



# Global Advocacy Diabetes

The newsletter of the Parliamentary Diabetes Global Network  
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**Inside this issue:** , Asia News, More support for community pharmacy, PDGN People, and as usual lots of advocacy tips and ideas.

## High costs of insulin still creating headlines

The rising cost of insulins has been well documented in the US where there are more than 30 million Americans with diabetes, a disease that costs the U.S. more than \$327 billion per year. For people living with diabetes, including all individuals with Type 1 diabetes, access to insulin is literally a matter of life and death.

(The average list price of insulin has skyrocketed in recent years, nearly tripling between 2002 and 201.)

The reasons for the increased costs are due in part to the complexity of drug pricing in general and of insulin pricing in particular. As the price of insulin continues to rise, individuals with diabetes are often forced to choose between purchasing their medications or paying for other necessities, exposing them to serious short- and long-term health

consequences.

It is not the USA alone that is affected, although the plight of certain groups within the US has been well documented with Black, Hispanic and Asian adults much more likely to have diabetes than white adults – and they're less likely to be insured.

diabetes should be able to buy insulin for less than \$100 (£75) per year. However, the cost in the UK is \$532 per person per year, and in the US \$1,251. Although these costs are not met by patients they do fall on taxpayers.

**Advocacy Action:** Are patients and your health care system paying a fair price for insulin? Ask your health ministry how much insulin prices have risen over the past three years? Talk to your national diabetes patient organisation to see how working with them can raise this

issue and put pressure on to reduce taxpayer and patient costs? Can you use the rising cost to increase pressure for more emphasis on prevention of Type 2 and early diagnosis of all forms of diabetes? In some States in the US campaigners have persuaded State politicians to back price caps on insulin, is that in your legislative power?



<https://www.theguardian.com/us-news/datablog/2019/jul/14/diabetes-insulin-mona-chalabi-data-blog>

In the UK the British Medical Journal reported last year a study that found the NHS was paying five times as much as it should for insulin. The research found that patients with type 1

# Asia News - Asia News

## Where Singapore Leads?

Will Singapore become the first country in the world to ban advertising of pre-packaged drinks with high sugar content? There are clear indications that this is the intent of the small city state in South West Asia. Legislators are also planning to make nutrition labels mandatory for such drinks.

In a population of 5.6 million a significantly high

11% of Singaporeans aged 18 to 69 have



diabetes, and 14% in the same age group have pre-diabetes. The Singapore Health Promotion Board has majored on promoting changes to peoples' diets and activities, spreading

information about diabetes advertising, events and activities.

**Advocacy Action:** Can your country learn from Singapore? Is there evidence that advertising is pushing up the incidence of diabetes where you are? Is there a comprehensive public health campaign in play and if not could there be?

Read more at:

<https://www.theonlinecitizen.com/2019/10/10/singapore-to-ban-advertising-of-sugary-drinks-and-introduce-mandatory-health-warnings/>

## Chinese Alcohol Concerns

Advice and information on alcohol consumption can confuse the public and it is hardly surprising when conflicting studies are published.

Researchers in China have published a report into alcohol consumption. They conclude that heavy drinking increases the risk of type 2 diabetes in long-run. Other studies have found that moderate alcohol consumption can actually improve Type 2 outcomes.



It seems people who drink no alcohol had worse Type 2 outcomes than those who consumed moderate amounts. Perhaps that old advice holds true 'moderation in all things.'

[https://speciality.medicaldialogues.in/heavy-drinking-](https://speciality.medicaldialogues.in/heavy-drinking-increases-risk-of-type-2-diabetes-in-long-run/)

[increases-risk-of-type-2-diabetes-in-long-run/](https://speciality.medicaldialogues.in/heavy-drinking-increases-risk-of-type-2-diabetes-in-long-run/)

**Advocacy Action:** What advice, if any, does your public health body publish on Diabetes and links to diet, alcohol consumption, exercise, symptoms etc? Could they be doing more?

# Asia News

According to findings from a pooled analysis of more than 1 million patients, the risk of death from diabetes is exceptionally high in Asia..

The data suggests that adults in southeast Asian countries living with diabetes are nearly twice as likely to die of any cause over 13 years when compared with Asian adults without diabetes,. The highest risk observed is among women and middle-aged adults.

