Kyllönen, Metz, Moretti and Sokol.

In July 2024, MMD co-chair, MEP Christel Schaldemose was elected as one of the 14 Vice-presidents of the EP.

MMD members remained active throughout the year by raising awareness of the importance of elevating diabetes on the political agenda during various meetings and events at the EU institutions.



SANT Subcommittee

Established in 2023, the SANT Subcommittee on Public Health continued working with its members in 2024 to discuss key public health challenges. IDF Europe worked actively to strengthen its relationship with the SANT Subcommittee Chair, MEP Adam Jarubas, holding regular meetings throughout the year. Two MMD members hold key roles within the SANT bureau: MEP Tilly Metz as 1st Vice-Chair and MEP Romana Jerković as 3rd Vice-Chair.

OUR WORK WITH THE WORLD HEALTH ORGANIZATION

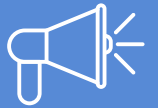
The IDF Europe–WHO Europe Declaration

During High-Level Technical Summit held in Belgrade, on November 28–29, 2023, IDF Europe and WHO Europe co-signed a [Declaration](#), representing a collective call to action urging governing bodies to uphold their commitments on diabetes. The Declaration aims to promote improvements in the detection and diagnosis of diabetes and its complications as well as in the delivery of high-quality care and to ensure equal access to the right quality treatment at the right time and place for all PwD and those at risk across Europe.



In 2024, IDF Europe continued to promote the Declaration through a social media campaign inviting individuals and organisations to endorse it and show their support to this cause. As a result of the campaign, the Declaration received 1,000+ endorsements and 90+ individuals and organisations shared their reasons for endorsing it on our [Declaration Endorsement Wall](#).

The Declaration is now available in more than 25+ European languages on the [IDF Europe website](#).



On November 28, 2024, IDF Europe and WHO Europe organised a webinar to celebrate the one-year anniversary of the Declaration and review the progress achieved and the lessons learned over the past years as well as to explore future opportunities for impactful action. The webinar brought together a range of stakeholders, including PwD, policymakers, national diabetes associations and HCPs reporting on case studies from various European countries and describing impactful actions that can help accelerate progress to achieve the [WHO Global Diabetes Targets](#).

Throughout the year, IDF Europe and WHO Europe worked closely on implementing a work plan focusing on both engaging more broadly people with lived experience and ensuring that all stakeholders work towards meeting global targets and commitments on diabetes.

In 2024, we also collaborated with WHO Europe in identifying experts and PwD that could contribute to various WHO projects and promoting relevant WHO's publications and initiatives.

Global Diabetes Compact

We are engaged in the development of the [WHO Global Diabetes Compact](#) launched in 2021, and we are excited to see the benefits it will ultimately bring to PwD.

WHO Regional Committee for Europe 74th Session (RC74)

On October 29–31, we attended the 74th session of the WHO Regional Committee for Europe and provided two written statements on the following agenda items: [“Progress Report on leveraging digital transformation for better health in Europe”](#) and [“Progress Report on European regional action framework for behavioural and cultural insights for equitable health”](#).

DIABETES AWARENESS MONTH AND WORLD DIABETES DAY

Throughout the month of November, IDF Europe joined the global diabetes community in celebrating World Diabetes Day (WDD) and raising awareness of the need to improve diabetes prevention, management and care.

Blood glucose testing events

As part of our efforts to raise awareness about diabetes, its risk factors and the importance of early detection, we organise regular blood glucose testing events at several EU institutions. In 2024, we hosted 10 testing events, eight of which took place during Diabetes Awareness Month. With 150–200 participants at each event, we successfully tested +1,500 people throughout the year.

We wish to thank Roche for their in-kind support of this important initiative.

#dedoc° virtual community event

Each year, on WDD, IDF Europe participates in the virtual community event organised by [#dedoc°](#) to celebrate the diabetes community. In 2024, IDF Europe Regional Manager, Elisabeth Dupont, joined the event and shared insights on IDF Europe's advocacy work and the organisation's mission to improve quality of life for PwD and those at risk.



world diabetes day
14 November





EP event: “Re-thinking health in the EU for improved access to quality diabetes prevention and care”

On November 12, IDF Europe organised a [breakfast debate](#) at the EP hosted by MEP Peter Agius to explore the transformative actions required at national and EU levels to drive equitable access to effective diabetes management and prevention.

