



International
Diabetes
Federation
Europe

IDF EUROPE ANNUAL REPORT

2025



FOREWORD

I am honoured to introduce IDF Europe's Annual Report for 2025 – another very active and impactful year for the diabetes community. Throughout the year, we continued to advocate for the rights of people living with diabetes (PwD) and those at risk, while strengthening our collective voice across Europe and beyond.

With the start of a **new biennium** in April, following the Regional Council in Bangkok, the new IDF Europe Board reaffirmed its strong commitment to advancing key programmes and initiatives in close collaboration with our members. This new chapter began with the launch of a **renewed and ambitious vision for IDF Europe**: one that calls for action from **early detection** through to **cure**, harnessing **innovation** to transform life with diabetes and ensuring that **no one is left behind**. Our mission reflects this commitment, with a strong focus on prevention, delaying onset and achieving early detection and effective management of all types of diabetes.

At the **European Union (EU)** level, we strengthened our engagement with EU institutions, expanded the **MEPs Interest Group on Diabetes**, and seized important policy opportunities, including the European Commission's **'Safe Hearts Plan'**. Together with our community, we advocated for the strong integration of diabetes within the Plan, recognising its close links to cardiovascular disease (CVD). Reflecting the **interconnected nature of non-communicable diseases (NCDs)**, we also deepened our **collaboration** with other health and disease-specific organisations, promoting **integrated care** and a **holistic approach to prevention, management and care** that acknowledges diabetes' strong links with other conditions such as obesity, kidney, liver and cardiovascular diseases.

Across the wider European landscape, we continued to closely follow and contribute to the work of the **World Health Organization (WHO)** at both regional and global levels. We participated in key meetings, delivered statements and ensured that diabetes remained visible on agendas increasingly focused on NCDs.

We also kept our community informed of key **developments, strategies** and **publications** from WHO and WHO Europe that have an impact on diabetes prevention and care.

Empowering PwD remained central to our work. Youth continued to play an increasingly strong role in policy and advocacy through our **YOURAH Network** and the **Youth Leadership Lab**, as well as through **new initiatives** that place them at the forefront of **dialogues with policymakers**. At the same time, we further strengthened our **T2gether platform**, bringing together people living with type 2 diabetes (T2D) and other types of diabetes, with **growing participation** in research projects, policy events and other activities.

We also maintained a strong presence in **research projects**, ensuring that the voices and **lived experiences of PwD** are embedded in the research that will drive future innovations in prevention, management and care.

None of this work would be possible without the support of our partners and the dedication and active **engagement of our Member Associations (MAs)**. Throughout the year, our members contributed through in-person and online meetings, thematic exchanges and timely collaboration when opportunities arose to engage with national and European policymakers. **Their commitment and partnership are the foundation of our impact.**

As we move into the second year of this biennium, we renew our determination to advance our vision and mission, to strengthen our presence wherever decisions affecting the diabetes community are made and to **continue driving progress through collaboration and innovation**. Together, we will keep working to ensure that everyone living with, or at risk of, diabetes can achieve the best possible quality of life.

Prof. Tadej Battelino
IDF Europe Regional Chair



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IDF EUROPE

Vision

From early detection to cure — transforming life with diabetes through innovation, leaving no-one behind.

Mission

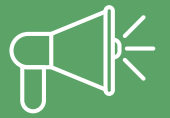
Detect type 1 diabetes early, delay and cure.
Prevent, diagnose early and cure type 2 diabetes.
Optimally manage all types of diabetes.



PRIORITY OBJECTIVES

- Reduce diabetes incidence and prevalence
- Improve PwD's access to quality care, health outcomes and quality of life
- Increase the voice of PwD (#NothingAboutUsWithoutUs)

Through our activities, we aim to increase **awareness**, promote the exchange of **best practices** and high-quality **information** about diabetes, and influence **policy**. We advocate for accelerated **innovation** in diabetes and the translation of the latest scientific evidence into practice through responsive policy development and health system adaptation, while **ensuring that PwD are meaningfully represented and actively involved** in decisions, policies, research and initiatives that have an impact on their lives. Of key importance is the recognition that diabetes is a serious and **complex condition** and that, in order to live a long and healthy life, PwD require **uninterrupted, timely access to high-quality care and adequate support** for self-management. It is equally critical to understand that, to flatten the diabetes curve, we must create **health-enabling environments**, address the **social determinants of health** and ensure **equitable access** to prevention and care so that no one is left behind. This also requires healthcare systems to **act earlier and more effectively**, prioritising prevention, early detection and timely intervention rather than relying predominantly on treating complications once the disease is advanced.

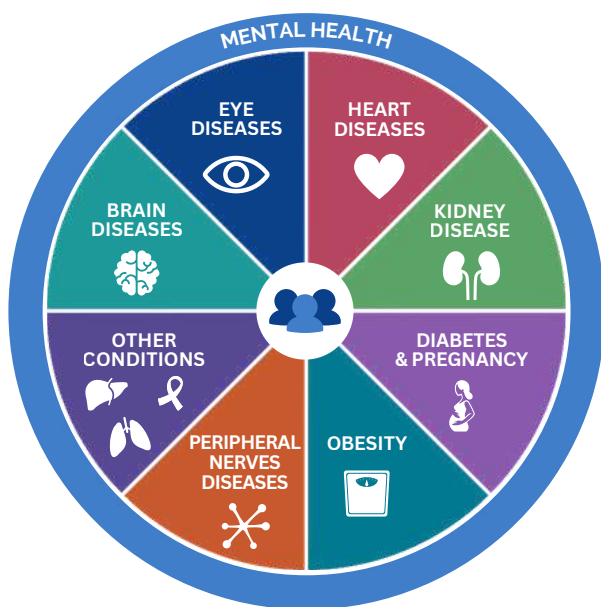


One of IDF Europe's main activities is policy and advocacy at the regional and national level, acting as a bridge for its members, helping them leverage European policy developments at the national level and vice versa. **Strong advocacy is essential to elevate diabetes on the public agenda and foster key policy changes** at European and national levels.



