

## Half of 20 year-olds in India's Cities Likely to Develop Diabetes!!!!

In a month when the headlines suggested half of the population of India will have been infected with COVID 19 by February 2021 (link to a report below), the news that half of all 20 year-olds in India's metropolitan areas could develop diabetes was somewhat overlooked.

The growth of cities on the Indian Sub-Continent has been accompanied by poorer diets and reduced physical activity leading to the likelihood of two thirds of women and half of men aged 20 developing diabetes in their lifetimes.

Researchers from the Centre for Chronic Disease Control in New Delhi have published concerns about the already

significant health burden on the country with more than 77 million adults with diabetes, likely to double 134 million by 2045.

Research published in the respected journal *Diabetologia*, has estimated the probability of a city dwelling Indian of any age or body mass index (BMI) developing the condition in their lifetime.

It found that metropolitan Indians at every age and BMI have a high probability of developing diabetes compared with data from high income countries and that urgent action for increased investment with clearly spelt out targets and commitments is needed.

[More than half of 20-year-olds in India's metros likely to develop diabetes in lifetime: Study](https://www.wsws.org/en/articles/2020/10/29/inco-o29.html)

<https://www.wsws.org/en/articles/2020/10/29/inco-o29.html>



- **Cities like Mumbai are likely to see a big increase in diabetes**

### Inside This Issue

- Euro Integrated Care policy paper
- Cross Aisle Working Gets Results
- Budget Battle in Malaysia
- World Diabetes Day Reports
- PDGN News and lots of advocacy ideas throughout

# Cross The Aisle Action

Democrat and Republican lawmakers in the USA have called for bi-partisan policies to expedite diabetes research.

Speaking at a [Diabetes and The Future of Healthcare Reform](#) event, Rep. [Diana DeGette](#) (D-Colo.) discussed what she saw as some of the obstacles to better care.

“What we see in the diabetes realm is a very slow process at the Centers for Medicare and Medicaid Services for developing and approving technologies, which really limits the access of diabetics to get the current standard of care.”

She added that the USA’s 21st Century Cures Act could be a model for expediting research at the National Institutes of Health (NIH) and other institutions.. Former President Obama signed that Act in 2016, authorizing \$6.3



- **Complaining about slow progress, Democrat Rep. Diana DeGette, Co-Chair of the Congressional**

billion in funding to help accelerate medical product development.

More than 34 million US citizens have been diagnosed with diabetes and 7.3 million have been living undiagnosed with the disease, according to [recent figures](#) from the Centers for Disease Control and Prevention. Despite being one of the most prevalent diseases in the U.S., many patients are unable to afford diabetes medicine and care.

Rep. [Tom Reed](#), believes that the government needs to ensure new treatments and innovations can be quickly approved by the Food and Drug Administration, as well as make sure that they are accessible to people across the country.

“We do want diabetes to be a thing of the past, but we’re not there yet,” he said at the event sponsored by the Diabetes Leadership Council.

- **Calling for speedier approval of new treatments and innovations, Rep. Tom Reed, Republican Co-Chair of the Congressional Diabetes Caucus.**

**Advocacy Action: All Party Diabetes Groups can help turn wish lists into reality. Is there one in your Parliament? Could you start one? PDGN can help you to build and grow the effectiveness of your group.**





# EGIDE Integrated Care Policy Paper Published

The Expert Group for Integrated Care and Digital Health Europe (EGIDE) – a group of experts supported by Sanofi, whose objective is to enhance chronic disease management through integrated patient pathways and digitalisation of health – presented its Policy Paper on ‘Putting people at the centre – Integrated care for chronic diseases in Europe’.

The event was a webinar hosted by Pascal Arimont, MEP, on 10 November.

The Policy Paper highlights a number of interventions aimed at bringing the concept of integrated care solutions for patients living with chronic diseases in Europe closer to reality

During the webinar, EGIDE members discussed ways to enable European healthcare systems to embrace integrated care models with EU policymakers representing the European Parliament, the European Commission, and the German Presidency of the Council of the European Union.