The findings generated a great deal of publicity when they were first published but has any action been taken on them?

<https://www.healio.com/endocrinology/diabetes/news/online/%7Bb3ab7134-7a61-442b-9a1a-06b50e1cb1d3%7D/risk-for-death-with-diabetes-exceptionally-high-in-asian-countries>

See also

[https://www.business-standard.com/article/news-ani/diabetes-epidemic-in-asia-increases-risk-of-premature-death-among-women-middle-aged-people-119042300374\\_1.html](https://www.business-standard.com/article/news-ani/diabetes-epidemic-in-asia-increases-risk-of-premature-death-among-women-middle-aged-people-119042300374_1.html)

**Advocacy Action:** Were these findings consistent with those from your country? Whether in Asia or elsewhere, are such figures useful to promote better prevention policies? What works best where your are and can you share it?



**Did you know? Every six seconds someone in Europe dies of a diabetes related condition. .**

# USA News



## Cost of Diabetes

American Diabetes Association research estimates the total costs of diagnosed diabetes have risen to \$327 billion in 2017 from \$245 billion in 2012,. This and much more here:

[https://www.diabetes.org/resources/statistics/cost-diabetes?language\\_content\\_entity=en](https://www.diabetes.org/resources/statistics/cost-diabetes?language_content_entity=en)

## Amputations on the rise

An article in the *Philadelphia Enquirer* reports on America's epidemic of obesity and how diabetic amputations are again on the rise. It claims this is raising red flags for health care access and equity.. Fears are that it is easy to forget how serious a disease diabetes is.

<https://www.inquirer.com/health/amputation-increasing-diabetes-surgery-insulin-20190616.html>

## Unprepared Doctors

A US survey shows many primary care doctors are unprepared to help patients avoid diabetes

<https://www.sciencedaily.com/releases/2019/09/190910102047.htm>

## Call for Soda Taxes

Two Top Medical Groups Call for Soda Taxes and Advertising Curbs on Sugary Drinks. You will have to sign into the NYT to read the whole article.

<https://www.nytimes.com/2019/03/25/health/soda-taxes-sugary-drinks-advertising.html>



# News From Around the World

## Morocco

The Moroccan Diabetes League celebrated World Diabetes Day in the city of LAAYOUN in southern Morocco.



**Advocacy Action:** Start planning now for World Diabetes Day 14th November 2020.

## Malta

Thanks to campaigning MPs, an €800,000 investment will see 2,000 Type 2 diabetes patients on the Island, who previously paid for their insulin, receive it free of charge



[https://www.maltatoday.com.mt/lifestyle/health/98597/patients\\_with\\_type\\_2\\_diabetes\\_to\\_get\\_longacting\\_insulin\\_free\\_of\\_charge#.Xe-VW0ej7SUK](https://www.maltatoday.com.mt/lifestyle/health/98597/patients_with_type_2_diabetes_to_get_longacting_insulin_free_of_charge#.Xe-VW0ej7SUK)

## UK

According to Westfield Health's 'Wellbeing Index' the UK's National Health Service physical activity targets are not being met. A staggering 84% of workers are struggling to meet them.



The third Wellbeing Index Report highlighted the impact on health from being desk-bound for large chunks of the day. More than one in four workers spend nine hours or more sitting down. It warns that such a sedentary lifestyle can leave staff at increased risk of

developing type 2 diabetes, heart disease or cancer.

<https://www.diabetes.co.uk/news/2019/Nov/84-workers-struggling-meet-physical-activity-targets.html>

**Advocacy Action:** Does your healthcare system have targets for physical activity? Does your education system? Such targets could help to reduce acute health care costs later in life.

## India

Concerns that diabetes is draining India's youth energy.



<https://www.dailyexcelsior.com/cant-allow-diabetes-to-drain-indias-youth-energy-dr-jitendra/>

## Australia

The Annual Australian National Diabetes Strategy, Implementation Reference Group, (ANDS-IRG) was held in Parliament House, Canberra.