In 2025, we continued to promote a paradigm shift with greater emphasis being placed on a holistic approach to diabetes, highlighting its **interplay with many other non-communicable diseases (NCDs)**, addressing the importance of prevention, early detection, timely intervention and access to integrated, personalised care to achieve optimal health outcomes and reduce the risk of developing complications.

Our advocacy messages in 2025 have also focused on the need to **transform the diabetes journey across the life course** by recognising the close interconnectedness between individual health factors (e.g. genetics), the exposome (broader external influences – including social, commercial, economic and environmental determinants – and the biological response to these), and the healthcare ecosystem itself (research, access and delivery).



Throughout the year we continued highlighting the **growing burden of diabetes** on individuals, society and economy, emphasising that diabetes is not only a health issue, and that strategic investment in research and innovation in prevention and care delivers broader societal and economic benefits, including improved health outcomes, reduced healthcare costs, stronger human capital and workforce resilience, and enhanced productivity and competitiveness.

	<p>65m people live with diabetes in Europe (1 in 10 adults)</p>		<p>Europe has the highest number of children and adolescents living with T1D (419,000)</p>		<p>€178bn diabetes-related health expenditure in 2024</p>
	<p>1 in 3 adults living with diabetes remain undiagnosed</p>		<p>3/4 of diabetes costs results from complications</p>		



EU INSTITUTIONS

EUROPEAN PARLIAMENT

MEP Interest Group on Diabetes – MEPs Mobilising for Diabetes

In 2025 IDF Europe continued working with [the MEP Interest Group on Diabetes \(MMD\)](#), for which we provide the Secretariat. Throughout the year, the Group expanded with the addition of MEPs Castillo, Do Nascimento Cabral, Everding, Hadjipantela, Lexmann, Martins, Nevado Del Campo, Pietikäinen and Temido. The MMD Group now comprises **20 members** and is led by **co-chairs MEPs Schaldemose and Kulja**.

MMD members remained active throughout the year, raising awareness of the needs of PwD and those at risk, and elevating diabetes on the political agenda during various meetings and events at the EU institutions.



SANT Committee

In January 2025, the [SANT Committee for Public Health](#) held its inaugural meeting as a **new standing committee of the European Parliament**, following its transition from a subcommittee to a full committee and the corresponding expansion of its membership. At present, **15 MMD members** sit on the Committee, including 10 full members (MEPs Andriukaitis, Castillo, Hadjipantela, Jerković, Kulja, Martins, Metz, Moretti, Nevado Del Campo and Sokol) and five substitutes (MEPs Agius, Everding, Konečná, Pietikäinen and Temido).

During the year, the Committee’s work covered key public health priorities, including medicines availability and supply security, antimicrobial resistance, cross-border healthcare and priority areas such as rare diseases and women’s health. MMD members actively contributed to these discussions by raising awareness of the needs of the diabetes community and ensuring that diabetes perspectives were reflected across relevant files and policy debates.

KEY POLICY AND LEGISLATIVE FILES

In 2025, IDF Europe contributed several position statements and reflections on key policy and legislative initiatives to highlight the needs of the diabetes community. These contributions included:

- [Position paper on optimising the EU Cardiovascular \(CV\) Health Plan](#)
- [EUDF Shadow CV Plan](#)
- [Article on the Critical Medicines Act](#)
- [Response to the revision of EU rules for Medical Devices and in Vitro Diagnostics](#), including [position paper on the assessment of CGMs](#)
- [Position paper on the Multiannual Financial Framework](#)
- Endorsement of [joint statement with partner organisations on the revision of the General Pharmaceutical Legislation](#)



EUROPEAN COMMISSION

Starting in early 2025, with the [European Diabetes Forum \(EUDE\)](#) members meeting **European Commissioner for Health and Food Safety, Olivér Várhelyi**, during their strategic meeting, IDF Europe has been engaging with the European Commission in various ways.



This included engagement through the IDF Europe YOURAH network of young diabetes advocates and collaboration with various partners, primarily around the development of the EU Cardiovascular Health Plan – the [‘Safe Hearts Plan’](#).

Optimising the EU Cardiovascular Health Plan

As part of our efforts to advocate for the effective integration of diabetes in the ‘Safe Hearts Plan’, in September we published a [position paper](#) and a [summary document](#) highlighting the strong **link between cardiovascular disease (CVD), diabetes and obesity**, and the burden these conditions place on people and health systems. The documents set out **key recommendations to integrate diabetes prevention, screening, early action, effective management, and screening for complications** to strengthen the Plan and help improve CVD outcomes across the EU.