Speakers agreed that due to COVID-19 the shift towards integrated care solutions has become even more urgent, as the effective remote

monitoring of patients as well as the implementation of targeted interventions are crucial to manage chronic conditions during this health crisis.



EGIDE (and PDGN) Co-Chair, John Bowis OBE, said that the EGIDE group looked forward to continuing the conversation on integrated care with EU policymakers and stakeholders.

He said there are several funding and legislative opportunities at EU level that could play a significant role to support the transformation of healthcare systems in Europe.

- **“There are several funding and legislative opportunities at EU level to support the transformation of healthcare systems in Europe,” says PDGN and EGIDE Co-Chair John Bowis OBE.**

Mr Bowis acknowledged that real change needs to happen at local level and this is why as EGIDE group will focus on the national level too, in order to bridge the EU and the local

levels and scale up integrated care in Europe.

**Advocacy Action: Does your health minister have a copy of the EGIDE policy paper? If you live in an EU Member State is your MEP a member of PDGN and the Diabetes Working Group?**

# News From Across the Globe

## Irish Court Ruling on Subway Bread

An Irish Court has ruled that the bread used in Subway's heated sandwiches doesn't fit the legal definition of bread in Ireland due to its high sugar content.

The Country's Supreme Court ruled in Dublin that with a high sugar content, the sandwich could not be deemed a staple food which attracts a zero Value-Added Tax (VAT) rate.



The Court rejected arguments by a Subway franchisee that it was not liable for VAT on some of its takeaway products, including teas, coffees, and heated filled sandwiches.

Full story here:

<https://www.thegreatcoursesdaily.com/irish-court-rules-subway-bread-too-sugary-to-be-called-bread/>

**Advocacy Action: Understanding food ingredients is important for people with diabetes who 'carb count' in order to keep their condition under control. How transparent are the ingredients of foods where you are? Can you raise this important issue in your Parliament and argue for full disclosures on all food labelling?**

## Type 1 Good News in French JUBILE Study



Findings from the French JUBILE study found that many people still have an excellent quality of life after 40 or 50 years of living with type 1 diabetes.

Over 800 people were surveyed ranged in age from 41 to 90 years, with a median of 63 years and median diabetes duration of 49 years. The vast majority (82%) were fully autonomous in everyday life, with "many difficulties" reported by just 4.9%, mostly those with diabetes of more than 50 years' duration.

Researches in *Diabetic Medicine* cautioned that the study focused on people who remained alive after several decades with the condition, and therefore missed those who struggled with glucose control, had complications, and died young.

Retinopathy was the most common complication, with 54%

of respondents having at least moderate retinopathy. But just 27% had albuminuria, with 3% requiring renal transplant or dialysis, and just 32% had a history of cardiac, cerebral, or vascular peripheral disease complications. 21% of study participants had no complications.

The researchers concluded that the study provides a message of hope for the patients, their family and relatives and the medical teams involved in their care.

<https://www.medwirenews.com/diabetes/life-quality-remains-high-after-many-decades-type-1-diabetes/18606566>

**Advocacy Action: Is there data in your country for the number of people with Type 1 and their life expectancy? How does this compare with people who are Type 2?**

# Malaysian MPs Battle for Bigger Budget

Kuala Kedah MP Dr Azman Ismail and Jerlun MP Mukhriz Mahathir have called for bigger allocations in Budget 2021 to tackle non-communicable diseases (NCDs) such as diabetes.



## Dr Azman Ismail MP addressing the Malaysian Parliament

They claim that NCD's cost the economy nearly RM9 billion (\$2.2 billion US) and that over 1.7 million people, or 8 per cent of the adult population, have all three risk factors for diabetes, hypertension, and high cholesterol. An estimated 3.9 million people in the country suffer from diabetes, or nearly one out of five adults.