Speakers representing PwD, policy-makers, public health experts and HCPs addressed key topics including inequalities in access to care, the role of primary care settings, integrated and community-based care models, the involvement of PwD in policy-making processes, the need for cross-sector collaboration and the role of innovation to improve diabetes care.



EP event: “Re-thinking health in the EU for a sustainable future”

On WDD, IDF Europe organised an [event](#) at the EP hosted by MEP András Kulja and supported by VP Christel Schaldemose. President Roberta Metsola joined the event and delivered an inspiring keynote address calling for stronger political will to turn the tide on diabetes.

During the event, diabetes advocates, Anamarija Runtić and Erik Werson, shared their personal experiences of living with diabetes and stressed the need for more integrated and personalised care, and better access to self-management technologies and education.

Two panel discussions brought together policymakers, HCPs and patient organisations to address overcoming fragmentation in health systems, ensuring access to person-centred care and leveraging the EU's role in transforming health systems and advancing research and innovation.



The IDF Europe Advocate Award

Since 2012, IDF Europe has recognised excellence, innovation and commitment to the diabetes community through specific [prizes and awards](#).



On World Diabetes Day 2024, during the event at the EP, IDF Europe awarded its first [Advocate Prize](#) to Type 1 diabetes (T1D) Advocate, Lea Leleta. The award celebrates her outstanding and innovative advocacy work for the diabetes community.

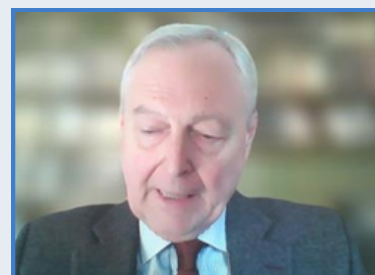
We wish to thank Eli Lilly and Company for supporting this initiative.



OTHER ADVOCACY EVENTS

EASL webinar on steatotic liver disease

On January 31, Prof. Sergio Paoletti, member of our [T2D Platform](#), joined the webinar organised by the European Association for the Study of the Liver (EASL) under the theme "Steatotic Liver Disease: the missing piece in the NCD puzzle". Prof. Paoletti, shared his experience of living with diabetes and liver disease and the importance of access to integrated and person-centred care to optimally manage co-morbidities.



WHO Global High-Level Technical Meeting on NCDs in Humanitarian Settings

On February 27–28–29, Prof. João Raposo, IDF Europe Board Member, participated as an expert in a side event at the WHO Global High-Level Technical Meeting on NCDs in Humanitarian Settings. He highlighted the importance of emergency preparedness plans in guaranteeing uninterrupted access to care for all people living with diabetes and other NCDs in humanitarian settings.

ATTD Session on AI-Driven Clinical Decision Support Systems

On March 8, IDF Europe Project Coordinator and Diabetes Advocate, Mia Bajramagic, and IDF Europe Chair Elect, Prof. Tadej Battelino, participated in a session on AI-Driven Clinical Decision Support Systems organised by the [European Diabetes Forum \(EUDF\)](#) at the International Conference on Advanced Technologies and Treatments of Diabetes (ATTD).



During the session, Mia Bajramagic shared her views on the potential of AI to help PwD be full partners in their own treatment and improve their quality of life. Prof. Battelino, meanwhile, highlighted AI's potential in supporting personalised diabetes management.

20th Portuguese Congress of Diabetes

On March 9, IDF Europe Board Member, Ms Stella de Sabata, participated in the inaugural conference of the 20th Portuguese Congress of Diabetes, organised by the [Portuguese Society of Diabetology \(SPD\)](#), with a presentation on "European Diabetes Policies in the work of IDF Europe".