Youth Policy Dialogue on diabetes

In July, nine members of the [IDF Europe YOURAH network](#) had the unique opportunity to join a [Youth Policy Dialogue](#) at the **European Commission** with Commissioners **Glenn Micallef** (Intergenerational Fairness, Youth, Culture and Sport) and **Olivér Várhelyi** (Health and Animal Welfare), in presence of **MEP Agius**, member of MMD Group.

During the roundtable discussion, they outlined the key priorities of the T1D community: improving access to **psychological support**, reducing persistent **inequalities** in diabetes care across Europe and increasing the **involvement of people with lived experience in decision-making**.



JACARDI: Joint Action on CVD and Diabetes

In 2025, IDF Europe continued to play an active role on the [JACARDI Stakeholder Advisory Board](#) through the participation of our Regional Manager, **Elisabeth Dupont**, in key meetings, including JACARDI’s General Assembly. There, she contributed to a roundtable discussion on strengthening **collaboration in diabetes and CVD prevention and management**, emphasising the vital role of civil society organisations in shaping effective responses.



Throughout the year, we collaborated with JACARDI’s **communications** team, developing shared outputs and co-leading a roundtable on non-scientific communication during the General Assembly, where participants exchanged insights and strategies to improve communication around their local projects.



COUNCIL OF THE EU

In 2025, IDF Europe closely monitored and communicated on the **health-related priorities** of the [Polish](#) and [Danish](#) Presidencies of the Council of the EU. Working in **collaboration with members** from these respective countries, we advocated for the prioritisation of diabetes on the health agenda of the two presidencies.



IDF EUROPE EXPERT DAY

In December, IDF Europe organised an [Expert Day](#) in Brussels, gathering people living with T1D and T2D, healthcare professionals (HCPs), scientists, researchers, policymakers, national patient organisations, representatives from international public health organisations, and other experts in diabetes, cardiovascular, kidney and liver diseases.



Throughout the day, participants explored how recent **innovations** and scientific breakthroughs are reshaping the **prevention, detection and management of diabetes and its complications**.

EUROPE-LEVEL ADVOCACY

WORLD HEALTH ORGANIZATION

Throughout the year, IDF Europe continued to monitor and report on key meetings, news and publications from WHO and WHO Europe. We attended the **78th World Health Assembly** in Geneva and closely followed the development and adoption of the [Political Declaration](#) of the fourth High-Level Meeting on the **Prevention and Control of NCDs and the Promotion of Mental Health and Well-Being** at the United Nations General Assembly in New York.

On October 27-30 we attended the WHO Europe Non-State Actors meeting and the **75th session of the WHO Regional Committee for Europe** in Copenhagen and provided oral and written statements on the following agenda items:

- [A strategy on harnessing innovation for public health](#)
- [A healthy start for a healthy life: a strategy for child and adolescent health and well-being](#)
- [Ageing is living: a strategy for promoting a lifetime of health and well-being](#)
- [Action Plan for the prevention and control of NCDs](#)



In 2025, IDF Europe remained engaged in the work of the [WHO Global Diabetes Compact](#), an initiative aiming to reduce the risk of diabetes and ensure that all PwD have access to equitable, comprehensive, affordable and quality treatment and care. The work undertaken by the Compact also supports the prevention of T2D by addressing obesity, unhealthy diet and physical inactivity.



DIABETES AWARENESS MONTH AND WORLD DIABETES DAY

Throughout the month of November, IDF Europe joined the global diabetes community in celebrating [World Diabetes Day](#) (WDD) and raising awareness of the need to improve diabetes prevention, management and care through a series of events and initiatives.



world diabetes day
14 November

Blood glucose testing initiatives

As part of our efforts to raise awareness about diabetes, its **risk factors** and the importance of **early detection**, we organise regular **blood glucose testing initiatives at several EU institutions**. In 2025, we held **11 testing initiatives**, and tested a **over 1,300 people**. The event once again proved highly impactful, creating opportunities for transformative discussions about diabetes and managing its risks.



"The sound of diabetes" – youth voices at the EP

On November 12, IDF Europe and our [YOURAH network](#) brought together young diabetes advocates, HCPs and policymakers to ["The sound of diabetes"](#), an event hosted by **MEP Agius** at the EP. The sessions highlighted the **lived experiences of young people with T1D** and demonstrated the powerful impact their voices can have in political spaces.

Through three panel discussions, the participants explored the **mental health burden of T1D**, the **stigma and discrimination** faced in schools and workplaces, and the **role of sport in supporting both mental and physical well-being**. The conversations underscored the urgency of integrating mental health into standard diabetes care, promoting inclusion in work and educational settings and ensuring that support systems meet PwD's needs.



"Towards a sex- & gender-sensitive diabetes strategy"

On November 13, IDF Europe held an [event at the EP](#) co-hosted by **MEPs Do Nascimento Cabral** and **Pietikäinen**, focusing on the **challenges faced by women living with diabetes** and the urgent need for sex- and gender-sensitive approaches in care, research and policy.

The event opened with powerful testimonials and presentations from diabetes advocates and HCPs, who highlighted how current diabetes care and technologies often fail to meet women's needs. They pointed to the **underrepresentation of women in research**, limited funding for studies exploring sex- and gender-specific differences, and **limited knowledge from HCPs on women's health**. Following this was a panel discussion addressing the need for dedicated funding, stronger education for HCPs and PwD, and innovations reflecting women's needs.