During a debate in Parliament on the 2021 budget, Dr Azman MP is quoted as saying: "This budget is not enough to provide enough funds to continue all the good work that the Ministry of Health (MOH) is doing – cardiology, cancer, nephrology, kidney, mother and child,"

Mukhriz Mahathir MP also called for a bigger allocation for MOH to treat NCDs like cancer and diabetes: "Although we're struggling with Covid-19, that's true, it doesn't mean that other diseases suddenly vanish."

Both MPs were fighting to restore funding cut from the previous year.

**Advocacy Action: How is funding of NCDs keeping pace with demand? Can you raise the position of people with diabetes and other conditions likely to be adversely affected by cuts, and what increases in funding could achieve for prevention, early diagnosis and fewer expensive complications?**

# Lack of Diabetes Specialists in Pakistan

The Pakistan Endocrine Society has calculated that there is just one diabetes specialist for every 200,000 patients with diabetes. They have launched a six month course in diabetes to expand access to the knowledge and skills needed to treat and manage people with diabetes.

Diabetes specialists are essential to prevent complications such as limb amputations. Around 60% of non-traumatic leg amputations in Pakistan are in people with diabetes.

The diabetes course is set to begin from January 2021.

It is part of a collaboration between the AKU and the British Medical Journal and Royal College of Physicians, London. It will help doctors across Pakistan improve their theoretical and practical knowledge of diabetes.

**Advocacy Action: How many diabetes specialists are there in your county? What can be done to increase their number?**

## Kenya

Sad to report the death of Kenyan MP Justus Murunga who collapsed with breathing difficulties at his home on 15 November. The 59-year-old Mr Murunga suffered from diabetes and hypertension. Reports suggest his life might have been saved for want of oxygen, but tragically his local hospital decided not to admit him because it had none. PDGN sends its condolences.



## Aussie Eye Screening Target

A University of Sydney study has found only half of people living with diabetes get recommended eye checks putting them at risk of vision loss and blindness.

Diabetes is the leading cause of blindness in working age Australians. All people with diabetes are at risk of diabetes related retinopathy which causes damage to the back of the eye. Most people with diabetes need a diabetes eye check every two years, and some more frequently.

Diabetes Australia is confident that its new KeepSight program, will help ensure that the proportion of people with diabetes accessing eye checks increases in coming years and ultimately, every person with diabetes get the necessary checks that are key to preventing avoidable vision loss.



Diabetes Australia CEO Professor Greg Johnson said KeepSight has enrolled 100,000 people since it started last year. KeepSight is an online eye check reminder program easily accessed from a mobile phone.

**Advocacy Action: Do you have an eye screening programme for people with diabetes? Can PDGN help you with some examples? If you have a screening programme, do you have targets for at risk or other groups to receive an annual check? Does your healthcare system have an effective reminder system to encourage patients to attend?**

## C19 - x10 More With Diabetes in Russia



According to Russian's Deputy Prime Minister, Tatyana Golikova, coronavirus infection is encountered over ten times more often in diabetes patients.



Speaking at a Council on Guardianship in the Social Sphere under the Government of the Russian Federation she is reported as saying: "In general, among patients with diabetes the coronavirus infection is encountered 10.3 times more often.

"The diabetes patients are observed to have a more serious course of the disease, a more common development of an acute respiratory distress syndrome, of respiratory insufficiency, the need in artificial lung ventilation, and, unfortunately, higher mortality.

"As a concomitant disease, diabetes is encountered in 27% of the confirmed coronavirus cases and most often prevails in the group of patients with serious cases, complicated by hyperglycaemia in 90% of cases."

**Advocacy Action: What's the position in your country? Are there studies of the link between diabetes and COVID 19? Are you advocating for early vaccination for people with diabetes?**

# Congo First

UK diagnostics innovator Glyconics has won an £85k UK government grant to implement low-cost diabetes screening in developing countries.



The start-point is the Democratic Republic of the Congo which has the fifth highest incidence of the condition in Africa.

The initial six-month programme deploys Glyconics' pioneering handheld diabetes screening device backed by grant aid under the Global Challenges Research Fund.

