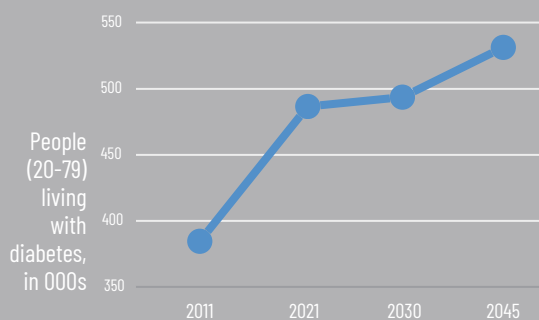




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
33.5% (166,300 people)

Children & adolescents with T1D (0-19y)  
9,167

Diabetes prevalence



Diabetes-related deaths 11,623

6.8%



Total expenditure €6451.3 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Sweden, all types of insulin as well as devices and technologies for blood glucose monitoring and insulin administration are available for free for people living with diabetes (PwD) according to national guidelines. All adults in Sweden are required to contribute to the cost of their outpatient care and other prescriptions, to a maximum of SEK1,400 and SEK2,850 respectively, after which all consultations and medicines are available free of charge. They are also entitled to the reimbursement of their travel expenses for medical appointments after the contribution of a maximum of about SEK1,750 per year which varies by region. Diabetes care and prescriptions are free of charge for children and adolescents under the age of 18.

Healthy living policies are in place with the exception of regulations for healthy diets such as taxes on sugar sweetened beverages. Except for eye screening, which is available everywhere in the country, screening for other diabetes-related complications varies across Sweden.

Psychological support is available to PwD at the same cost as other types of care. Diabetes specialist nurses play a role in diabetes prevention and in the management of people living with all types of diabetes, but they are not allowed to prescribe medications.

Sweden has a national diabetes register for all PwD and fully implemented electronic records. The use of e-health is available for online appointment management, video/telephone/SMS/email consultations, electronic prescriptions and remote monitoring.

## 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?  
Yes, everywhere in the country

NATIONAL PLAN?

NO

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 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 PwD

Syringes & Needles

Insulin pumps

Insulin pens

Automated delivery systems

Blood glucose meters

rtCGMs\*

Test strips

isCGMs\*\*

\*real-time continuous glucose monitors.

\*\*intermittently scanned continuous glucose monitors.

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

## PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Psychological support is available and free after people have contributed with a maximum of SEK1,400 per year to the cost of their outpatient care



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

## GLUCAGON - METFORMIN/SULFONYLUREAS



## OTHER DIABETES MEDICINES



Free of charge after people have contributed with a maximum of SEK2,850 per year to the cost of their prescription medications

## CARDIOVASCULAR MEDICINES



Free of charge after people have contributed with a maximum of SEK2,850 per year to the cost of their prescription medications

## 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?

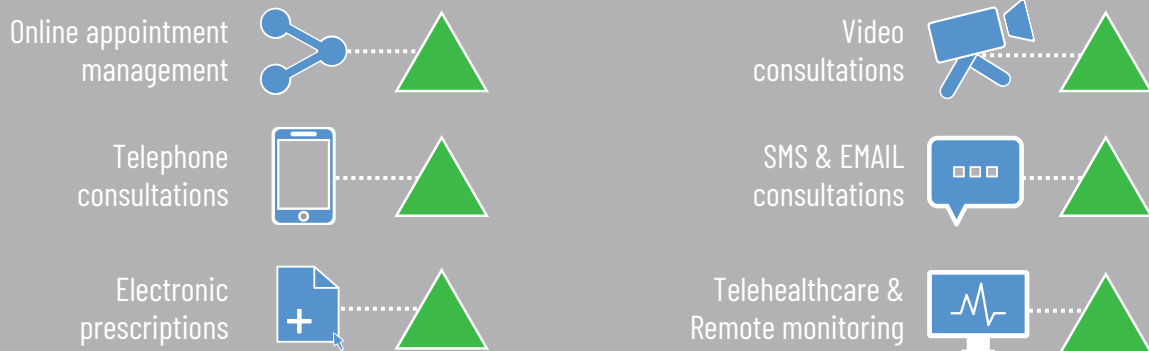
- Adults & children with T1D
- People with T2D
- Women with GDM

Diabetes education is provided by DSNs and/or diabetologists

## 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 all PwD