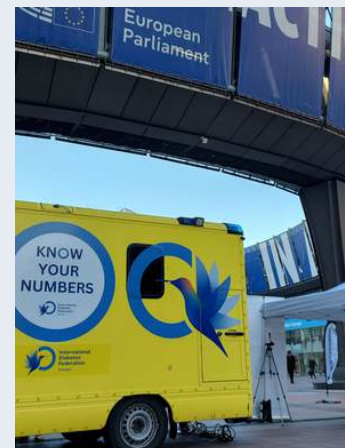




"Know your numbers": IDF Europe mobile health unit

From November 12 to 14, IDF Europe set up a [Mobile Health Unit](#) in front of the EP in Brussels, providing **free health checks** to help visitors understand their risk of **diabetes, CVD** and **obesity**. Throughout the event, **180 people** had their HbA1c, lipid levels, blood pressure and other key indicators measured. Participants were eager to learn more about their numbers and received on-site guidance and education from HCPs.

This initiative aimed to raise awareness of diabetes and its related conditions as well as to underscore the importance of **screening, early detection** and **timely treatment** to support effective management and reduce the risk of serious complications.



MEPs celebrating WDD

On the occasion of WDD, several **MEPs**, including members of the MMD Group, joined our events and initiatives at the EP and shared [video messages](#) to raise awareness of diabetes and highlight the need for stronger policy action.



"T1D & CVD: from data to solutions"

On November 14, IDF Europe, [Breakthrough T1D](#) and the International Society for Pediatric and Adolescent Diabetes co-hosted an [event](#) in Brussels on the link between **T1D and CVD** and the **need for more research** on their interaction. IDF Europe Director, Strategy and Policy **Sabine Dupont** led a panel on the **lived experience of managing both conditions**, highlighting emotional and physical challenges, gaps in tailored support and limited awareness among healthcare professionals.

Global Parliamentary Diabetes Advocacy Forum

On November 14–16, IDF Europe attended the [Global Parliamentary Diabetes Advocacy Forum](#) organised by the [Parliamentarians for Diabetes Global Network](#) in Malta, bringing together policymakers to discuss strategies for improving diabetes prevention, early detection and care. IDF Europe Board Members **Dr. Sufyan Hussain** and **Prof. João Raposo** presented on **advocacy** and **early detection of T1D**, and the forum concluded with the adoption of the **Valletta Call to Action**.

IDF Europe Advocate Award 2025

As part of WDD 2025, IDF Europe proudly announced the recipients of this year's [Advocate Awards](#). Supported by Lilly, the award recognises individuals who have made exceptional contributions to improving the lives, rights and care of PwD across Europe.

The 2025 Advocate Award was presented to **Davor Skeledžija** and **Marcello Grussu** in recognition of their outstanding contributions to **improving access, equity and quality of care for PwD in Europe**.





OTHER ADVOCACY EVENTS

EP event on advancing kidney disease screening in the EU

On January 28, IDF Europe Regional Manager, **Elisabeth Dupont**, joined an event organised by the [European Kidney Forum](#) and the [MEP Group for Kidney Health](#), focused on advancing kidney disease screening to improve early detection and outcomes. She highlighted the link between **diabetes and kidney disease**, the importance of **regular screening** for complications and the role of **EU joint initiatives** in addressing NCDs.



BRIDGE Summit

On February 17–18, IDF Europe participated in the [BRIDGE](#) Summit in Barcelona, gathering people living with T1D, HCPs and other stakeholders to discuss **advances in early detection of T1D**. The summit ensured that people with lived experience actively contributed to the discussions, reinforcing the importance of placing the diabetes community at the centre of decision-making in T1D care.



EP event on World Obesity Day

On the occasion of World Obesity Day, IDF Europe Board Member, **Prof. João Raposo**, joined the European Parliament event hosted by MEP Castillo. During the event, he highlighted **T2D and obesity as markers of health systems resilience** and stressed the need for more effective responses to tackle these challenges.



World Health Assembly side event on liver health

On May 22, **Elisabeth Dupont** participated in the World Health Assembly side event organised by the Global Liver Institute and the European and American Associations for the Study of Liver Diseases, focused on **strengthening public health responses to metabolic diseases**. She highlighted key milestones in diabetes advocacy and shared strategies for **accelerating action on NCDs**.



International Conference on Integrated Care

On May 14, IDF Europe Director, Strategy & Policy, **Sabine Dupont**, participated in a symposium at the **International Conference of Integrated Care** on strengthening **diagnostics capacity** and **integrated solutions** for managing diabetes and its comorbidities. She highlighted the need to scale up integrated, person-centred care to improve management of diabetes and its complications.



#BEACTIVEDAY 2025 campaign launch

On May 27, IDF Europe Communication & Engagement Manager, **Marian Brennan**, participated in the **#BEACTIVEDAY 2025** campaign launch, hosted by [EuropeActive](#). She presented IDF Europe's contribution to the [Health-Enhancing Physical Activity \(HEPA\) Guide](#), highlighting the role of physical activity in diabetes prevention and management and considerations for supporting PwD achieve their activity goals.





The Wellbeing Economy Forum

On May 8–9, IDF Europe Project Coordinator, **Cameron Keighron**, participated in the **2025 Wellbeing Economy Forum** in Reykjavík, representing the Youth Advisory Group of the [Joint Action to Prevent NCDs](#). He contributed to a panel discussion on how a wellbeing economy can promote public health and emphasised the importance of **including the voices of those with lived experience in shaping policy**.