<https://www.businessweekly.co.uk/news/biomedtech/glyconics-start-low-cost-diabetes-screening-africa>

**Advocacy Action:** Could this or a similar device help a screening programme in your area? Do you have screening programmes for diabetes? Other diabetes related health problems such as retinopathy?

## Hospital Overwhelmed with Diabetes Patients - Sudan

Hospital authorities at Mulago National Referral Hospital (below) in Kiruddu, Sudan, have raised concerns over the overwhelming number of diabetic patients that visit the hospital on each clinic day.

The hospital receives national patients from around the country, and foreigners from countries like South Sudan, Rwanda, and Western Kenya among others.



The hospital Clinical Services Committee Chairman Dr John Nuwagaba is reported as saying that during the Covid lockdown, the diabetes clinic would receive about 50 patients each week.

"After easing the lockdown, our Wednesday diabetes' clinic receives between 200 - 300 patients of whom about 30 are always new patients," he said.

Dr Nuwagaba said diabetes patients have to test for their glucose levels at least five times a day, but due to limited resources, their patients test once a week when they visit the clinic.

Experts say 19 million people in Africa have diabetes, however 60% of the numbers don't know that they have the disease.

**Advocacy Action:** Does your country have a foreign aid budget that could help hospitals like this one? The challenges facing patients in different parts of the world could not be starker, are you able to raise these issues in your Parliament and suggest your Government puts pressure on test producers to help?



## Not Just People with Diabetes at Increased Covid Risk - Spain

In a major study in Spain, researchers have concluded that abnormally high blood sugar may worsen outcomes and mortality rates for Covid-19 patients, including those without diabetes. The findings show patients with abnormally high glucose levels were more than twice as likely to die from the virus than those with normal readings.

11,000 non-critically ill hospital patients in Spain were in the study, published in the journal *Annals of Medicine*. It adds to evidence that high blood glucose (Hyperglycaemia) is associated with a higher chance of death independent of a diabetes diagnosis. Hyperglycaemic patients also have an increased need for ventilator and intensive care admission (ICU).

<https://www.edexlive.com/news/2020/nov/24/high-blood-sugar-ups-covid-19-death-risk-in-non-diabetics-too-study-16056.html>

**Advocacy Action: Do public health messages warn about high blood sugar levels? Is testing encouraged - not just for diabetes?**

## Nigerian Government Under Pressure to Tackle Diabetes



An endocrinologist, Dr Afoke Isiauwe has charged the Federal Government to enact realistic policies in order to reduce the incidence of diabetes.

In a webinar series entitled "Understanding Your Wellness: Diabetes" Dr Isiauwe explained that the best protection against the complications of diabetes is prevention against the disease in the first place.

"There should be policies in place in Nigeria to ensure that people are able to exercise every day so that they do not come down with

diabetes. Lagos is a bit saner nowadays, but we do not have enough gardens and parks or pedestrian walk paths for people to go about exercising. What we need are enabling policies to help create an environment that is conducive for wellness."

He claimed the best treatment or cure is not to have diabetes in the first place through a healthy lifestyle, exercise, diet, and weight control.

**Advocacy Action: Does your country have a public health plan covering exercise, diet and weight, with targets, to help prevent diabetes?**

## What's Happening in Your country?

Please let us know what's happening in your area? Just add PDGN to your press releases, and send us a report on your successes and challenges - preferably with photos to share with others. Together we can make a real difference. Whether on your own or in a group, our members want to hear from you. Send your stories and photos to: [adrian@pdgn.co.uk](mailto:adrian@pdgn.co.uk)



# World Diabetes Day Report



## What you got up to and ideas for next year.



### Sri Lanka



A Sri Lankan home nursing service was at the forefront of advocating this year's campaign for World Diabetes Day – 'Nurses Make the Difference', by recognising the important work nurses perform.

The World Diabetes Day theme aimed to value the crucial role nurses play in supporting people with diabetes.