WHO Europe: "Building a Public Health Innovation Ecosystem"

On March 11–12, IDF President-Elect, Prof. Peter Schwarz and Diabetes Advocate and IDF Europe Advisor to the Board, Cajsa Lindberg, joined WHO Europe's event on "Building a Public Health Innovation Ecosystem", which gathered experts, policymakers and advocates to discuss how innovation can help tackle our greatest public health challenges.



Romanian Diabetes Forum 5th anniversary Conference

On April 9, the [Romanian Diabetes Forum](#) held a conference to celebrate its fifth anniversary. During the conference, IDF Europe Regional Chair, Prof. Nebojša M. Lalić, presented IDF Europe's recent policy and advocacy activities, with a focus on the EU Elections.



EP event on plant-based diets for a healthier Europe

IDF Europe, the [Portuguese Diabetes Association](#) (APDP) and the [French Diabetes Federation](#) (FFD) collaborated on the 18-month project "Eat Better, Live Better", supported by the international movement ["Healthy Food Healthy Planet"](#). The initiative aims to explore and promote the role of plant-based diets in managing diabetes through sustainable and healthy diets.

On April 18, project partners organised an event at the EP hosted by MEP Francisco Guerreiro, ["Promoting and accelerating the shift towards plant-based diets for a healthier Europe: the diabetes case"](#), during which the initiative's key insights and recommendations to support a shift towards plant-based diets and a healthier Europe were presented.



Various speakers – HCPs, PwD, policymakers and food experts – shared their perspectives on the role of plant-based food in diabetes prevention and management, and discussed the key barriers and enablers to improving the adoption of plant-based diets.

On June 11, IDF Europe, APDP and the FFD held a webinar presenting the final results of the project.

EP event: "Closing the gender health gap"

On April 9, IDF Europe Regional Manager, Elisabeth Dupont, participated in the event hosted by MEP Radka Maxová at the EP – "Closing the Gender Health Gap: Shaping a European Health Sector which Leaves no Woman Behind".

During her presentation, she outlined the various ways in which hormones fluctuations can pose unique challenges to women living with diabetes in managing their condition, often adversely affecting their health outcomes and quality of life. She also stressed the importance of addressing the unmet medical needs of women living with diabetes and called for more research on diabetes in women and their increased representation in clinical trials.





Policy debate: “Investing in NCD prevention and control for better health in Europe”

On May 29, the [European Chronic Disease Alliance \(ECDA\)](#) launched a campaign calling for action and investment in NCD prevention and management. As part of the campaign, ECDA published the recording of a policy debate hosted by MEP Sara Cerdas, MEP Tilly Metz and MEP Sirpa Pietikäinen at the EP.



IDF Europe Advisor to the Board and Diabetes Advocate, Cajsa Lindberg, joined the debate and shared key insights on the importance of meaningfully engaging people living with NCDs in decision-making not only as patients, but also as experts on their lived condition.

Webinar on digital health technologies

On June 20, IDF Europe Director, Strategy & Policy, Sabine Dupont, moderated a panel discussion on digital health technologies for the support of self-management of chronic diseases, during the webinar organised by [Digital Health Uptake \(DHU\)](#).



During the webinar, she highlighted the complexity of diabetes management and how digital tools and technologies have the potential not only to improve quality of life and health outcomes for PwD but also to support healthcare systems’ resilience and sustainability.

IDF Europe symposium at EASD 2024

On September 21, IDF Europe held a [symposium on “Personalisation of Care”](#) during the [European Association for the Study of Diabetes \(EASD\)](#) 60th Annual Meeting.

The event brought together people living with T2D and T1D, HCPs from different specialties and a policymaker to explore what personalisation of care means for different stakeholders. The goal of the symposium was to gather different perspectives to define the key elements of personalised care and discuss key barriers to, and enablers of, care personalisation.



The event set the stage for deeper conversations on how to effectively identify and address the needs of PwD through innovative approaches and ultimately improve their health outcomes and quality of life.



