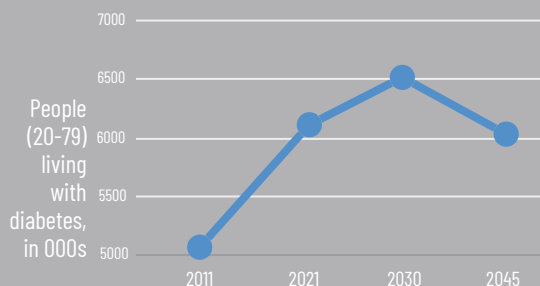




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed 21.7% (1,345.4 people)

Children & adolescents with T1D (0-19y) 35,144

Diabetes prevalence

10%



Diabetes-related deaths 151,463



Total expenditure €5599 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

According to national estimates, in 2023 the number of people living with T2D in Germany stood at 8.9 million, and the number of children/adolescents and adults living with T1D stood at 32,000 and 340,000 respectively.

In Germany, all types of insulin and other diabetes medicines are available and subject to a €5-10 co-payment. Supplies and technologies for blood glucose monitoring and insulin administration are available and subject to the same co-payment, except for test strips which are entirely free of charge.

Syringes, needles, test strips, insulin pens, blood glucose meters and intermittently-scanned continuous glucose monitors (isCGM) are reimbursed for all people living with diabetes (PwD), while real-time continuous glucose monitors (rtCGMs), insulin pumps and automated delivery systems are only reimbursed for people living with Type 1 diabetes (T1D).

There is no national diabetes plan. However, the Federal Ministry of Health commissioned the Robert Koch Institute, a federal government agency and research institute responsible for disease control and prevention, to develop a diabetes surveillance system which is currently in place.

Healthy living policies are in place with the exception of regulations targeting healthy diets. Screening for all diabetes-related complications and a programme to follow people with gestational diabetes after the birth of their baby are available everywhere in the country.

Diabetes education is provided at the time of diagnosis and throughout the life course. Psychological support is available and fully reimbursed but hard to access due to long waiting lists.

The country does not have a comprehensive diabetes register. However, data on PwD under 25 years of age is collected as part of the *Diabetes Patienten Verlaufsdokumentation* (DPV) initiative. The use of electronic health records, electronic prescriptions and other e-health services is widespread in the country.

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 people with gestational diabetes after the birth of the baby?
Yes, everywhere in the country

NATIONAL PLAN?

No

PREVENTION & MANAGEMENT GUIDELINES

National and international guidelines

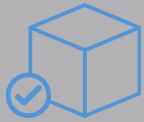
MONITORING FRAMEWORK?

Yes

GOVERNMENT ENGAGEMENT WITH PwD?

No

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?	YES
When they are recommended, are these apps fully reimbursed?	YES

SUPPLIES & TECHNOLOGIES

Free of charge for all PwD (1)

Syringes & Needles

Connected smart pens

Test strips

Blood glucose meters

Insulin pens

isCGMs**

Free of charge for T1D (1)

rtCGMs*

Insulin pumps

Automated delivery systems

(1) Except for test strips, which are entirely free of charge, PwD are required to contribute 10% of the cost of their prescription medicines and devices, up to €5-10. Reimbursement varies depending on their health insurance provider.

*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 and fully reimbursed but hard to access due to long waiting lists

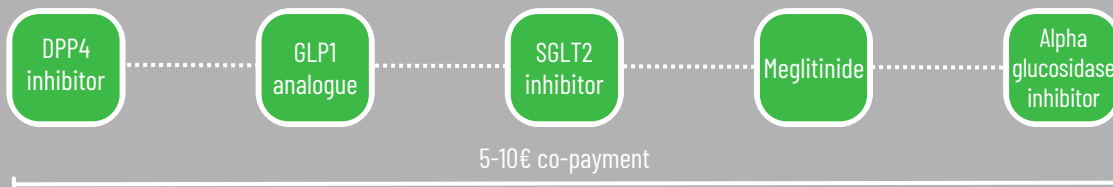


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

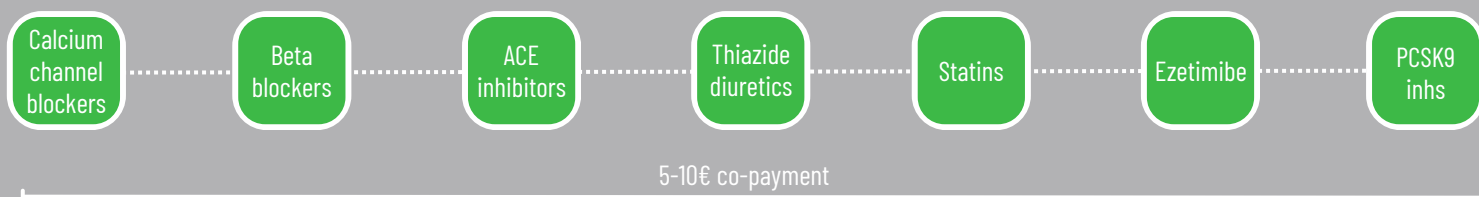
GLUCAGON - METFORMIN/SULFONYLUREAS



OTHER DIABETES MEDICINES



CARDIOVASCULAR MEDICINES



HEALTH SYSTEMS

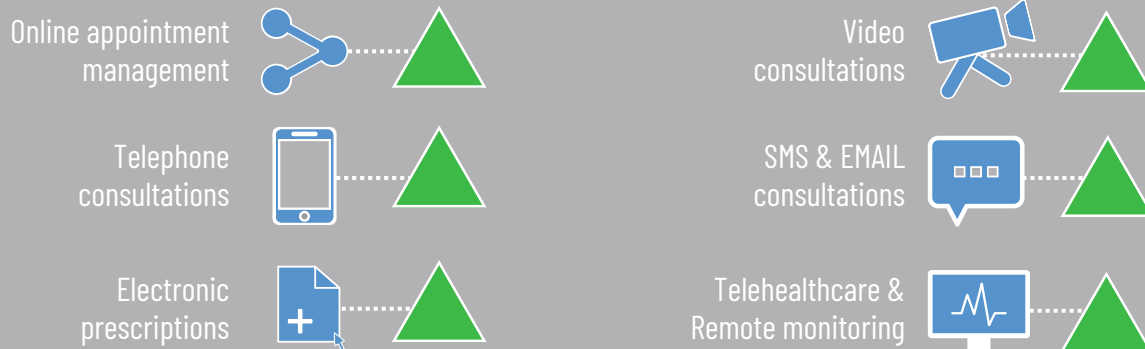
● YES ● NO

- 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

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



ELECTRONIC HEALTH RECORDS?

● YES ● NO



WORKING DIABETES REGISTER?

DPV Register for PwD <25 y/o

