



# ROMANIAN DIABETES FORUM

ONE YEAR SINCE ITS LAUNCH

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*Dear partners, on the occasion of the one-year anniversary since the launch of the Romanian Diabetes Forum we would like to thank you for your dedication and unconditional support. The aggregated effort of all stakeholders involved in the diabetes ecosystem has helped us achieve important milestones in our endeavour towards diabetes management and prevention. By means of this document we would like to share with you our thus far progress as well as our future projects. Because, in order to be healthy, Romania needs each and every one of us.*



# INTRODUCTION

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## **ABOUT THE ROMANIAN DIABETES FORUM**

The Romanian Diabetes Forum, launched within the Chamber of Deputies' Committee for Health and Family on the 9th of April 2019, is a collaboration network bringing together all stakeholders interested in the prevention, diagnosis and integrated management of diabetes mellitus. This initiative complements and resembles its European counterpart networks, the European Federation of Pharmaceutical Industries and Associations and respectively the European Diabetes Forum.

On the 14th of November 2018, the initiative was jump-started by its adherence and co-signature on a collaboration protocol developed between the Romanian Diabetes, Nutrition and Metabolic Diseases Society and respectively the Diabetes working Group engulfed in the Romanian Association of International Drug Producers. One year later, the Romanian Federation for Diabetes, Nutrition and Metabolic Diseases joins the network by virtue of signing a protocol emphasising its long-term commitments.

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## **WHO ARE ITS MEMBERS?**

Romanian Diabetes, Nutrition and Metabolic Diseases Society  
Romanian Diabetes, Nutrition and Metabolic Diseases Federation  
Romanian Association for Diabetes Education  
Romanian Diabetic Neuropathy Society  
Romanian Society for Nutrition  
Romanian Association for the Study of Obesity  
National Forum for Prevention  
Romanian Cardiology Association  
Romanian Hypertension Society  
National General Practitioners' Society  
Romanian Doctors' College  
Romanian Pharmacists' College  
Romanian Federation of Diabetic Associations  
Mureş Association of Diabetic Children and Youth  
Sports&Diabetes Association  
Yes, i can! Association  
Coalition of Chronically ill patients' organizations  
Patient 2.0 Association  
Type 1 Dreamers

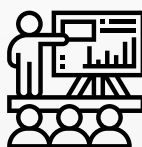
# WHAT IS OUR MISSION?



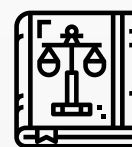
## FORUM GOALS:



**I.  
DEVELOPMENT OF  
A COLLABORATION  
FRAMEWORK WITH  
ALL INTERESTED  
STAKEHOLDERS**



**II.  
RAISING THE LEVEL  
OF AWARENESS  
REGARDING  
DIABETES**



**III.  
CONTRIBUTIONS  
TO DEVELOPING  
A LEGISLATIVE  
FRAMEWORK  
FOR DIABETES  
PREVENTION**



# LAUNCHING EVENT STATEMENTS:

**MD. Laszlo Attila, President, Committee for Public Health, Senate:** Diabetes is one of the biggest public health challenges we are dealing with at the moment

**Professor Romulus Timar, President of the Romanian Diabetes, Nutrition and Metabolic Diseases Society:** The key actions start with prevention (not only for diabetes mellitus, but also for obesity, dyslipidaemia or cardiovascular diseases) by means of a healthy lifestyle

**Professor Gabriela Roman, Romanian Diabetes, Nutrition and Metabolic Diseases Federation:** Of main priority should be considered the patients' registry (or big data we can count on), the therapeutic education part for people suffering of diabetes and the involvement of nutritionists

**Maria Mesaroş, Romanian Federation of Diabetes Association:** What is of interest to us, the patients suffering from diabetes, is to benefit from continuous education, because without it, even under the best treatment when can suffer from complications

## WHAT DO WE NEED AT EUROPEAN LEVEL?



Better and more reliable  
data in Europe and its  
Member States



Better points  
of comparison and  
benchmarking



Alignment and Collaboration  
with more stakeholders at  
both European and national  
levels

Depending on the specific domain of intervention and interest, each contributor has committed to initiating and implementing actions targeting: informing the public opinion regarding the risks and raising awareness on diabetes epidemiology, specific prevention actions and integrated management (herein including possible complications as consequence of illness), defining public policies in the domain.