IDF Europe symposium at the ISPAD 50th Annual Conference

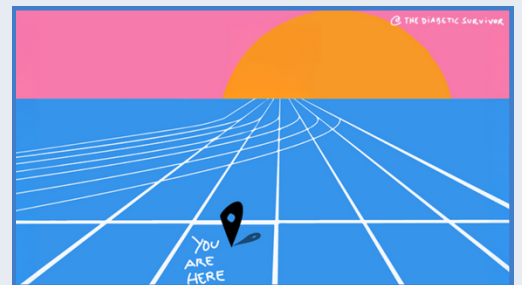
On October 16, IDF Europe Board Member, Prof. João Raposo participated in the symposium on “Inequalities in diabetes care: gaps and possible solutions” at the International [Society for Pediatric and Adolescent Diabetes \(ISPAD\)](#) 50th Annual Conference in Lisbon. He presented IDF Europe’s initiatives aimed at tackling inequalities in paediatric diabetes care and emphasised the importance of including the voice of young PwD in any decision that affects them.

Early Detection Policy Forum event on “Early detection for autoimmune T1D”

During the week of the 60th EASD Annual Meeting in Madrid, IDF Europe in collaboration with EUDF, the Spanish Diabetes Federation (Federación Española de Diabetes – FEDE), the Parliamentarians for Diabetes Global Network (PDGN) and Sanofi, organised an Early Detection Policy Forum titled “Going beyond what we can see – early detection for autoimmune T1D”.

The event brought together various stakeholders from the diabetes community to discuss how to join forces and drive innovation in the field of T1D detection.

Following the event, EUDF published an [article on Euractiv](#) calling for the EU to support action by Member States to advance early T1D diagnosis as well as timely access to innovative therapies for all those at risk of, and living with, T1D.



IDF Europe at the Brain Innovation Days 2024

On November 13–14, IDF Europe Communications & Project Coordinator, Jessica Nastos, participated in the [Brain Innovation Days](#) in Brussels. During the event, she joined a panel discussion on bridging brain and somatic health disorders, where she outlined the perspective of people with lived experience on the need to integrate brain and body care.



Bridging the gap: collaborative efforts on liver health, obesity and diabetes

On November 29–30, 2024, IDF Europe Regional Manager, Elisabeth Dupont and T2D advocates, Kostas Tagkalos and Sergio Paoletti, participated in a collaborative training event organised by the [European Liver Patients' Association \(ELPA\)](#) in Lisbon. As the result of a collaboration between ELPA, IDF Europe and the [European Coalition for People Living with Obesity \(ECPO\)](#), the meeting brought together people living with diabetes, liver disease, obesity as well as medical experts and advocacy leaders.





Parliament Magazine event: “Reshaping cardiometabolic health”

On December 11, 2024, IDF Europe Regional Manager, Elisabeth Dupont, joined the Parliament Magazine's working lunch on cardiometabolic health hosted by [MMD members](#), MEPs András Kulja and Vytenis Andriukaitis.

During the event, Elisabeth Dupont stressed that 50% of PwD do not meet their treatment targets, leaving them more exposed to complications. She called for early diagnosis, a less siloed approach to care and greater focus on comorbidities to support a healthier Europe.



EP event on the early detection of T1D

On December 12, 2024, IDF Europe Board Member, Prof. João Raposo participated in a EP event hosted by MEP De Meo and focused on the early detection of T1D. During the event, Prof. Raposo presented insights from the implementation of the [EDENTIFI project](#) in Portugal – an initiative which aims to advance our understanding, care and prevention of T1D in children.



IDF EUROPE CENTENARY OF INSULIN CAMPAIGN

IDF Europe Country Profiles

From 2021–2023, the Centenary of the Discovery of Insulin provided a great opportunity not only to celebrate the milestones achieved in the past 100 years and use this as a catalyst for new scientific breakthrough in the future, but also to raise awareness of the challenges which some people continue to face in accessing the diabetes medicines, supplies, technologies, care and education which they require to achieve the best possible health outcomes.

As part of the campaign, IDF Europe published [country profiles](#) presenting key facts about diabetes, with the purpose of raising awareness and enabling policymakers to make better decisions when it comes to diabetes care. In 2025, a compendium of all country profiles will be released, providing an overview of the status of access to diabetes prevention, management and care in Europe.