Chaired jointly by Professor Paul Zimmet AO and PDGN Patron Judi Moylan AO it was attended by around 70 Health Professionals representing state, territory and commonwealth representatives along with leading diabetes physicians and educators. The all-day event considered what strategies had been successfully implemented, what the barriers are to implementing the strategy and what is still to be accomplished.

Australia's Minister for Health attended and announced a \$6 Million program, as recommended by the ANDS-IRG, to prevent diabetes related amputation in the Aboriginal & Torres Strait Islander Community.

# More Support for Role of Community Pharmacies

More research has been published showing how well-placed community pharmacists are to improve the early diagnosis of Type 2 diabetes and how this can reduce health service costs in the longer term.

The research by the University of East Anglia (UEA) and Boots UK uses statistics from 2014 showing that in the UK there are more than three million people diagnosed with diabetes with an estimated 590,000 people with undiagnosed diabetes.



this would significantly improve the cost-effectiveness of the service.

[https://www.eurekalert.org/pub\\_releases/2019-03/uoea-t2d032519.php](https://www.eurekalert.org/pub_releases/2019-03/uoea-t2d032519.php)

**Advocacy Action:** Do your pharmacists offer a screening programme? Is it targeted geographically or demographically, or both? Could you campaign for one? Your national pharmacy organisation might be able to help you.

With the cost of Type 2 diabetes to the UK's National Health Services at nearly £10 billion and expected to rise from 10 per cent to 17 per cent of the entire health budget by 2035, early diagnosis is critical to reduce the cost of complications. Complications are estimated to be as much as one third of the cost of treating people with Type 2 diabetes.

The team at UEA and Boots UK investigated the cost-effectiveness of community pharmacy-based type 2 diabetes screening in two pilot areas - Leicester and Surrey. A total of 328 people took part in the study, and data was collected over a six-month period. They found that the cost per test and identification rates in patients were similar to those reported through medical practices for Type 2 diabetes.

Their conclusion was to support community pharmacy screening services in areas of suspected greater prevalence of Type 2 diabetes and increasing the proportion of patients who follow pharmacist advice to attend their medical practice. They believe

## Integration of Pharmacy into Health Care Systems

PDGN reported on initiatives bringing pharmacists into integrated diabetes care systems. The evidence to support such initiatives is growing.

<https://www.pharmaceutical-journal.com/your-rps/rps-policy-on-type-2-diabetes-calls-for-full-integration-of-pharmacists-across-nhs-systems/20206786.article?firstPass=false>

And here

<https://www.rpharms.com/about-us/news/details/Pharmacists-must-be-integrated-into-diabetes-care>

**Advocacy Action:** What's the position in your country? Is integration the norm, happening slowly, or not on the agenda? What's the view of your national pharmacy organisation? Do let PDGN know, and contact us if we can help you raise this issue where you are.

# PDGN News

## Focus on PDGN People – Number Two, Our Patron, the Hon Judi Moylan AO GAICD.



The Hon Judi Moylan AO GAICD, was elected in 1993 to the Federal Australian Parliament representing the Pearce constituency in Western Australia. She served until her retirement in 2013.

Her portfolios included, Minister for Family Services and Minister for the Status of Women, Shadow Minister for Small Business and Status of Women.

In 2013 she was appointed Independent President and Chair of the Board of Diabetes Australia retiring in December 2019.

Judi is currently a member of the National Health & Medical Research Council of Australia and Chairs the Community & Consumer Advisory Group.

In 2018 she was appointed to the Advisory Board of Access Care Network Australia (ACNA), a subsidiary company of the Silver Chain Group. She was also appointed as co-chair of the National Diabetes Strategy Advisory Group (NDSAG) in 2013 and she currently co-chairs the Implementation Reference Group (IRG) advising the Health Minister on the implementation of the recommended policies of the NDSAG.

She was appointed as the Global Coordinator of the International Diabetes Federation's Parliamentarians for Diabetes Global Network (IDF-PDGN) in 2013 and worked with Sir Michael Hirst, then President of IDF, to build the network and coordinate the 2015 Global Forum in Vancouver, Canada. She was elected Patron of PDGN at the conclusion of that successful Forum.

