DEFINITION
Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces.

Burden
AFFECTED ADULTS IN EUROPE
60 Millions
about 10.3% ♂ + 9.6% ♀ aged 25 years and over

2× RISK
The overall risk of dying among people with diabetes is at least double the risk of their peers without diabetes. Also significantly higher risk of developing depression and other psychological problems compared with the general population.

50% of people with diabetes die of cardiovascular disease (primarily heart disease and stroke)

10-20% of people with diabetes die of kidney failure

10% approximately develop severe visual impairment after 15 years of diabetes


Indirect economic costs: Diabetes can reduce a household’s income, which can lead to poverty, poor educational performance and, in the wider economy, can have a negative effect on GDP.

90% of all cases

Adult-onset diabetes = TYPE 2 DIABETES

People with TYPE 2 DIABETES can often initially manage their condition through exercise and diet.

However, over time most people will require oral drugs and or insulin.

THE VALUE OF SCREENING AND EARLY DIAGNOSIS

- DIABETES SCREENING is the process of identifying those individuals who are at sufficiently high risk to warrant further investigation or direct action.

- TYPE 2 DIABETES can be diagnosed at an early stage through relatively inexpensive blood testing. However, 50% of people with diabetes may be undiagnosed.

- EARLY DETECTION can improve the outlook for people with type 2 diabetes, since timely control decreases the risk of complications.

- Screening to identify type 2 diabetes followed by EARLY TREATMENT could result in substantial health benefit by reducing risk of cardiovascular disease or death within a 5-year follow-up period when compared to patients having no screening.

Policy Recommendations

- FORMULATE NATIONAL POLICIES concerning screening for type 2 diabetes and prioritise diabetes as a major health, social and economic concern.

- DEVELOP AN EU STRATEGY for diabetes prevention, screening and control.

- PROVIDE MORE EVIDENCE on the effects of early detection of type 2 diabetes through screening.

- Given the dynamic nature of this topic, POLICIES for screening for type 2 diabetes MUST BE REVIEWED from time to time as new evidence accumulates.

SOURCES: EDF, OECD, WHO, Cambridge University