IDF EUROPE PLATFORMS OF PEOPLE LIVING WITH DIABETES

Critical to bolstering the resilience of healthcare systems and improving health outcomes and quality of life for PwD is to ensure that they are empowered to play a role not only in their daily diabetes care but at all stages of the journey from drug discovery/development of tools and devices through to their authorisation and reimbursement.

In 2023, we continued to develop our existing youth programmes, the [Youth Leadership Camps/Labs](#) and our [network of Youth Advocates, YOURAH](#), and our new [platform of people living with T2D and other types of diabetes](#).

Youth Platform

IDF Europe strongly values the essential role that young people play in raising awareness and advocating for the rights of PwD.

Our Youth Platform aims to:

- **Educate and nurture a new generation of youth advocates**
- **Support capacity building at a national and pan-regional level**
- **Strengthen the diabetes ecosystem by increasing connections across all diabetes stakeholders**



Youth Leadership Lab 2024

The [Youth Leadership Lab \(YLL\) 2024](#) was held in July 7-13 in Ub, Serbia. It was hosted by the [Serbian Association of Diabetes](#). The YLL welcomed 19 participants, four junior mentors and four senior mentors representing 18 countries.

The overarching theme of the YLL 2024 was “Strengthening the youth diabetes communities at local and national levels”. Participants were divided into four groups, each exploring a specific sub-theme related to this central topic: transgenerational collaboration, youth engagement and community building, future-proof youth communities and cross-border cooperation.

The near-peer mentoring approach

A key feature of the IDF Europe Youth Leadership Programme is the near-peer mentoring approach. In the context of the youth programme, YLL alumni are best placed to play this role as they can empathise with the stage of their life that the YLL participants are at, while still being able to recall the specific actions that helped them with their own development. In 2024, eight YLL alumni joined the programme as junior and senior mentors.





YOURAH Network

The [YOURAH Network](#) consists of alumni from the past 14 IDF Europe Youth Leadership Camps (YLC), now YLL. Their mission is to empower and unite the youth diabetes community by acting as leaders at local and national levels and engaging in advocacy initiatives, awareness campaigns and research projects.

On August 12, on the occasion of the International Youth Day, we unveiled the new YOURAH logo – a symbol reflecting the values of our network: empathy, action and togetherness. The new logo, developed by Marina Topor and her husband, Igor Pogorevici, serves as a reminder to listen to your heart, support others and drive positive change.



Alumni get-together: the YOURAH Forum

Each year, IDF Europe organises alumni get-together events for its YOURAH members – the YOURAH Forum. These events provide a platform for past YLL participants to reconnect, share their journeys and engage in shared advocacy efforts. In 2024, the YOURAH Forum took place in Brussels on November 7–9, with the theme “Raising the voice of the youth diabetes community at the European level”.

The event consisted of training sessions on advocacy and communication skills and a visit to the EP. During the event, participants designed an advocacy campaign targeted at European decision makers to accelerate action on diabetes which will complement IDF Europe’s policy and advocacy activities.



WHO Youth4Health Network

In 2023, WHO Europe launched the Youth4Health Network which serves as a platform for meaningful youth engagement in all areas of WHO/Europe’s work. IDF Europe is proud of being represented in this platform by one of our YOURAH Network’s young diabetes advocates, Linda Budde.



Type 2 diabetes Platform

One of IDF Europe’s priorities is to strengthen the voice of all PwD. To this effect, in 2022 IDF Europe launched a [platform of People living with T2D and other types of diabetes](#) in Europe, interested in representing the voice of PwD in advocacy initiatives as well as through participation in other projects, to complement YOURAH and the already active network of people living with T1D. The platform was further expanded in 2024 and its members continued engaging in numerous activities throughout the year.





T2D Platform Summit

On March 16–17, IDF Europe held a Summit in Brussels with the current members of the platform and other people living with T2D who are interested in joining the community. Some 35 people from all over Europe and all walks of life joined the event and showed great enthusiasm for the opportunity to engage and share their personal experience with people living with the same condition.