EP event on fatty liver and NCDs

On June 3, IDF Europe Regional Manager, **Elisabeth Dupont**, participated in a EP event organised by the [European Liver Patient Association](#) on “*Fatty Liver & NCDs: a European policy action.*” She emphasised the importance of **including people with lived experience** in designing **policies** that address **NCDs** and their **interconnectedness**.



EP event on T1D innovation

On June 5, **Cameron Keighron**, participated in a EP event organised by [BreakthroughT1D](#) and hosted by **MEP Sokol** on “*Accelerating breakthroughs to address unmet needs in T1D.*” They highlighted the potential of **cell therapies** to reduce or eliminate the need for constant insulin management and stressed the importance of **involving PwD in shaping innovation**, ensuring therapies are accessible, equitable and meet real-life needs.



International Pancreas & ISLET Transplant Association Congress

On June 17, IDF Europe Board Member, **Dr. Sufyan Hussain** and **Cameron Keighron**, participated in a plenary session at the **International Pancreas and ISLET Transplant Association (IPITA)** Congress in Pisa on “*Ethical and societal pathways for global adoption of beta-cell therapies.*” They highlighted the **role of PwD in research** and stressed that **the daily realities of managing T1D must inform the design, testing and delivery of new therapies**.



Nordic Forum 2025

On September 4–5, **Sabine Dupont** and Board Member, **Juha Tall**, participated in the [Nordic Forum 2025](#), which brought together national diabetes associations from across the Nordics to **share knowledge** and **discuss community priorities**. They presented IDF Europe’s ongoing activities and shared insights on **advancing diabetes advocacy at the European level**, highlighting the importance of **collaboration** to strengthen the diabetes community and improve outcomes for PwD.





IDF Europe Symposium at EASD 2025

On September 18, IDF Europe held a symposium on **“Integration of care”** during the **European Association for the Study of Diabetes (EASD) 61st Annual Meeting**, in Vienna.



The event brought together people living with T1D and T2D, HCPs and public health experts to discuss why integrated care is essential to support PwD in managing this complex condition and **how we can overcome fragmented health systems and scale integrated care solutions**. Building on the symposium at EASD 2024, which focused on [personalisation of care](#), this year’s conversations offered new and ideas to improve quality of life for PwD.

Polish Senate Health Committee meeting on diabetes

On October 23, **Sabine Dupont** participated in a meeting of the **Polish Senate Health Committee** on **access to continuous glucose monitors (CGMs)** for people with diabetes, alongside representatives from national diabetes associations. They highlighted that expanding CGM access can empower people with diabetes, support better self-management, reduce the risk of complications and improve quality of life.



EP event on heart failure prevention and care

On November 18, **Elisabeth Dupont**, joined the EP event *“Early detection, better care: heart failure as a priority in the EU Cardiovascular Health Plan,”* hosted by **MEP Jerković** and the [Heart Failure Policy Network](#). She highlighted the interconnected nature of NCDs and the **increased CVD risk for PwD**, calling for **systematic risk assessments** in diabetes care and **person-centred, integrated care models**.



European Alliance for Cardiovascular Health Summit

On December 11, T2D advocate and [IDF Europe T2Gether platform](#) member, **Kostas Tagkalos**, represented the diabetes community at the **European Alliance for Cardiovascular Health Summit** in Brussels. He shared his experience living with diabetes and CVD, highlighting the need for **coordinated care** among specialists, dedicated care coordinators, and access to **psychological and peer support**.



“Bridging the gap” senior leaders workshop

On December 1-2, **Prof. João Raposo** and **Elisabeth Dupont** represented IDF Europe at the **“Bridging the Gap”** event in Budapest, which brought together advocates and experts across **diabetes, obesity, cardiovascular, liver and kidney conditions**. They highlighted the need for integrated, connected approaches to prevention and care that reflect the interplay between NCDs.





IDF EUROPE PLATFORMS OF PEOPLE LIVING WITH DIABETES

Critical to bolstering the resilience of healthcare systems and improving health outcomes and quality of life for PwD is ensuring that they are empowered to contribute not only to their daily diabetes care, but also to research and innovation, and to policy development and decision-making processes that have an impact on their lives.

In 2025, we continued to develop our existing youth programmes, the [Youth Leadership Lab](#) and our network of young diabetes advocates, [YOURAH](#), and our [T2gether platform](#) of people living with T2D and other types of diabetes.

Youth Platform

IDF Europe strongly values the essential role that young people play in raising awareness and advocating for the rights of PwD. Our Youth Platform aims to:

- **Educate and nurture** a new generation of youth advocates
- **Support capacity building** at a national and pan-regional level
- **Strengthen the diabetes ecosystem** by increasing connections across all diabetes stakeholders

Youth Leadership Lab

Since 2011, the [Youth Leadership Camp, now Lab \(YLL\)](#), has been one of IDF Europe's flagship initiatives. Each year, it brings together **20 participants** and a group of **mentors** (YLL alumni) from across Europe for a series of **online sessions** and a **one-week in-person camp**. Camps focus on **strengthening leadership and advocacy skills**, while fostering a strong **network of diabetes advocates** at the European level.

In **2025**, the **YLL** was held in **Parma**, Italy and organised in collaboration with [AGD Parma](#), [ANIAD](#) and [Diabete Italia](#). The event brought together **22 participants**, **three junior mentors** and **five senior mentors**, representing a diverse group from **15 countries**: England, France, Greece, Hungary, Iceland, Italy, Ireland, Malta, North Macedonia, Portugal, Scotland, Serbia, Slovenia, Spain and Sweden.



