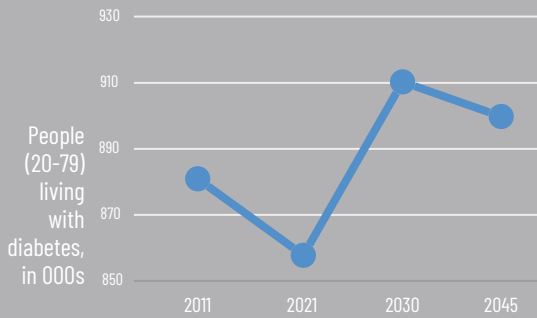


# AN OVERVIEW OF DIABETES CARE

## The Netherlands

### DIABETES PREVALENCE



Of which, undiagnosed 33.5% (287,100 people)

Children & adolescents with T1D (0-19y) 6,393

Diabetes prevalence



Diabetes-related deaths 21,213

6.8%



Total expenditure €5418 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In the Netherlands, all adults are required to take out standard health insurance and pay a monthly premium, along with a yearly compulsory deductible of €385, before gaining access to standard healthcare services, free of charge.

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) with reimbursement varying based on their treatment and indication.

Healthy living policies are in place, including regulations targeting healthy diets such as a tax on sugar sweetened beverages which was increased as of January 1, 2024, following the government's commitment, in 2022, to strengthen regulations aimed at restricting the marketing of unhealthy food to children. Screening for all diabetes-related complications is available everywhere in the country.

Diabetes education is provided at the time of diagnosis and throughout the life course primarily by diabetes specialist nurses (DSNs). While peer support is not integrated in the education provided, it is sometimes available through diabetes associations in the country.

DSNs are required to obtain a non-academic qualification at a University of Applied Sciences. They are involved in the management of all PwD and, since 2014, they have also been allowed to prescribe diabetes medicines.

The country has a fully implemented electronic health records and a diabetes register for PwD who are treated at outpatient clinics in hospitals. However, the register does not include people with gestational diabetes or those exclusively treated by general practitioners.

### 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?

Stand alone Fully implemented

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

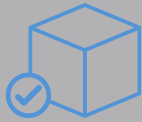
MONITORING FRAMEWORK?

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 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

\*The reimbursement of ultra-rapid analog insulin requires a specific "Medical Need" prescription which is partly or fully reimbursed by one's health insurer depending on their insurance policy for the product.

## 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 children

Automated delivery systems (1)

rtCGMs\* (1)

Free of charge for all T1D and T2D on insulin treatment

Syringes & Needles

Insulin pens

Blood glucose meters

Test strips

isCGMs\*\* (2)

Insulin pumps (3)

Not reimbursed

Connected smart pens

(1) Also free of charge for:

- Adults with T1D with blood glucose levels >64 mmol/mol
- Adults with T1D who started using CGMs before the age of 18
- Pregnant people with existing T1D or T2D
- People with T1D or T2D who wish to become pregnant
- People with hypoglycaemia unawareness

(2) isCGMs:

- People with T2D on intensive insulin treatment
- Pregnant people with existing T2D on insulin treatment
- People with T2D who wish to become pregnant

(3) Insulin pumps:

- People with T2D on intensive insulin treatment

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?

Available and easily accessible

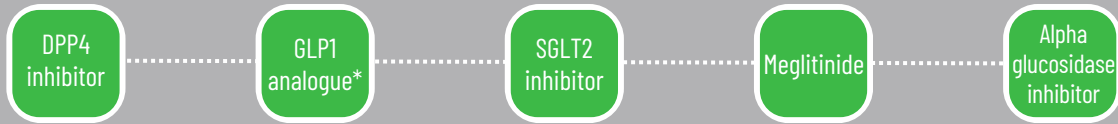


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

## GLUCAGON - METFORMIN/SULFONYLUREAS



## OTHER DIABETES MEDICINES



\*Reimbursement for T2D with certain indications

Fully reimbursed after people have paid their annual compulsory deductible to their health insurer

## CARDIOVASCULAR MEDICINES



Fully reimbursed after people have paid their annual compulsory deductible to their health insurer

## HEALTH SYSTEMS



● YES ● NO

\*A non-academic DSN qualification can be obtained at a University of Applied Sciences

- 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

Online appointment management ● ▲

Video consultations ● ▲

Telephone consultations ● ▲

SMS & EMAIL consultations ● ▲

Electronic prescriptions ● ▲

Telehealthcare & Remote monitoring ● ▲

## ELECTRONIC HEALTH RECORDS?

● YES ● NO



## WORKING DIABETES REGISTER?

Yes, for PwD treated at outpatient clinics in hospitals