The [T2D Summit](#) was the first of its kind and generated inspiring and insightful discussions on the barriers to T2D engagement in advocacy, on the opportunities for creating synergies at national and European levels and on the skills necessary to become strong diabetes advocates.

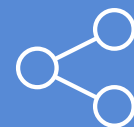
T2D online community platform

In August 2024, IDF Europe launched the online T2D community platform for members to connect with each other and share insights, knowledge and resources on diabetes and advocacy initiatives.

T2D platform activities

IDF Europe regularly organises webinars on key topics of interest for members of the T2D platform. Several members are also involved in various EU-funded projects and in the editorial board of some of IDF Europe's publications. They also have the opportunity to participate in diabetes-related events as speakers, providing insights based on their lived experience.



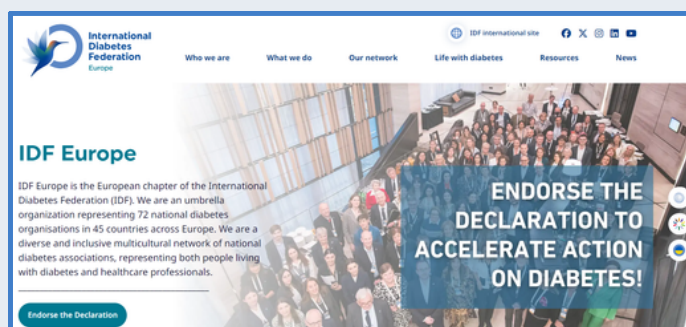


COMMUNICATION

Our legitimacy and ability to represent our members and the interest of the people they serve lie in the close collaboration, information and knowledge exchanges which we strive to foster. We believe that communication has a major role to play to support this collaboration and guarantee our joint impact on policy makers, the public opinion and the media. We disseminate our key messages around the burden of diabetes and the need for urgent action and foster discussion around possible actions and solutions through a host of channels and communication tools, such as the IDF Europe website, IDF Europe newsletters and social media platforms.

IDF Europe's website

IDF Europe uses its [website](#) to enhance its role as an effective online platform to communicate with members and engage with relevant stakeholders. A dedicated [Members' News Page](#) on the website gives more visibility to our members' news. All our Member Associations are invited to inform us of with information they wish to disseminate.

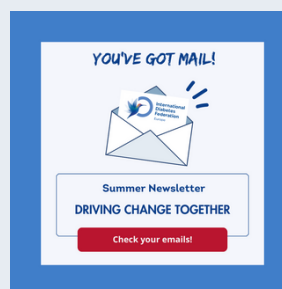


IDF Europe's newsletter

IDF Europe's [monthly newsletters](#) provide useful and inspiring information on our activities and those carried out by our Member Associations as well as health-related news from Europe.

The IDF Europe newsletter is sent each month to a list of over 1,200 subscribers. It is promoted on our social media channels and published on the IDF Europe website.

Each edition of the newsletter is opened by an editorial on various diabetes-related topics.



IDF Europe's podcast

In 2024, IDF Europe launched its very first [podcast](#) to explore important topics related to diabetes, from the personal experiences of those living with the condition and healthcare insights, to research, innovation and health policies across Europe.

The first episode was released in September 2024 and featured a conversation on personalisation of care between Prof. João Raposo, Medical Director at the Portuguese Diabetes Association (APDP), President of the Portuguese Society of Diabetology (SPD) and IDF Europe Board Member, and Erik Werson, member of our T2D Platform.