This was taken to a practical level for community nurses by the Sri Lankan English Nursing Care Organisation that announced they would be investing in further training and education for their team of home nurses.

**Advocacy Action:** Your national nursing organisation may have plans for next year's WDD, or other events that would help diabetes advocacy. Some of our members work closely with nursing organisations all year round.

### Sweden



Crown Princess Victoria of Sweden marked World Diabetes Day fundraising for Type 1 with the release of an official photo showing the heir to the Swedish throne wearing a blue knot bracelet in support of diabetes research.



The bracelet Victoria is wearing can be bought for 100 SEK (around \$12) on the Child Diabetes Foundation website. Proceeds from the sale go to support the fight against type 1 diabetes.

In Sweden, 900 children are diagnosed with type 1 diabetes each year; the country has 8,000 children who have the disease. Globally around 600,000 children have Type 1 diabetes.

**Advocacy Action:** Can you encourage your head of state, ceremonial or political, to engage with the issue of diabetes? Is there a well-known personality within your country with the condition who could help you to promote campaigns, events and WDD? How many children are there with diabetes in your country? Are they receiving the appropriate care - access to insulin, testing facilities, regular check-ups, support in school etc?

## Kenya

A Kenya Diabetes Management and Information Centre event partnered with the Ministry of Health, Novo Nordisk and Roche was used to highlight the burden of Diabetes in the country and the plight of people living with diabetes.

Held at the Serena Hotel in Nairobi the event majored on the role nurses and other health workers play in the fight against diabetes.

Awards were presented to some of the nurses who have shown outstanding performance in the management of diabetes.

The event also showcased the value of partnerships, particularly through the Changing Diabetes in Children project which is a joint venture between the partners at the event.

The project offers free insulin, glucometers and other supplies to children under the age of 18. The project has so far enrolled over 2500 children. The project was to end in 2020 but the donors have granted a 3-year extension.

**Advocacy Action: Can you persuade your Government to partner with other organisations and add value to what can be delivered for people with diabetes?**



## Singapore

Singapore focused on patient access to health coaching and sports facilities to assist the mental health of people with diabetes.

Diabetic patients will soon have access to personalised health coaching, sports facilities and programmes that help them lead healthier lives.

A deal signed between Sport Singapore and Diabetes Singapore that lets patients get advice from health coaches and use sporting facilities was announced on World Diabetes Day by Minister for Health Masagos Zulkifli MP.

The MP said: "We must not lose sight of our war against diabetes. It continues to be a major public health concern even amidst the pandemic."

It is estimated that one in three Singaporeans is at risk of developing diabetes in their lifetime.

**Advocacy Action: Can you raise the importance of sports activities being widely available to encourage healthy lifestyles to prevent diabetes and help those with the condition keep it well controlled?**



**"We must not lose sight of our war against diabetes,"** says Singapore Health Minister Masagos Zulkifli MP



## Nigeria

The concerns of healthcare professionals at the number of deaths from diabetes have led to calls on the federal government to subsidise the cost of medications, and monitoring devices. The call was made in a webinar organised by Novo Nordisk to mark 2020 World Diabetes Day, WDD.



Speakers claimed the cost of anti-diabetic drugs and monitoring devices have risen beyond the reach of many Nigerians and can no longer achieve good control as recommended by the International Diabetes Federation.

**Advocacy Action: Can you get figures for the number of deaths associated with diabetes and what the trend is? Does your Government subsidise the costs of drugs and devices?**



# Aussies Get Their Socks Off Again



Every year there are more than 27,000 hospital admissions in Australia for diabetes-related foot ulcers. Many of these will lead to people having a limb, or part of a limb, amputated.



However, a new pathway tool developed by Diabetes Australia and the Australian Diabetes Society, will help health professionals deliver the care required to dramatically reduce the number of amputations in Australia.

To publicise this and highlight the fact 85% of amputations are preventable, Diabetes Australia organised a get your socks off campaign.

It encouraged Members of Parliament to get involved by providing them with statistics for their areas and ready-made tweets for them to publish online.

