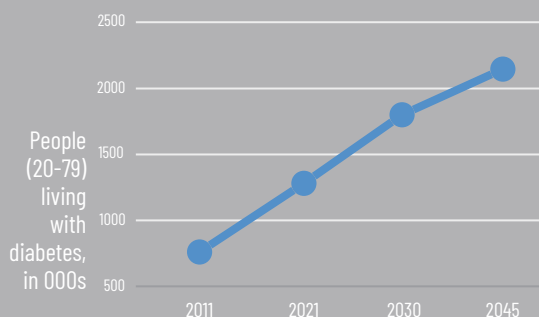




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
74% (1,000,000 people)

Children & adolescents with T1D (0-19y)  
2,811

Diabetes prevalence



Diabetes-related deaths 16,670.3

6.3%



Total expenditure €172.6 (per person)

In Uzbekistan, short-acting insulin is available free of charge for all people living with diabetes (PwD) on insulin therapy. Availability of other types of insulin and diabetes medicines as well as supplies and technologies for blood glucose monitoring and insulin delivery varies based on a number of factors, including diabetes type, age, location, cost, etc.

Syringes, needles, insulin pens, blood glucose meters and insulin pumps are free of charge for people living with type 1 diabetes (T1D) below the age of 25 and some people living with type 2 diabetes (T2D) but they are not always available at the point of delivery. Newer technologies such as continuous glucose monitors (CGMs) and automated insulin delivery systems are not yet available in the country.

Screening for diabetes-related complications is scheduled on a biennial basis but its provision varies by region and it is not carried out consistently due to lack of resources and shortages of healthcare professionals.

In order to tackle the high number of undiagnosed PwD and reduce the risk of developing diabetes-related complications, local diabetes associations are very active and organise numerous initiatives providing, for example, consultative and diagnostic assistance to PwD from low-income families and/or living in rural areas.

Diabetes education is provided to PwD at the time of diagnosis and throughout the life course in some specialised centres which are, however, not available everywhere across the country, particularly in rural areas.

A diabetes registry is in place in the country, covering about 80% of all diabetes cases.

## 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 Fully implemented

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

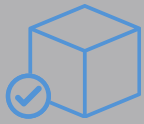
MONITORING FRAMEWORK?

Yes

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 PwD < 25 y/o
- Other



PwD < 25 y/o

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



PwD > 25 y/o



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

\*Free of charge for some categories of people living with T2D

## APPS



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

## SUPPLIES & TECHNOLOGIES

Free of charge for people with T1D < 25 y/o

- Syringes & Needles (1)
- Insulin pens
- Blood glucose meters (2)
- Test strips
- Insulin pumps

Not reimbursed

- Connected/smart pens
- Automated delivery systems
- rtCGMs\*
- isCGMs\*\*

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

(1) Free of charge for some T2D on insulin treatment.  
 (2) Free of charge for PwD during pregnancy.

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

## PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Hard to access

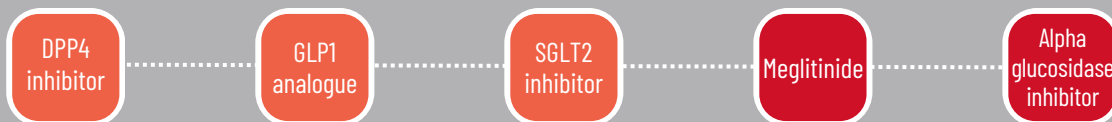


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

## GLUCAGON - METFORMIN/SULFONYLUREAS

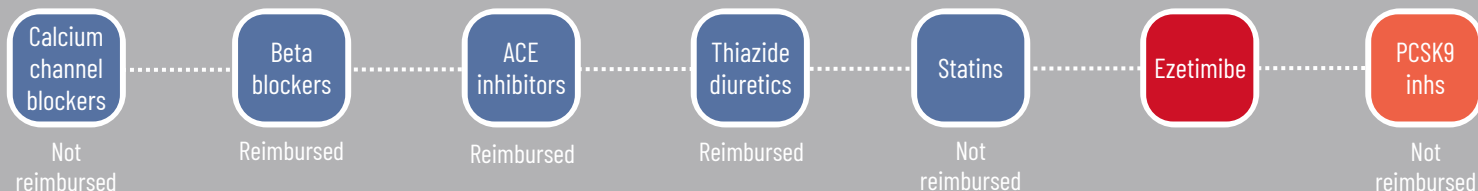


## OTHER DIABETES MEDICINES



Occasionally reimbursed through donations

## CARDIOVASCULAR MEDICINES



## 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?

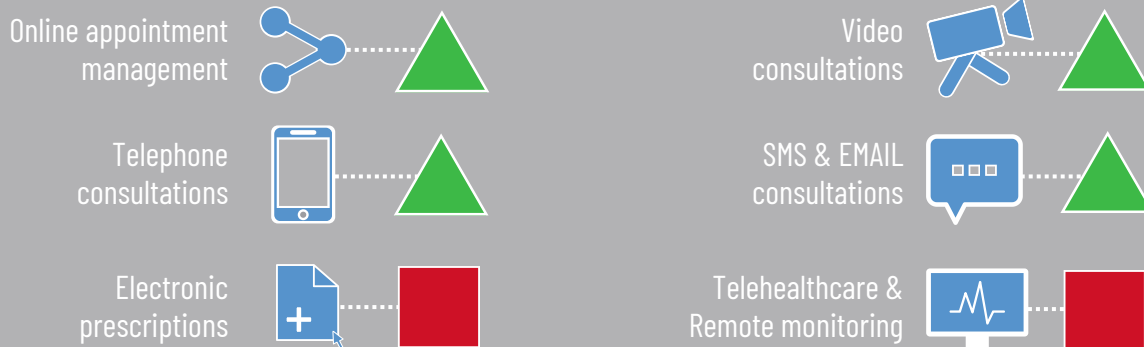
- Adults & children with T1D
- People with T2D
- Women with GDM

- 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