

KNOW YOUR NUMBERS



MOBILE UNIT TESTING EVENT REPORT



Esplanade Solidarnosc 1980, Brussels
(outside the EU Parliament)



12-13-14 November 2025



KNOW YOUR NUMBERS

For World Diabetes Day, IDF Europe organised a three-day testing event on the Esplanade outside the European Parliament from 12–14 November 2025. Together with nurses and a medical doctor, IDF Europe staff operated a **mobile health unit providing free checks to help individuals understand their risk for type 2 diabetes (T2D), cardiovascular disease (CVD), and obesity.**



RATIONALE

Diabetes, CVD and obesity are closely connected - they share risk factors such as high blood pressure, abnormal cholesterol levels and excess body weight which can exacerbate each condition's severity. Diabetes is also a key driver of CVD, while obesity contributes to insulin resistance and raised blood pressure and cholesterol levels, reinforcing the connection between these conditions. Even in people without diabetes, these factors can contribute to increased CVD risk, but when diabetes is present, the risk of heart attack or stroke is nearly doubled.

These conditions often progress silently for years before being detected, with symptoms only emerging once complications have already developed. Delayed diagnosis and treatment worsen health outcomes, quality of life and drive up healthcare costs.

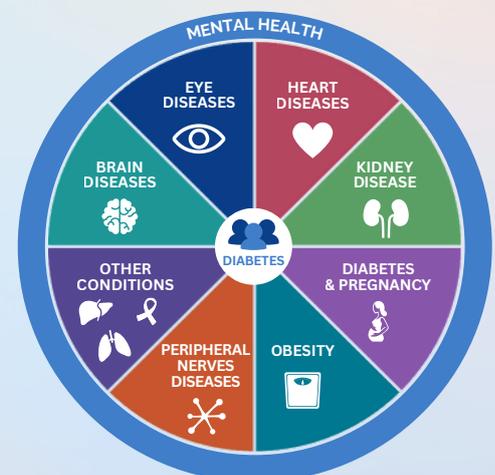
A shared approach that targets common risk factors for diabetes, CVD and obesity, along with early detection and timely treatment, is key to protecting health, delaying or reversing these conditions, and preventing complications.

 **1/3** of people living with **DIABETES** develop **CVD**

 **OBESITY** increases the risk of **T2D** & accelerates **CVD**

 **T2D** increases the risk of **CVD** by **2-4x**

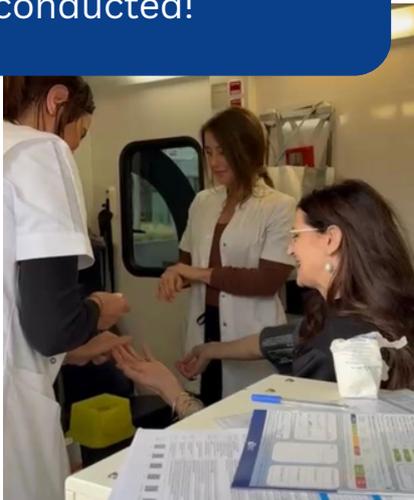
 **1/3** of people living with **CORONARY ARTERY DISEASE** live with **T2D**





HOW DID IT WORK?

Over the course of the three-day event, **more than 175 health checks** were conducted!



Participants registered at the mobile unit and completed a consent form. After being provided by IDF Europe staff with information about the initiative and the importance of knowing your risk for diabetes, CVD and obesity, participants received a health check, administered by nurses. This involved a simple finger-prick procedure to collect a few drops of blood **for measuring HbA1c** (reflecting average blood glucose levels over the previous 2–3 months) and a **full lipid panel**. While these tests were being processed by a point of care analyser, nurses measured **blood pressure and waist circumference and calculated body mass index (BMI)**. Participants received a booklet containing detailed information on the three conditions and their interconnections, along with a dedicated page for their personal results. After the assessment, individuals had the opportunity to discuss their results and receive guidance from the on-site medical doctor.

One's risk for diabetes, CVD, and obesity depends on a combination of modifiable and non-modifiable factors. While genetics and early-life circumstances cannot be changed, **behaviours such as healthy eating, regular physical activity, and weight management can have a positive impact on glucose levels, lipid profiles, and blood pressure.** Elevated glucose or cholesterol often develops silently, so **'knowing your numbers' is essential for recognising risk early and taking action to prevent or delay the onset of NCDs.** The **results provided participants with valuable guidance on whether to seek follow-up medical consultations or consider lifestyle adjustments.** For younger individuals, who are rarely included in routine screening, the checks also offered a helpful baseline against which to monitor their health over time.

We were delighted to welcome many esteemed Members of the European Parliament to our Mobile Unit including, **MEP Adam Jarubas (EPP, Poland), MEP Romana Jerković (S&D, Croatia), MEP Peter Agius (EPP, Malta), MEP Elena Nevado Del Campo (EPP, Spain), MEP Laurent Castillo (EPP, France) and MEP Manuela Ripa (EPP, Germany).** Hear their messages [here](#).

The 'Know Your Numbers' Mobile Unit will return next year, and we look forward to welcoming new and returning participants as they continue taking active steps toward understanding and improving their health.



OUR CALL TO ACTION

PRIORITISE PREVENTION AND EARLY DETECTION



A stronger, joined-up focus on the prevention and early detection of diabetes, CVD and obesity is essential. Investing in health promotion and health-enabling environments - through a health-in-all-policies approach that addresses the environmental, cultural and social determinants of health - can support people in developing and sustaining healthy habits. In parallel, routine screening and risk assessment can help identify individuals at risk earlier and enable timely intervention.

ENSURE PERSON-CENTRED, INTEGRATED MANAGEMENT



Health systems must adopt a person-centred approach to the management of diabetes, CVD and obesity. This includes timely access to treatment, alongside systematic screening and monitoring for complications and co-morbidities, delivered through multidisciplinary teams and coordinated care pathways. Person-centred, integrated management should be supported by the adoption of innovative technologies and therapies, evidence-based protocols and the digitalisation of health care systems.

STRENGTHENING PRIMARY CARE



Primary and community care – the front line of prevention and treatment for diabetes, CVD and obesity – must be strengthened. This requires adequate and sustained funding, upskilling of health professionals, and the digitalisation and uptake of innovation, alongside the availability of multi-disciplinary teams to deliver coordinated, high-quality care.





**International
Diabetes
Federation**
Europe

IDF Europe wishes to thank the healthcare professionals who helped put on this event as well as all individuals who came to support this initiative.

We would also like to thank our corporate partners and in particular, Abbott, Lilly and Medtronic, for their support in making this event a reality.

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