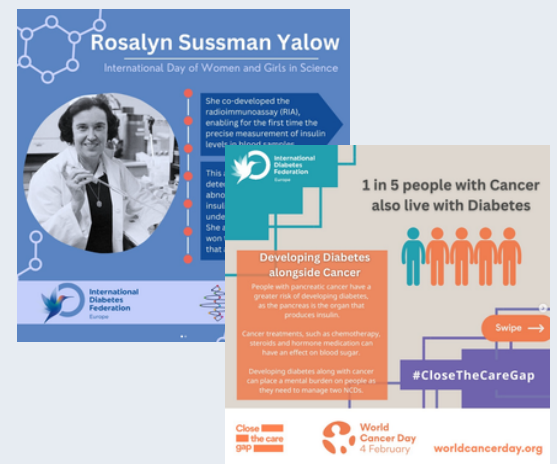
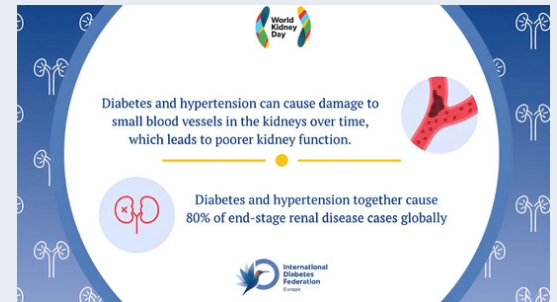




IDF Europe's initiatives on International Days

Some International Days are a great opportunity to communicate on diabetes and related challenges. In 2024, we placed a special focus several days and weeks, as shown below, amplifying key messages via our social media channels through a variety of activities such as interviews, videos, testimonials, and articles and other resources. Here are some examples:

- Leonard Thompson Day
- International Day of Education
- World Cancer Day
- International Day of Women and Girls in Science
- International Women's Day
- World Kidney Day
- World Health Day
- International Nurses Day
- EU Mental Health Week
- World Refugee Day
- World Humanitarian Day
- World Alzheimer's Day
- EU Week of Sports
- World Heart Day
- World Brain Day
- World Hepatitis Day
- World Humanitarian Day
- World Patient Safety Day
- Human Rights Day
- Universal Health Coverage Day
- International Migrants Day





IDF Europe welcomes the opportunity to take an active role in [research projects](#) that aims at improving PwD's health and quality of life through novel treatments and approaches in diabetes care, management and risk-reduction approaches. IDF Europe's role in these projects consists in ensuring that PwD's voice and needs are heard and met and that the project outcomes are broadly disseminated. We are currently involved in five research projects.

[ASSESS-DHT](#) aims to boost the adoption of trustworthy and effective Digital Health Technologies across Europe.

[DIGICARE4YOU](#) aims to improve the early prevention of T2D and hypertension with the support of digital tools.

[HEALTHY FOOD, HEALTHY PLANET](#) aims to explore the role of sustainable plant-based diets in the management of diabetes.

[ISLET](#) aims to innovate advanced cell therapy for the treatment of people living with T1D.

[MoveUp](#) aims to enhance the well-being and physical condition of adults living with chronic conditions, specifically T2D and hypertension.

[PRIME](#) aims to understand the insulin-dependent mechanisms that underlie both somatic conditions and brain disorders.

[RECOGNISED](#) aims to determine the usefulness of the retina to identify people living with T2D and cognitive impairment.

[SmartDiabetes](#) aims to establish a value-based model for diabetes management, integrating digital therapy, data-driven tools and sustainable procurement practice.

[SPORTS & DIABETES: DiaPS](#) aims to develop a digital platform for peer-support on managing diabetes during sport activities

[TRIALS@HOME](#) aims to explore the implementation of decentralised clinical trials to improve representativeness, effectiveness and efficiency.





ASSOCIATIONS AND ALLIANCES

Another key mode of advocacy action is our participation in various alliances, fora, roundtables and conferences with our partners. IDF Europe strongly believes that improving PwD's quality of life can only be achieved through effective, sustainable collaborations across a broad range of partners. We are increasing collaboration with all our partners through involvement in working groups to represent the voice of PwD and raise awareness on the seriousness of diabetes in health policies.

#dedoc



EU4Health Civil Society Alliance



EU Health Coalition



EU Health Policy Platform



European Chronic Disease Alliance



European Coalition for Vision



European Diabetes Forum



European Patients' Forum



European Public Health Alliance



Foundation of European Nurses in Diabetes



Health First Europe





INDUSTRY PARTNERS

IDF Europe's industry partnerships help us meet our strategic goals and deliver on our mission and vision to succeed in creating real and lasting impact for PwD. In 2020, IDF Europe introduced a tiered partnership scheme to offer more flexibility in the type of collaboration and the desired degree of engagement.