Photos with and without socks were recommended to accompany a draft press release suggested by Diabetes Australia.

The result was increased awareness among MPs and the public via the significant amount of publicity the event generated around World Diabetes Day.



**Advocacy Action:** If you make contact now with your national diabetes patient organisation (PDGN can provide you with details) you may be able to plan for a similar event for next year. Whatever you do, be sure to let PDGN know so we can all improve our advocacy learning from one another.



## Research Corner

Much of the research and studies make for grim reading with the implications for people and health care systems severe.

All the more important to seek allies who can share and add force to your advocacy to seek improvements to prevention, encourage early diagnosis, and the best treatments.



Healthy lifestyle key to prevention of Type 2 diabetes.

<https://www.miragenews.com/a-healthy-lifestyle-is-key-to-prevention-of-type-2-diabetes-says-new-study/>



Russian scientists tout technology for most effective cultivation of sugar substitute.

<https://sputniknews.com/science/202011191081203838-russian-scientists-tout-technology-for-most-effective-cultivation-of-sugar-substitute/>



Could Type 2 diabetes become the next pandemic to impact future generations?

<https://www.studyfinds.org/most-humans-vulnerable-type-2-diabetes-insulin/>



Half of patients with type 2 diabetes mellitus are at very high cardiovascular risk according to the ESC/EASD:

data from a large Mediterranean population.

<https://academic.oup.com/eurjpc/advance-article/doi/10.1093/eurjpc/zwaa073/5981241>



The Lancet publishes major study on South Auckland's diabetes epidemic.

<https://www.stuff.co.nz/national/politics/local-democracy-reporting/300134521/the-lancet-publishes-major-study-on-south-aucklands-diabetes-epidemic>

## New Technology Watch



Closed loop system promise for Type 1.

<https://www.medwirenews.com/diabetes/closed-loop-system-shows-promise-for-unstable-type-1-diabetes/18561032>

Swedish diabetes data company Glooko has announced a medical education programme in collaboration with the Diabetes Technology Network (DTN)/ Association of British Clinical Diabetologists (ABCD).

<https://www.prnewswire.co.uk/news-releases/glooko-announces-new-medical-education-programme-in-collaboration-with-the-diabetes-technology-network-dtn-association-of-british-clinical-diabetologists-abcd--850643078.html>

Tech devices changing the way adults control type 2.

<http://www.diabetesincontrol.com/telehealth-smartphones-mobile-apps-and-continuous-glucose-monitor-changing-the-way-we-control-type-2-diabetes-in-adults/>

# PDGN News



PDGN Co-Chair John Bowis OBE and Secretary General Adrian Sanders were invited by the Economist Intelligence Unit to be part of an expert panel to look at how integrated health care can reduce costs and improve outcomes.

## THE IMPACT OF DIABETES IN EUROPE: RISING NUMBERS AND COSTS

**The  
Economist**

**INTELLIGENCE  
UNIT**

A full report has been published including a scorecard that benchmarks the level of integration of diabetes services in 28 European countries, focusing on IT systems and aligned finances.

You can read the report and view the scorecard via the link below.

<https://integrateddiabetessystems.eu.com/>

## Can We Help You Form A Group?

If you can persuade a few colleagues to join PDGN – it's free and only takes a couple of minutes to fill in a form on-line at [URL: www.pdgn.co.uk](http://www.pdgn.co.uk) we can liaise with you to arrange an on-line meeting and put you in touch with someone who can help you get your group off the ground.

## We Need 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 and on-line meetings a year.

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

[adrian@pdgn.co.uk](mailto:adrian@pdgn.co.uk)

Global Advocacy Diabetes is the newsletter for members and friends of PDGN, the Parliamentarians for Diabetes Global Network.

Our primary objective is to enable law-makers to help prevent diabetes, encourage early diagnosis of diabetes and improve the treatment of diabetes in every part of the world. We exist to help advocates for diabetes and its comorbidities wherever they are.

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