



# The burden of diabetes

**1 in 11** European adults live with diabetes

**61 million in 2021**  
projected to rise to  
**67 million in 2030**

**1/3**  
Undiagnosed



## Health burden

- Diabetes reduces life expectancy by up to 10 years
- Diabetes is the leading cause of blindness, lower limb amputation and kidney disease
- PwD are two to three times more likely to have CVD



## Financial burden

- Diabetes-related health expenditure in the Europe region was €167.5bn in 2021, of which 75% resulted from often-preventable complications
- PwD account for the third largest number of potentially avoidable hospital bed days spent in Europe among chronic diseases



## Psychological burden

- Depression is two to three times more common in PwD than the general population
- Diabetes requires lifelong, 24/7, self-management

# Tackling the burden of diabetes

**PRIMARY PREVENTION OF  
TYPE 2 DIABETES**

**SCREENING AND EARLY  
ACTION**

**IMPROVED DIABETES MANAGEMENT  
– SECONDARY PREVENTION**

**INTEGRATED, PATIENT-CENTRED CARE  
MODELS AND VALUE-BASED CARE**

**REDUCING HEALTH  
OUTCOMES INEQUALITIES**

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T2D accounts for about **90%** of all diabetes cases in the EU.

**36%** of PwD in Europe are **undiagnosed**.

Undiagnosed diabetes leads to **costly complications**.

The risk of developing T2D can be lowered and disease progression can be delayed through **early interventions**.



National diabetes prevention plans /observatories



Raise awareness and tackle stigma and discrimination

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**Delays** in diagnosis and effective treatment of PwD can lead to **severe complications**.

**Screening** of at-risk population and **immediate action** can reduce the number of undiagnosed people/lower the risk of complications.



Improve data collection  
and analysis



Improve  
targeted  
screening

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Appropriate **glycaemic control** and **management**  
can prevent/delay diabetes complications.

Diabetes-related complications account for the  
majority of **diabetes health expenditure**.



Provide adequate access to lifestyle interventions,  
medicines, technologies and care



Strengthen primary care



Ensure patient empowerment and improve  
self-management, health and digital literacy

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The **complexity** of diabetes and its many **comorbidities** requires patient-centred care models to improve the **patient's experience, health outcomes, quality of life** and reduce the underuse and overuse of medical services.



Review and re-design of national models of care, ensuring integrated, multi-disciplinary action



Ensure that care is centred around the patient



Implement patient registries and electronic health records & integrate Patient-Reported Outcome Measures (PROMs) and Patient-Reported Experience Measures (PREMs)



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Inequalities in access to care, medicines, technologies and education across Europe lead to significant **inequalities in health outcomes** for European citizens.



Implement a holistic and structured frame of action addressing the socio-economic determinants of health



Set up an EU-wide common digitalisation/data framework including transparency in medicines procurement



Use population-level data to ensure care and support for people with the greatest need



# Improving the delivery of high-quality care and health outcomes for PwD through INNOVATION

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