Grants from our Corporate Partners allow us to explore new and innovative ideas and deliver the work outlined in this report. We wish to express our sincere thanks to each one of our partners for their support. IDF Europe values these successful and sustainable partnerships and looks forward to continuing a sustained and open dialogue about expectations, shared values, challenges and solutions in the future.

Gold Strategic Partners



Silver Strategic Partners



Project Partners



Other Partners





IDF EUROPE'S REGIONAL COUNCIL AND TEAM MEETING

On October 12 and 13, IDF Europe held its annual TEAM ("Together Everyone Achieves More") meeting and Regional Council in Rome.

The TEAM meeting featured leading experts who delivered lectures on key topics for the diabetes community, including the [Joint Action on Cardiovascular Diseases and Diabetes \(JACARDI\)](#) initiative and the [WHO Global Targets on Diabetes](#). The event also consisted of interactive workshops and sessions focused on advancing the Global Diabetes Targets at the national level, enhancing therapeutic education for PwD and amplifying the voice of the T2D community. Several IDF Europe members contributed to the sessions with insightful case studies, highlighting best practices and achievements from their respective countries.

At the Regional Council, the IDF Europe Board and Team reviewed the organisation's 2024 activities and outlined priority projects and programmes for 2025. We also discussed financial matters and proposed statutory changes. A key resulting change to our status will be a youth representative position in the IDF Europe Board of Directors, reflecting the strong engagement of the youth voice in IDF Europe's strategy.



During the TEAM Meeting, IDF Europe Board Member, Stella de Sabata, unveiled a special gift for our community ahead of World Diabetes Day: "Readings on Diabetes." This engaging resource, featuring a collection of stories and a rich iconography archive, chronicles major milestones in the understanding, detection, prevention and treatment of diabetes, spanning from 1500 BC to the late 20th century. As a special gift, the e-book was shared with all TEAM Meeting participants on a USB stick.



"Readings on Diabetes" was developed by Angelo Argenteri, Full Professor Emeritus, Vascular Surgery, University of Pavia, Maria Stella de Sabata, IDF Europe Board Member, and Andrea Ascoli Marchetti, Associate Professor, Vascular Surgery, University of Rome, Tor Vergata. The resource will be made available to the general public in 2025.



IDF EUROPE BOARD 2024



Prof. Nebojša M. Lalić
Regional Chair
Serbia



Prof. Tadej Battelino
Regional Chair-Elect
Slovenia



Ms Stella de Sabata
Board Secretary
Switzerland



Ms Bogdana Gratton
Board Treasurer
Slovenia



Prof. Leszek
Czubryniak
Board Member
Poland



Ms Elena
Frattolin
Board Member
Italy



Dr Sufyan
Hussain
Board Member
United Kingdom



Dr Konstantinos
Makrilakis
Board Member
Greece



Dr Tatjana
Milenkovic
Board Member
North Macedonia



Prof. João Filipe
Raposo
Board Member
Portugal



Ms Maya
Victorova
Board Member
Bulgaria



IDF EUROPE REGIONAL OFFICE 2024



Elisabeth Dupont
Regional Manager



Sabine Dupont
**Director, Strategy
& Policy**



Mia Bajramagic
**Project
Coordinator**
(Until August 2024)



Martina Boccardo
**Strategic
Communications &
Content Coordinator**



Linda Budde
Policy Intern
*(Since November
2024)*



Anna Fileppo
**Admin & Events
Assistant**
(Since June 2024)



Adam Gyurcsik
**Youth
Coordinator**



Cameron Keighron
**Project
Coordinator**
(Since August 2024)



Jessica Nastos
**Project &
Communication
Coordinator**



Maxence Prizzi
**Junior Policy &
Advocacy
Officer**



Izabell Thunström
**Project & Policy
Coordinator**