Her awards include: An Order of Australia (AO), the Sir Kempson Maddox Award, Diabetes Australia Outstanding Services award, the Alan Missen Medal for "serving democracy with integrity" 2013, and a lifetime achievement award from the Juvenile Diabetes Research Foundation and Novo Nordisk.

- Judi is pictured right with Mike Wilson, CEO of JDRF Australia, at the announcement of \$54 million Federal Government subsidy of Continuous Glucose Monitors for children and young adults in 2017. This policy has now been implemented and expanded.





# PDGN Needs YOU!



Could you take on a role within the global network to help us to reach out and grow our membership and effectiveness in meeting the challenge of diabetes across the world?

You will already be an advocate for the prevention, early diagnosis and best treatments for diabetes within your country. Could you become a global champion alongside our vice-presidents and help shape our strategy and activities?

The time commitment is open to you. There will be a few emails a year to respond to and an invite to a meeting when funding allows. We would hope you would persuade colleagues in your Parliament and in Parliaments you may have contacts in, to join and keep us in touch with your activities.

For an informal chat about what's required contact our Secretary General.

## European Parliament Meeting

PDGN will be giving a presentation to a meeting of MEPs with an interest in diabetes on 29<sup>th</sup> January 2020.



PDGN's Strategic Review identified Europe as a pilot region for the implementation of achievable outcomes consistent with our primary objectives.

## Can PDGN Help You More?

Would you welcome some extra support from PDGN for your group, or on setting one up? Get in touch with our Secretary General Adrian Sanders – [adrian@pdgn.co.uk](mailto:adrian@pdgn.co.uk) and find out what we can do.

## What's Happening in Your country?

Let us know what's happening in your area? Add PDGN to your press releases, send us a report on your successes and challenges - preferably with photos to share with others. Together we make the greatest difference. It's hard acting on your own but PDGN wants to hear from you. All the successful groups started with just one person. Send your stories and photos to: [adrian@pdgn.co.uk](mailto:adrian@pdgn.co.uk)

## Please Ask Your Colleagues to Join

Ask your colleagues to join PDGN – It's easy and free if you are an elected representative, just fill in the membership form on the web page at:

[www.pdgn.co.uk](http://www.pdgn.co.uk)

# News From Around the World

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## Indonesia

Indonesians quitting 'rice addiction' over diabetes fears.

<https://www.straitstimes.com/asia/e-asia/indonesians-quitting-rice-addiction-over-diabetes-fears>



## Ghana

While others warn about White Rice consumption, Brown Rice is believed to lower diabetes and cholesterol Levels:

<https://www.modernghana.com/news/974478/brown-rice-lowers-diabetes-and-cholesterol->



## Technical News

Officials in America have approved a system, called Control-IQ, for closed-loop insulin delivery for people with Type 1 diabetes.

<https://www.diabetes.co.uk/news/2019/Dec/us-approves-control-iq-insulin-delivery-system-for-type-1-diabetes.html>

Eli Lilly and Company has announced a global commercial agreement to integrate DexCom, Inc. products into Lilly's personalized diabetes management system, currently in development to advance the treatment of diabetes.

<https://www.ptcommunity.com/wire/lilly-integrate-dexcom-cgm-personalized-diabetes-management-system>

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Registered charity number 1175548. Company number 10339168 [www.pdgn.co.uk](http://www.pdgn.co.uk)

## Research Corner

Type 2 Diabetes complications and comorbidity in Sub-Saharan Africans

[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(19\)30162-2/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(19)30162-2/fulltext)

People with type 1 diabetes have high-priority concerns that go beyond glucose control, including complex and mentally taxing treatment and weight gain, report researchers.

<https://www.medwirenews.com/diabetes/treatment-simplification-a-major-unmet-need-in-type-1-diabetes/16741108>

A rare piece of research into Diabetes related stress asking the question:

"Psychological Distress and Type 2 Diabetes: Does Age Affect Outcomes?"

<https://www.docwirenews.com/latest-primary-care-news/psychological-distress-and-type-2-diabetes-does-age-affect-outcomes/>

Yet more evidence of that physical activity reduces the incidence of Type 2 diabetes.

<https://www.docwirenews.com/uncategorized/effects-of-physical-activity-on-type-2-diabetes-incidence-and-mortality/>