The **near-peer mentoring approach**, integrated into the Youth Leadership Programme in 2023, promotes two-way learning between participants and mentors. Mentors support youth leaders through guidance and shared lived experience, while also gaining new perspectives and applying skills developed through the programme. Junior and senior mentors provide practical support, foster a supportive learning environment and contribute to the organisation and overall quality of the programme.



YOURAH Network

The [YOURAH Network](#) consists of **alumni from the past 15 IDF Europe Youth Leadership Camps/Labs**. Their mission is to **empower and unite the youth diabetes community** by acting as leaders at local and national levels and engaging in advocacy initiatives, awareness campaigns and research projects.



Alumni get-together: the YOURAH Forum

Each year, IDF Europe organises **alumni get-together events** for its YOURAH members – the **YOURAH Forum**. These events provide a platform for past YLL participants to reconnect, share their journeys and engage in shared advocacy efforts.

In 2025, the [YOURAH Forum](#) took place in **Brussels** on **November 11-13**, with the theme **“Mental health and diabetes”**. Over the three days, participants explored the emotional burden of diabetes, stigma and discrimination, and the importance of mental well-being for effective self-management and advocacy.

A main highlight was the EP event organised by YOURAH members, [“The sound of diabetes”](#), where several participants shared personal experiences of living with diabetes and the burden it can have on mental health. As part of the event promotion, YOURAH members also created a [video](#) capturing everyday moments to spotlight the **mental health impact of diabetes** and the **daily challenges** faced by young PwD.



During the Forum, participants also exchanged advocacy practices with other **youth organisations**, including the [European Medical Students Association \(EMSA\)](#), the [European Patients Forum Youth Group \(EPF Youth\)](#), and the [Youth Organisation of the European Peoples Party \(Youth EPP\)](#).

Youth Advocacy Committee

The **Youth Advocacy Committee (YAC)** is a new IDF Europe initiative launched in 2025 to bring together young diabetes advocates with lived experience who wish to strengthen their expertise in **EU policy and advocacy** and engage more effectively with policymakers. As the voice of young people gains importance within European institutions, members of the YOURAH Network have expressed a growing interest in deepening their engagement on EU-level issues.

The YAC fosters a two-way collaboration that enables young advocates to feed into **IDF Europe’s policy priorities** while benefiting from **guidance and support to navigate the EU policymaking process**. In 2025, members participated in a [Youth Policy Dialogue at the European Commission](#), contributed to the organisation of the EP event [“The sound of diabetes”](#) on the occasion of World Diabetes Day and were active in **outreach to EU policymakers** throughout the year. IDF Europe supported their engagement through **regular meetings** and **practical resources**, including guidance on effective policymaker outreach and representing the voice of PwD.





IDF Europe T2D Community: “T2gether”

The **T2D platform**, now known as **“T2gether”** was launched by IDF Europe with an initial summit held in March 2024. The platform aims to promote more engagement on the part of people living with T2D, in an effort to amplify the voice of people living with the condition.



The platform provides members with the necessary **skills, training** and **networks** to become strong and confident advocates who can represent their community at a national and pan-European level.

Building on the success of the first summit, the **second T2gether meeting** was held in **Brussels** on **May 9–11, 2025** and brought together **new T2gether members** to further explore the barriers to and facilitators of engagement in T2D advocacy, identify synergies at national and European levels and gather input for the continued development of the advocate training programme.

The T2gether platform currently has more than **50 members**.

T2D online community platform

In 2024, IDF Europe launched the **online T2D community platform** for members to connect with each other and share insights, knowledge and resources on diabetes and advocacy initiatives.



T2gether activities

IDF Europe regularly organises **webinars** on key topics relevant to members of the T2D platform. In 2025, members took part in sessions on **carbohydrate counting** and **physical activity**. Several members are also engaged in **EU-funded projects**, contributing through **Patient Expert Panels**, and **focus groups**. In addition, members have opportunities to participate in **diabetes-related events** as speakers and in the **editorial boards** of IDF Europe publications, sharing insights drawn from their lived experience.





COMMUNICATION

Our legitimacy and ability to represent our members and the interest of the people they serve lie in the close collaboration, information and knowledge exchanges which we strive to foster. We believe that communication has a major role to play to support this collaboration and guarantee our joint impact on policy makers, the public opinion and the media. We disseminate our key messages around the burden of diabetes and the need for urgent action and foster discussion around possible actions and solutions through a host of channels and communication tools, such as the IDF Europe website, IDF Europe newsletters and social media platforms.

IDF Europe's website

IDF Europe uses its [website](#) as a key platform to communicate with members and engage relevant stakeholders. In addition to publishing **resources** and updates on relevant health-related **news**, the website provides comprehensive information on all core **activities** of the organisation.



A dedicated [Member News](#) page further increases the visibility of **updates from Member Associations**, which are regularly encouraged to submit information for wider dissemination.

IDF Europe's social media channels

IDF Europe is active across several **social media platforms** to reach and engage a wide range of stakeholders, including its members, PwD, HCPs, policymakers, health experts and other health-related organisations across Europe. These platforms include [Facebook](#), [Instagram](#), [LinkedIn](#), [X](#), [YouTube](#) and, since early 2025, [Bluesky](#). Across all channels, IDF Europe regularly shares news, updates, and relevant information related to diabetes and broader health issues.

