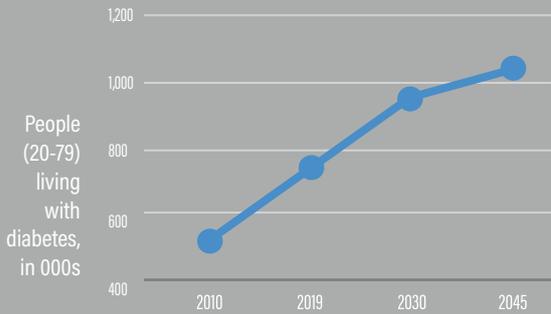




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed 43.0% (316,100 people)

Children & adolescents with T1D (0-19y) 931

Diabetes prevalence

6.2%



Diabetes-related deaths 9,357.5



Total expenditure €499.9 million

In Kazakhstan, diabetes care is free of charge and people have access to the latest diabetes medicines and all types of insulin. Insulin is free but diabetes medicines other than metformin and sulfonylureas have to be paid out of pocket.

The access to newer diabetes devices, such as CGMs and pumps, however, is limited. CGMs are not available and only children with Type 1 Diabetes up to the age of 18 have access to insulin pumps. Glucose meters are available free of charge only for people with T1D. A limited number of test strips is reimbursed.

Screening of diabetes-related complications is not done on a routine basis. Glucagon is only available for children and the supply is very irregular. Statins are the only cardiovascular medicines available at the point of delivery. They are fully reimbursed.

The national diabetes registry is currently not updated and does not provide a comprehensive overview of the diabetes situation in Kazakhstan.

Remote healthcare delivery was available during the COVID-19 pandemic but it is unlikely that remote consultations will remain an option after the crisis. Education should be made the number one priority for GPs and epidemiologists as well as for people living with diabetes.

Note: the data of the Ministry of Health of the Republic of Kazakhstan differ from those of the Atlas. As of 01.01.2021, 386,046 people with diabetes mellitus (T1D and T2D – Adults and children) were registered in the country, which represents 2.04% of the country's population.

Source: IDF Diabetes Atlas 9th edition 2019

## DIABETES PREVENTION & MANAGEMENT

● YES ● WITH VARIATIONS ● NO

### HEALTHY LIVING POLICIES



Obesity/overweight



Healthy food & diet



Physical activity



Smoking



Regulations for healthy diets

### PREVENTION OF COMPLICATIONS



Eye screening



CVD



Kidney disease



Diabetes foot



Gestational diabetes

### EDUCATION



At or around the time of diagnosis



Throughout the life course



Integrated peer-to-peer support

Is there a programme to follow mothers with gestational diabetes after the birth of the baby?

NO

NATIONAL PLAN ?

Under development

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

MONITORING FRAMEWORK ?

No

GOVERNMENT ENGAGEMENT WITH PwD ?

Yes

# ACCESS TO CARE, TECHNOLOGIES, MEDICINES AND SUPPLIES



Is INSULIN available at the point of delivery ?

- Always
- Most of the time
- Sometimes
- Not often
- Never



Is available INSULIN free of charge ?

- For all PwD
- For all T1D only
- For children only
- Other



Children

- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting



Adults

- 
- 
- 
- 
- 



- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting

## APPS



Do apps get recommended by the health system/HCPs to manage/prevent diabetes ?	NO
When they are recommended, are these apps fully reimbursed?	NO

## SUPPLIES/TECHNOLOGIES

Free of charge for all

Syringes & needles

Insulin pens

Free of charge for T1D

Blood glucose meters

Test strips

Free of charge for children only

Insulin pumps

Not available

Connected/smart pens

Automated delivery syst.

Flash glucose monitors

CGMs\*

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY ?

- Always
- Most of the time
- Sometimes
- Not often
- Never

\* Continuous glucose monitors

COMMENTS :

## PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE ?

Available but hard to access



AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

## GLUCAGON - METFORMIN/SULFONYLUREAS



## OTHER DIABETES MEDICINES



## CARDIOVASCULAR MEDICINES



Free of charge

## HEALTH SYSTEMS



● YES ● NO

- Are diabetes specialist nurses (DSNs) available ?
- Do nurses play a role in diabetes prevention ?
- Are nurses allowed to prescribe medicines ?

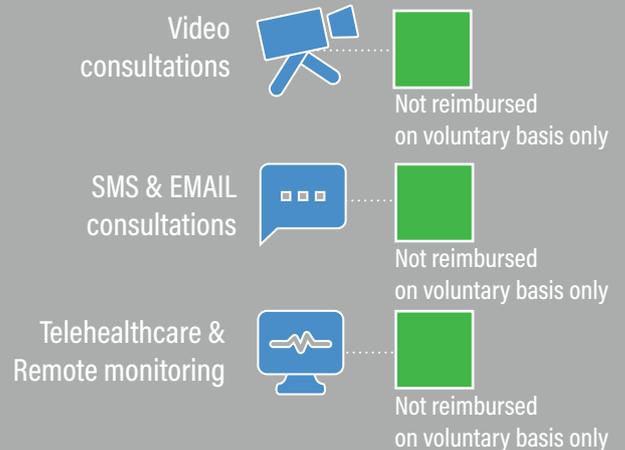
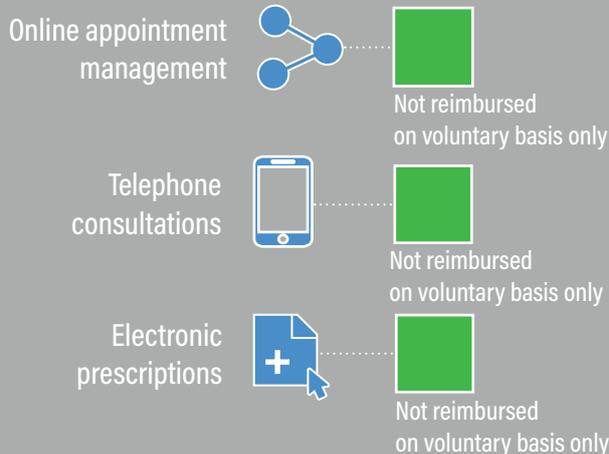
Do nurses play a role in the diabetes management of ?

- Adults & children with T1D
- People with T2D
- Women with GDM

## HOW WIDESPREAD IS THE USE OF E-HEALTH

AVAILABLE FOR ALL PEOPLE LIVING WITH DIABETES ? ● YES ● NO

AVAILABLE AT THE SAME COST AS TRADITIONAL OPTIONS ? ▲ YES ■ NO



## ELECTRONIC HEALTH RECORDS ?

● YES ● NO

## WORKING DIABETES REGISTER ?

● YES ● NO

