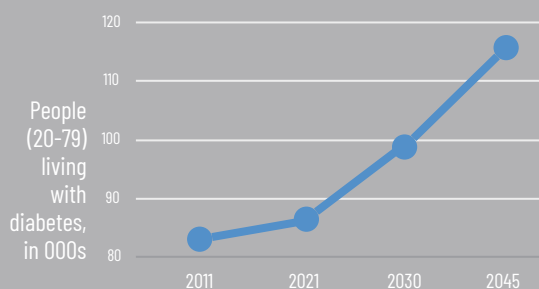




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
36.6% (32,000 people)

Children & adolescents with T1D (0-19y)  
390

Diabetes prevalence

9.7%



Diabetes-related deaths 1,101



Total expenditure €2161 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

According national estimates, in 2023, the number of adults living with diabetes (20-79 y/o) stood at 52,067 and the number of children and adolescents with T1D was 377.

In Cyprus, all types of insulin and other diabetes medicines are available with the exception of Meglitinide and Alpha Glucosidase Inhibitors. They are generally free of charge or subject to a very small co-payment on the part of people living with diabetes (PwD).

Syringes, needles, insulin pens, test strips and blood glucose meters are fully reimbursed for all PwD, while insulin pumps and real-time continuous glucose monitors (rtCGMs) are only reimbursed for people living with Type 1 Diabetes (T1D).

Cyprus has a diabetes register which is, however, incomplete due to strict privacy and data protection frameworks as well as the fact that the participation of private providers is not mandatory.

Some healthy living policies regarding, for example, tobacco consumption, are in place but they lack effectiveness.

Diabetes education is provided primarily at the time of diagnosis. There is no structured diabetes education programme to follow PwD, their carers and families throughout the life course.

There is a special academic training for specialist diabetes nurses, who play a role in prevention of diabetes as well as in the management of all people living with the condition. However, they cannot prescribe diabetes medicines.

E-health is limited to the use of electronic health records and prescriptions and, sometimes, telephone consultations.

## 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, but it varies across the country

NATIONAL PLAN?

Partly integrated and partly implemented

PREVENTION & MANAGEMENT GUIDELINES

International guidelines

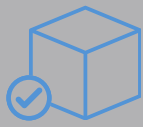
MONITORING FRAMEWORK?

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



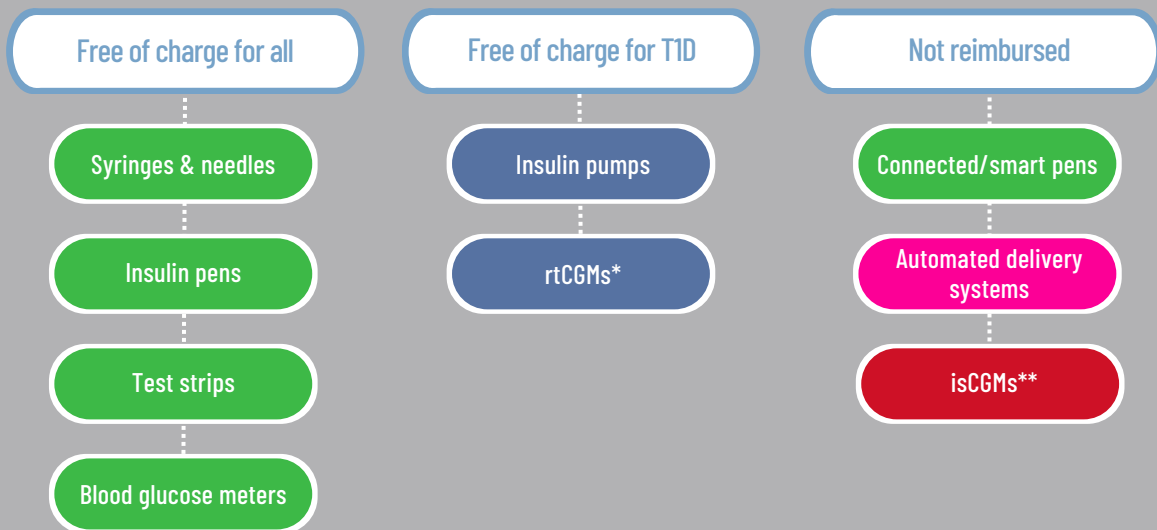
- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting

## APPS



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

## SUPPLIES & TECHNOLOGIES



\*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?