Follow us on social media:



IDF Europe's newsletter

IDF Europe's [monthly newsletters](#) provide useful and inspiring information on our activities and those carried out by our Member Associations as well as health-related news from Europe.

The [IDF Europe newsletter](#) is sent each month to a list of over **1,300 subscribers**. It is promoted on our social media channels and published on the IDF Europe website.

Each edition of the newsletter is opened by an **editorial by a member of our community** on various diabetes-related topics.





IDF Europe's podcast

In 2025, IDF Europe continued its **podcast series**, available on [Spotify](#) and [YouTube](#), which explores key topics related to diabetes, from personal experiences and healthcare insights to research, innovation and health policy across Europe.

The **second episode**, released in September 2025, features **Dr. Benedetta Armocida**, Coordinator of [JACARDI](#), and **Dr. Heléna Safadi**, JACARDI Work Package 9 lead, discussing **integrated care**. They examine what integrated care looks like in practice, how JACARDI is piloting projects across several European countries to promote its adoption and why person-centred approaches are essential for improving outcomes in chronic conditions such as diabetes.

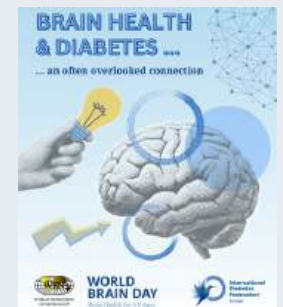
Listen and subscribe to the podcast [here](#).

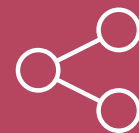


IDF Europe's initiatives on international days

Some International Days are a great opportunity to communicate on **diabetes and related challenges**. In 2025, we placed a special focus several days and weeks, as shown below, amplifying key messages via our social media channels through a variety of activities such as interviews, videos, testimonials, factsheets, articles and other resources. Here are some examples:

- Leonard Thompson Day
- International Day of Education
- World Cancer Day
- International Epilepsy Day
- International Day of Women & Girls in Science
- Zero Discrimination Day
- World Hearing Day
- World Oral Health Day
- EU Public Health Week
- World Kidney Day
- World Health Day
- International Youth Day
- World Alzheimer's Day
- EU Week of Sports
- World Heart Day
- World Elders Day
- World Brain Day
- World Hepatitis Day
- World Humanitarian Day
- World First Aid Day
- World Mental Health Day
- World Stroke Day
- World Sight Day
- Universal Health Coverage Day
- International Migrants Day





Publications

Beyond our own communication channels, in 2025 we also secured a range of **external publications** across different platforms to further raise awareness of diabetes.

We published two op-eds in [The Parliament Magazine](#): one in June on [tackling diabetes to build a healthier and more competitive Europe](#), and another in December highlighting key reflections and takeaways from our Expert Day in Brussels, which focused on [transforming lives for people living with diabetes, from early detection to cure](#).



In April, a new publication supported and facilitated by IDF Europe was released in *Diabetes Research and Clinical Practice*, exploring both the perceived and demonstrated [benefits of CGMs for people at risk of developing T2D, including those living with obesity or intermediate hyperglycaemia, as well as for people already diagnosed with T2D](#).



IDF Europe Compendium of County Profiles

During the IDF World Diabetes Congress in Bangkok, IDF Europe hosted a meeting with its **Member Associations** to officially launch its new publication, [“An Overview of Access to Diabetes Care in Europe.”](#)

This publication builds on the **country profiles** created in collaboration with national diabetes associations across Europe, consisting of factsheets presenting key information on diabetes care. The Compendium brings together all the country profiles to provide an overview and insights into the **current state of access to diabetes prevention, management, and care** across the region, exploring key areas including:

- **Policy frameworks**
- **Access to medicines, technologies and supplies**
- **Education, support and screening**
- **Health system organisation**





IDF Europe takes an active role in [research projects](#) aiming to **improve PwD's health and quality of life** through novel treatments and approaches in diabetes prevention, management and care. IDF Europe's role in these projects consists in **ensuring that PwD's voice and needs are heard and met and that the project outcomes are broadly disseminated**. In order to promote and facilitate collaboration on diabetes research, in June 2025, IDF Europe co-hosted a **webinar** with [BreakthroughT1D](#) to engage researchers, innovators, and other stakeholders in exploring research opportunities through the HORIZON-HLTH-2025 calls.

In **2025**, IDF Europe was involved in **seven research projects**:



ASSESS DHT

[ASSESS-DHT](#) aims to boost the adoption of trustworthy and effective Digital Health Technologies across Europe.



DigiCare4You

[DigiCare4You](#) aims to improve the early prevention of T2D and hypertension with the support of digital tools.



ISLET

[ISLET](#) aims to innovate advanced cell therapy for the treatment of people living with T1D.



MOVEUP

[MOVEUP](#) aims to enhance the well-being and physical condition of adults living with chronic conditions, specifically T2D and hypertension.



SmartDiabetes

[SmartDiabetes](#) aims to establish a value-based model for diabetes care and a sustainable procurement practice.



Sports&Diabetes: DiaPS

[DiaPS](#) aims to develop a digital platform for peer-support on managing diabetes during sport activities.



Trials@Home

[Trials@Home](#) aims to explore the implementation of decentralised clinical trials to improve representativeness, effectiveness and efficiency.