# WHAT DID WE ACHIEVE IN ONE YEAR?

## DEVELOPMENT OF A COLLABORATION FRAMEWORK WITH ALL INTERESTED FACTORS



### WORKSHOPS WITH REPRESENTATIVES OF PATIENTS' ASSOCIATIONS

The workshop with representatives of patients' associations took place on the 27th of September 2019. Participants discussed and identified measures for diabetes prevention, but also possibilities of increasing life-expectancy and quality of life for those people suffering from diabetes.

#### **Part of the conclusions and measures of intervention that have been reached during the workshop:**

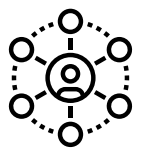
- \* A necessity for therapeutic education targeting people with diabetes;
- \* Adapting existing legislation so that it allows for easy access of data found within support groups, the latter representing an important source for many people suffering from diabetes;
- \* A proposal regarding the development of a nation-wide Type II Diabetes mapping, accounting for the necessity of a national overview;
- \* The introduction of prevention measures for cardiovascular diseases in the integrated management for the person suffering from diabetes;
- \* Promotion of informative messages in order to limit the impact of erroneous information regarding diabetes.





## COLLABORATION PROTOCOL WITH THE ROMANIAN FEDERATION FOR DIABETES, NUTRITION AND METABOLIC DISEASES

During a plenary session of the Congress of the Romanian Federation for Diabetes, Nutrition and Metabolic Diseases, within which the Romanian Diabetes Forum was introduced, a collaboration protocol is signed for granting active support to the project as well as for implementing a number of common intervention and support actions for people with diabetes.



## CONNECTING THE FORUM WITH EUROPEAN PROJECTS



European  
Diabetes Forum

### European Diabetes Forum

The European Diabetes Forum is a platform fostering collaboration with the main goal of improving results for people suffering from diabetes. The network brings together all interested stakeholders European-wide. The latter includes policy-makers, researchers, medical societies, patient organisations, institutions within the co-morbidities domain associated with diabetes, companies, legislators, patients.

- \* The Platform supports European and national actors, by virtue of offering a central point of contact for public policy within the diabetes domain in Europe
- \* Calls upon Member State actions at national level, Romania being the first country in Europe to launch a National Diabetes Forum

### European Association for the Study of Diabetes

Present at the European Diabetes Forum Symposium, the Romanian representatives have primarily disseminated the message that there is an urgent need for prevention measures, stressing the fact that when we discuss the management of people suffering from diabetes, we have to consider the involvement of an entire team of specialists.



### The Hague Declaration targeting the diabetes domain

The European forum of specialist in the diabetes domain – European Diabetes Policy Summit – launched the Hague Declaration for the purpose of stimulating those medical practices and public policies targeting the management of Type II Diabetes in accordance with the updates and amendments brought to international guides. The main 5 action strategies for the implementation of the new clinical guides for management of Type II Diabetes are:

- \* Involvement of all policy-makers in the development of practical and easy to implement recommendations at national level;
- \* Increasing investments in digital platforms;
- \* Offering support to the medical community in providing optimal care to patients suffering from Type II Diabetes;
- \* Development of efficient monitoring tools for impact evaluation following the implementation of the guides;
- \* Promotion of interdisciplinary approach in the management of diabetes.





## Initiative concerning the diabetes record in Central-Europe (DEICE) – an initiative of the International Federation for Diabetes in Europe

Key recommendations::

- \* Development and implementation of diabetes registries in Central-Europe
- \* Improving access to healthcare and innovation
- \* Ensuring diabetes care and treatment on multiple levels



## RAISING AWARENESS ON DIABETES

► The **Romanian Diabetes Forum' website** is used to disseminate the groups' initiatives envisioned to benefit the patient, present the campaigns developed for raising awareness on risks associated with diabetes as well as concrete measure proposed in order to enhance the quality of life of all persons affected by diabetes mellitus.



► The **Facebook page** provides useful advice, educational and inspirational materials as well as it keeps the interested communities updated on the problematics of diabetes and the latest initiatives concerned with improving the quality of life for people suffering from diabetes.