Available at a cost and hard to access

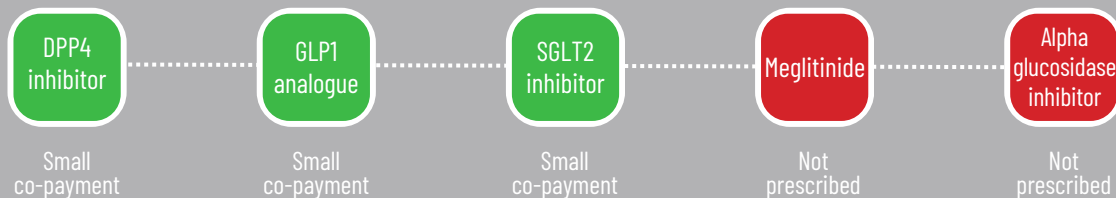


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

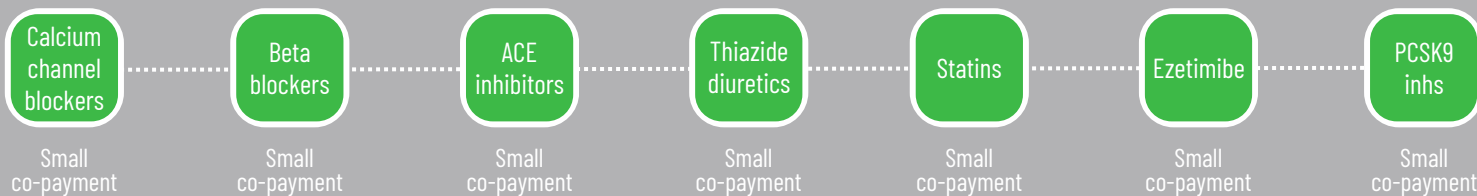
## GLUCAGON - METFORMIN/SULFONYLUREAS



## OTHER DIABETES MEDICINES



## CARDIOVASCULAR MEDICINES



## 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

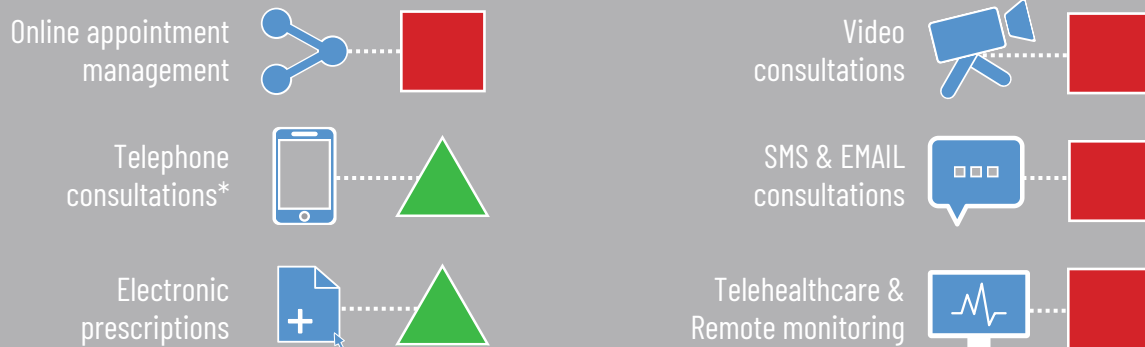
- Do people living with diabetes have access to specialist diabetes educators?

## HOW WIDESPREAD IS THE USE OF E-HEALTH?

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

\*Sometimes available

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



## ELECTRONIC HEALTH RECORDS?

● YES ● NO

## WORKING DIABETES REGISTER?

Incomplete and under development