ASSOCIATIONS AND ALLIANCES

Another key avenue for advocacy is our active participation in alliances, fora, roundtables, and conferences with our partners. IDF Europe strongly believes that improving PwD's quality of life can only be achieved through effective, sustainable collaborations across a broad range of partners. In 2025, we continued working with our **long-standing partners** and initiated **new collaborations**, particularly with **organisations representing other chronic conditions**, to strengthen the voice of PwD and raise awareness of the need to prioritise diabetes and other NCDs in health policies.

#dedoc



EU4Health Civil Society Alliance



EU Health Coalition



EU Health Policy Platform



European Chronic Disease Alliance



European Coalition for Vision



European Diabetes Forum



European Patient Academy on Therapeutic Innovation



European Patients' Forum



European Public Health Alliance



Foundation of European Nurses in Diabetes



European Cardio-Renal-Metabolic Patient Partnership





INDUSTRY PARTNERS

IDF Europe’s industry partnerships help us meet our strategic goals and deliver on our mission and vision to succeed in creating real and lasting impact for PwD. In 2020, IDF Europe introduced a **tiered partnership scheme** to offer more flexibility in the type of collaboration and the desired degree of engagement.

Grants from our Corporate Partners allow us to explore new and innovative ideas and deliver the work outlined in this report. We wish to express our sincere thanks to each one of our partners for their support. IDF Europe values these successful and sustainable partnerships and looks forward to continuing a sustained and open dialogue about expectations, shared values, challenges and solutions in the future.

Gold Strategic Partners



Silver Strategic Partners



Project Partners



Other Partners





IDF EUROPE'S REGIONAL COUNCIL

On 6 April, ahead of the IDF World Diabetes Congress in Bangkok, we held our **Regional Council**, bringing together **Member Associations** from across Europe to discuss ongoing projects and future initiatives.



The meeting also marked the **start of a new biennium** and the transition to a **new Regional Board**. We expressed our sincere gratitude to Prof. Nebojša Lalić, our outgoing Regional Chair, for his outstanding leadership and dedication over the past years, as well as to the outgoing Board Members, Maria Stella de Sabata, Bogdana Gratton, Konstantinos Makrilakis and Tatjana Milenković, for their invaluable contributions to our shared mission. We then welcomed our **new Regional Chair, Prof. Tadej Battelino, and Chair-Elect, Prof. João Raposo**, together with both returning and new Board Members: **Uroš Bogdanović, Leszek Czupryniak, Charilaos Dimosthenopoulos, Elena Frattolin, Sufyan Hussain, Jaivir Pall, Juha Tall, Florian Toti and Maya Victorova**.

Youth representation in the IDF Europe Board

In 2025, a key milestone of the Regional Council and the election of the new IDF Europe Board was the inclusion, for the first time, of a **dedicated Youth Representative with voting rights**. This role, currently held by **Uroš Bogdanović**, ensures that **the voices and experiences of young people with diabetes are formally represented in IDF Europe's decision-making** and that youth-focused initiatives continue to grow.



Following the Regional Council, we joined representatives from our European members at the **IDF Global General Assembly** on April 7, connecting with national diabetes associations from around the world. On the same day, the **IDF World Diabetes Congress** officially began. During the Congress, IDF Europe had a strong presence, featuring a dedicated **YOURAH booth** highlighting our youth activities in the exhibition area, a **presentation on our core work at the IDF Booth** and a session during the **Youth Leaders in Diabetes workshop** on global diabetes initiatives where we showcased our youth programs, including the YLL and the YOURAH network.



IDF EUROPE BOARD 2025



Prof Tadej Battelino
Regional Chair
Slovenia



Prof João Raposo
Regional Chair-Elect
Portugal



Mr Uroš Bogdanović
Youth Representative
Serbia



Dr. Charilaos Dimosthenopoulos
Board Member
Greece



Prof Leszek Czupryniak
Board Member
Poland



Ms Elena Frattolin
Board Member
Italy



Dr Sufyan Hussain
Board Member
United Kingdom



Mr Jaivir Pall
Board Member
United Kingdom



Mr Juha Tall
Board Member
Finland



Prof Florian Toti
Board Member
Albania



Ms Maya Victorova
Board Member
Bulgaria



IDF EUROPE REGIONAL OFFICE 2025



Elisabeth Dupont
Regional Manager



Sabine Dupont
Director, Strategy & Policy



Joana Amorim
**Youth Programme
Coordinator Intern**
(From April 2025)



Martina Boccardo
**Strategic Communications
& Content Coordinator**



Marian Brennan
**Communication &
Engagement Manager**
(From March 2025)



Linda Budde
Policy Intern
(Until February 2025)



Anna Fileppo
Admin & Events



Adam Gyurcsik
Youth Coordinator
(Until March 2025)



Cameron Keighron
Project Coordinator



Elena Keller
**Social Media &
Communications Intern**
(From August 2025)



Jessica Nastos
**Project & Communication
Coordinator**
(Until August 2025)



Maxence Prizzi
**Junior Policy &
Advocacy Officer**



Izabell Thunström
**Policy & Project
Coordinator**



IDF Europe is the European chapter of the International Diabetes Federation (IDF).

We are an umbrella organization representing 73 national diabetes organisations in 45 countries across Europe. We are a diverse and inclusive multicultural network of national diabetes associations, representing both people living with diabetes and healthcare professionals.

The IDF Europe Annual Report is subject to final approval by the Regional Council.

idfeurope@idf-europe.org

www.idf-europe.org

Follow us on social media and subscribe to our newsletter!