So far, the Forum's Facebook posts have gathered a number of **71.348 views**, and **7.149 reactions**



## ► Workshop with Journalists I speak the language of Diabetes



### The objectives of the media workshop

#### 1. Media awareness regarding:

- \* Diabetes and its complications, the high prevalence rate in Romania, the large number of undiagnosed persons
- \* Misconceptions of the public about this medical condition
- \* The importance of the journalist in the correct education of the population on prevention (healthy lifestyle)
- \* Why diabetes is a serious public health problem. Personal, financial, social impact.
- \* The importance of prevention

#### 2. The Romanian Diabetes Forum to become a reference point for diabetes in the media



Articole complete:

<https://www.viata-medicala.ro/stiri/pacientul-cu-diabet-are-nevoie-si-de-consiliere-psihologica15437->

<https://www.click.ro/utile/sanatare/10mituri-despre-diabet-tot-ce-trebuie-sa-stii-despre-boala-care-afecteaza- peste>

<https://www.formaremedicala.ro/medicii-diabetologi-din-romania-au-realizat-un-set-de-principii-si-masuri-de-prevenitie-a-diabetului/>

<https://radioromaniacultural.ro/14noiembrie-ziua-mondiala-a-diabetului>

[https://cdn01.klarmedia.com/monitoring/201911191510/11-2019\\_primatv\\_12\\_november\\_06\\_22\\_18\\_2019.mp4](https://cdn01.klarmedia.com/monitoring/201911191510/11-2019_primatv_12_november_06_22_18_2019.mp4)

## ► I Wish and I Can Campaign

Apart from its symbolic value, the campaign contains useful information about activities that can be implemented for increasing the quality of life and life-expectancy of people with diabetes.



The Campaign engulfs the energy of all actors involved in the universe of diabetes, in concrete and collaborative activities so that we can manage to build a better future for people with diabetes.

Needs identified during the implementation of the Campaign:

1. Prevention (primary and secondary, education for prevention)
2. Access to treatment and innovative devices at all times, for all patients
3. Therapeutic education
4. Integrated management by virtue of interdisciplinary teams

Statements gathered during the I Wish and I Can Campaign have been promoted also on the Facebook Page

## ► Development of a national communication campaign project with the purpose of raising awareness on diabetes mellitus

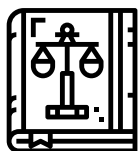
The Campaign's goal is that of raising awareness on the risks of diabetes and the importance of prevention. In essence, the campaign was tightly linked to the Forum's prevention projects.

In the campaign, public authorities will be involved as it will be implemented at first in a pilot city.





# CONTRIBUTION TO THE DEVELOPMENT OF A LEGISLATIVE FRAMEWORK FOR DIABETES PREVENTION



## A NATIONAL LEGISLATIVE FRAMEWORK FOR DIABETES PREVENTION

Following a thorough analysis of the medical legislation for the purpose of identifying favourable provisions for the development of a legislative framework suited to diabetes, consultations with experts and the members of the Forum were conducted in order to gather proposals and establish the content of the legislative project:

- \* Meetings with the medical community (16 diabetes doctors from a variety of research centres developed proposals and participated in consultations for the development of the legislative project)
- \* Informing and Consulting policy-makers
- \* Consultation with patients associations and relevant institutions
- \* Debates with the medical community for the purpose of aggregating the projects' principles
- \* Debates with the members of the Parliaments' Committees for Health

All of these efforts resulted in a project consisting of concrete prevention measures for diabetes. The latter was assumed and registered as a legislative proposal within the Parliament, benefiting from support from both Deputies and Senators. At the moment, the proposal is in legislative procedure in the Romanian Parliament, pending approval.

**The Law** brings about profound changes at the level of the public opinion as far as the shift towards a healthy and responsible lifestyle are concerned. Moreover, it implements institutional measures through which, the diabetes high-risk groups can be timely identified. The Law provides for the following 3 directions for action:



I. Educating the public opinion to opt and maintain a healthy and responsible lifestyle;



II. Screening for early diagnosis of diabetes;



III. Prevention or delay of disease progress.

# WHERE ARE WE NOW? PROJECTS FOR 2020

Summary of strategic action plans for the following year.



## Support actions for people suffering from diabetes in the context of COVID-19 pandemic

The first activity carried out by the Romanian Diabetes Forum in the context of COVID-19 pandemic consists of developing a protection guide for people suffering of diabetes mellitus and promoting in the media.

During the COVID-19 epidemics, the Facebook page constantly publishes relevant information and recommendations for people suffering for diabetes.

Concomitantly, the members of the Forum have identified a series of hardships imposed on diabetics during this period, sought solution and forwarded proposals towards relevant authorities.

