

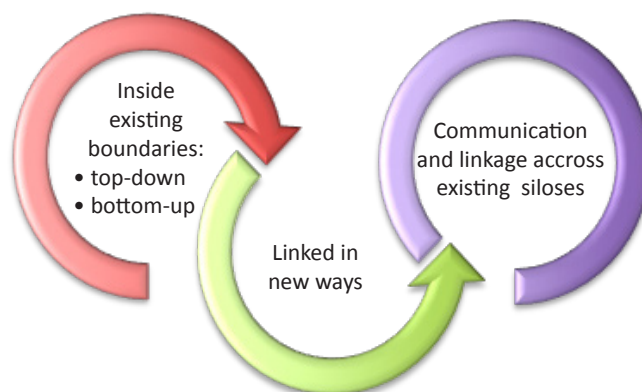
The Guide arises from the expertise of partners of WP7, that was focused on diabetes to serve as a model disease to study the concepts and approaches to strengthen health care for people with chronic diseases. Two workshops, one with partners and the other with representatives of Member States Ministries of Health, were also conducted in order to get different views, perspectives and inputs.

Topics and processes, that should be addressed in National Plans

A National Diabetes Plan (NDP) makes a clear case advocating for diabetes prevention and care. The NDP:

- should involve a community awareness campaign
- has a strategy for early diagnosis of type 2 diabetes
- should address early detection and timely comprehensive care of the chronic complications of diabetes
- considers the role of patients, their carers and families, and ensures their empowerment
- addresses the possible mental health burden of diabetes
- aims to assure equality of access to routine care and education
- includes/supports the development and use of guidelines for diabetes care and prevention
- addresses the needs and perspectives of vulnerable population
- includes training for healthcare professionals and education on how to work in multidisciplinary teams
- includes strategies for meaningful diabetes-related data collection, sharing and use

Setting up the leadership



Top-down and bottom-up efforts are very important, but work within existing organisational boundaries. Some changes, however, can happen only when institutions, people, activities and information are linked in new ways. Leadership for these changes is successful if it supports communication and linkage among existing siloses and care that is currently fragmented.

The Guide aims to inspire those readers, who see that the situation in healthcare could be improved and who are willing to take a part in the change, for example policy makers, healthcare institutions, patients and their associations, healthcare professionals and their associations. It could also be used for example as a background material for leading workshops at critical moments when strengthening the implementation or the sustainability of existing plans is needed, or when new plans are under development and the major challenge is seen in how a written plan should result in actual implementation.

Policy Brief - National Diabetes Plan in Europe

What lessons are there for the prevention and control of chronic diseases in Europe?

Data on national diabetes plans in 22 European countries that were collected as part of JA-CHRODIS formed the basis for the Policy Brief. The majority (13 out of 22) of surveyed countries currently have a formal National Diabetes Plan in place. Of those that did not, two had concluded a previous NDP and had not yet developed a follow-up and three referred to diabetes disease management programmes and other measures in place.

Key messages

- Countries in Europe have made progress towards developing a systematic policy response to the diabetes burden but the overall investment and the implementation of comprehensive strategies for the prevention and treatment of diabetes has varied.
- The following identified factors may facilitate the development, implementation, and sustainability of national diabetes plans:
 - national (or regional) leadership
 - multiple stakeholder involvement
 - patient representation in plan development and implementation
 - adequate resourcing for implementation of the NDP
 - flexibility in NDPs
 - a balance between centrally defined requirements and regional autonomy
 - learning from experience through monitoring and evaluation as well as through transnational learning.
- Patient empowerment and involvement are key to all successful strategies
- The success of a programme depends on professionals' motivation. Health-care professionals want to do their best – they will seize opportunities for self-improvement.
- Multi and interdisciplinary approaches lead to successful strategies through the integration of skills and knowledge at all levels in the health sector.
- The key challenge for the future is ensuring that NDPs can be monitored and evaluated by building up capacity in information systems so that the health outcomes of such interventions can be adequately measured.

The policy brief identifies the key enablers and barriers to the development, implementation and sustainability of NDPs in European countries and informs countries' efforts to build a successful and comprehensive strategy through the exchange of good practices.



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