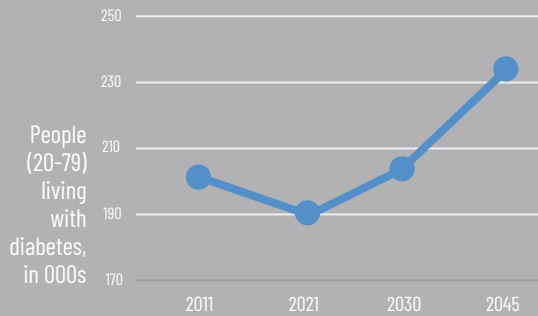




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
33.5% (63,900 people)

Children & adolescents with T1D (0-19y)
3,821

Diabetes prevalence

4.8%



Diabetes-related deaths 2,788.0



Total expenditure €9386.5 (per person)

In Norway, all types of insulin as well as devices and technologies for blood glucose monitoring and insulin administration are available for people living with diabetes (PwD) and they are free of charge for children. Adults living with diabetes need to pay an annual deductible of kr3040 (approximately €265 in 2023) before having access to most diabetes medicines, supplies and technologies free of charge.

Healthy living policies are in place. They include regulations to prevent marketing of unhealthy foods and beverages to children. However, there are no taxes on sugar sweetened beverages nor strong sanctions to ensure compliance with the regulations.

Screening for the prevention of diabetes-related complications is available but varies across the country, and there is no programme to follow mothers with gestational diabetes after the birth of the baby.

All PwD are entitled to receive self-management education through group-based courses. However, access to education varies greatly across the country and a high number of PwD are not referred to the courses.

Psychological support is included as part of diabetes care in hospitals, but may not always be available. Nurses play a role in the prevention of diabetes and in the management of both people living with type 1 diabetes (T1D) and women with gestational diabetes.

Norway has a national diabetes register for T1D and T2D above 18 years of age which is, however, incomplete. The full implementation of electronic health records, ehealth and remote monitoring is currently under development.

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?

Stand alone
Not implemented

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

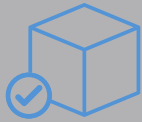
MONITORING FRAMEWORK?

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

PwD above 16 years of age need to pay an annual deductible of kr3040 (approximately €265 in 2023) before having access to insulin free of charge.

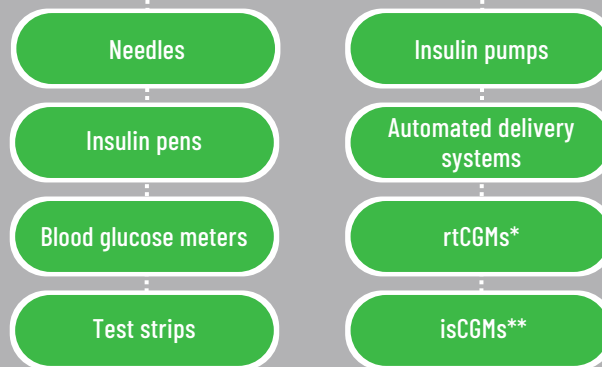
APPS



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 children and partially reimbursed for T1D and T2D above 16 years of age (1;2)



(1) PwD above 16 years of age need to pay an annual deductible of kr3040 (approximately €265 in 2023) before having access to supplies and technologies free of charge.

(2) Only a limited number of people with T2D who are treated by specialists have access to CGMs.

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

*real-time continuous glucose monitors.
**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Psychological support is included as part of diabetes care in hospitals, but may not always be available.

When available, psychological support is free of charge for PwD under the age of 18.



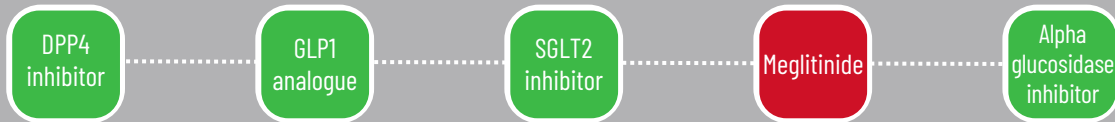
AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

GLUCAGON - METFORMIN/SULFONYLUREAS



PwD above 16 years of age need to pay an annual deductible of kr3040 (approximately €265 in 2023) before having access to glucagon, metformin and sulfonyleureas free of charge.

OTHER DIABETES MEDICINES



PwD above 16 years of age need to pay an annual deductible of kr3040 (approximately €265 in 2023) before having access to diabetes medicines free of charge.

CARDIOVASCULAR MEDICINES



PwD above 16 years of age need to pay an annual deductible of kr3040 (approximately €265 in 2023) before having access to cardiovascular medicines free of charge.

HEALTH SYSTEMS

● YES ● NO

- Are diabetes specialist nurses (DSNs) available?
- Do nurses play a role in diabetes prevention?
- Is there a special academic training required to become a specialist diabetes nurse?
- Are nurses allowed to prescribe medicines?

Do nurses play a role in the diabetes management of?

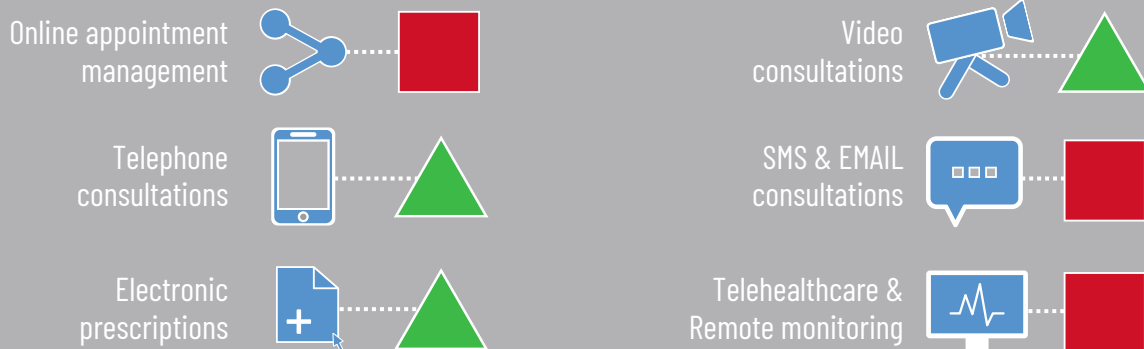
- Adults & children with T1D
- People with T2D
- Women with GDM

- Do people living with diabetes have access to specialist diabetes educators?

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, for T1D and T2D above 18 years of age