**FORUMUL ROMÂN DE DIABET**

## RECOMANDĂRI DE PROTECȚIE

pentru persoanele cu diabet zaharat în perioada pandemiei de COVID-19

**Factorii care pot produce efecte mai severe în cazul infectării cu COVID-19**

Controlul insuficient al glicemiei (nivelurile ridicate ale zahărului din sânge conduc la scăderea imunității organismului)	Existența unor complicații ale unor boli cronice (în special cele cardiovasculare sau renale)	Durata mai mare a prezentei bolii (diabetului)	Obezitatea (indice de masă corporală > 30)	Vârsta înaintată	Fumatul
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**Persoanele cu diabet necontrolat fac parte din grupurile aflate la risc ridicat**

Infectarea cu noul virus devine severă în cazul persoanelor care prezintă și alte comorbidități, în special în rândul persoanelor în vârstă, sau al persoanelor care suferă de diabet, boli cardiovasculare, boli cronice ale plămânilor și hipertensiune.

**MĂSURI PREVENTIVE pentru persoanele cu diabet zaharat în perioada pandemiei cu COVID-19**

Testați-vă glicemia regulat, respectând programul de monitorizare agreat cu medicul dumneavoastră.	Verificați-vă temperatura în fiecare dimineață și seară, fiindcă febra poate fi un semn de infecție.	Asigurați-vă că puteți accesa permanent numerele de telefon de urgență puse la dispoziție de autorități și asigurați-vă că aveți medicamentele necesare (în special insulina) și consumabile pentru testarea nivelului de glucoză în sânge.
Practicați activități fizice zilnice / exerciții.	Spălați-vă des mâinile cu săpun și folosiți soluție dezinfectantă.	Evitați contactele sociale și mențineți o distanță de siguranță de minimum 1,5 metri. Când strănutăți sau tușiți, acoperiți-vă nasul și gura cu un servetel și aruncați-l imediat la coșul de gunoi.
Asigurați-vă o bună hidratare, respectând dieta stabilită cu medicul dumneavoastră și evitați alimentele procesate, pentru a vă proteja sistemul imunitar.	Eliminați orice contact sau deplasări inutile, în special în grupuri de mai mult de 3 persoane.	Dacă locuiți singur, apelați la o persoană care vă cunoaște condiția, pentru a interveni optim în asigurarea nevoilor alimentare de bază și alte necesități.
Cântăriți-vă în fiecare zi, fiindcă pierderea în greutate poate fi un semn al unui control glicemic deficitar.		



# RECOMMENDATIONS AT EUROPEAN LEVEL <sup>1</sup>

For improving healthcare for people diagnosed with diabetes in Europe, we should make use of all healthcare data, teach patients accountability and reimagine all healthcare assistance mechanisms and systems.

## **Definition, monitoring, evaluation, perfecting: registries, data regarding health and improving healthcare results of diabetic people**

- \* By virtue of evaluating and comparing diabetes patients health results as well as establishing the causes that determine variations in disease evolution fosters the identification of those domains within which better and more efficient results can be obtained
- \* Of extreme importance is the establishment of a health data collection and analysis infrastructure, data which at the moment is decentralised on all levels of the healthcare system. Political stream willingness has to be ensured in order for them to follow the recommendations based on data analysis.



## **Accountability of people with diabetes: Self-management through digital tools and innovative therapies**

- \* Digital tools and innovative therapies led to important changes in the prevention, management and research of diabetes
- \* Innovative technology ensures a shift from traditional treatment methods for people with diabetes towards a new era within which patients, medical staff, and researchers have discretionary access to data and can share it for the purpose of making informed decisions and ensuring a better disease management

## **Reinvention of medical systems: integrated care and strengthening of primary assistance**

- \* Integrated care has the potential of ensuring continuity, increase the degree of accountability of the patients and respectively promote the sustainability of the healthcare system
- \* Primary assistance is an essential component of an integrated healthcare system. A successful approach in organising an integrated healthcare system has as foundation patient accountability. This fosters proper self-management of the disease.
- \* Medical care offered to people suffering from diabetes has to be flexible so that it allows the medical staff to tailor care to the needs of each individual patient. At the same time this gives them the time to adapt to new, more invasive practices

We have to rethink the way in which we carry out medical care for diabetic people and collaborate for improving diagnosis, treatment and management of this disease.

If we have a long-term approach on the disease and its consequence, we can offer a better life for an increasing number of patients diagnosed with diabetes.

1. White Paper "Improving outcomes for people with diabetes. The role of health data, access to innovation and rethinking care", The European Federation of Pharmaceutical Industries and Associations (EFPIA)

**To be healthy,  
Romania needs  
each of us**



**ROMANIAN  
DIABETES  
FORUM**