

**FORUMUL  
ROMÂN  
DE DIABET**

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YEARS OF INVOLVEMENT AND COMMITMENT

April 9, 2024, Palace of the Parliament

# **EVENT REPORT**

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# I. INTRODUCTION

On the occasion of the 5th anniversary of the launch of the Romanian Diabetes Forum on April 9, 2019, alongside the members of the Forum - authorities, medical societies, associations, journalists, partners, and the medical community, we celebrated 5 years of existence, while also sharing plans and vision for the next 5 years.

During this event, both the progress and the remarkable efforts made by each of the parties involved in this extensive collaboration were emphasized and acknowledged, aiming to have a healthcare system focused on the well-being of people with diabetes.

In agreement with all supporters who contributed to the event, the members of the Forum reaffirmed their firm intention to remain a unified and powerful voice, and a pillar of normality by maintaining the commitment made 5 years ago and continuing to initiate and promote actions with **a significant impact on improving the quality of life in the diabetes-affected community in Romania.**



# II. DIABETES MELLITUS DURING THE PERIOD 2019-2024

The incidence of diabetes mellitus has undergone a worrying increase in recent years - in 2019 there were 41% more cases than in 2012. The upward trend continued to accelerate in the post-COVID-19 period - in 2021, like everywhere in the world, Romania recorded a record number of diagnosed diabetes cases: around 1.5 million cases.

Of these, the majority are cases of type 2 diabetes mellitus, more precisely 83.9% of the total cases reported in the offices of diabetologists. As for the prevalence, it approaches the European average, being slightly below it: in Romania, 1 in 12 adults has diabetes, while in Europe, 1 in 11 adults does.

Additionally, it is estimated

that 1 in 2 people are unaware they have diabetes. In Europe, the total estimated number of undiagnosed individuals is 21.9 million. Their proportion (individuals aged 20 to 79) is 21.4% in Romania and 35.7% in Europe.

Romania's healthcare expenditures are among the lowest in the European Union – Romania allocates only 5.7% of GDP to healthcare, the second-lowest percentage in the EU. Thus, the value of healthcare spending per capita in the EU amounts to EUR 3,523, while in Romania, the value is only EUR 1,310.

The situation is similar concerning expenditures on



prevention, with Romania allocating only 1% of the healthcare budget for prevention, the second-lowest share in the EU. Also ranking second in the EU for the lowest share allocated to outpatient care is Romania, with 19%. Regarding the annual cost per person with diabetes in Romania, it is over 3 times lower than the European average – USD 930 compared to USD 3,086.

# III. THE ACHIEVEMENTS OF THE ROMANIAN DIABETES FORUM IN THE FIRST 5 YEARS

## Year 1 - Launching the Romanian Diabetes Forum. Initial Steps

The launch of the Romanian Diabetes Forum marked a crucial and decisive moment, truly pioneering for the diabetes community. All parties involved - the medical sector, patient associations, authorities, and industry - joined forces to address such a prevalent condition as diabetes and to create a space where those affected could share experiences, information, and valuable resources, thus contributing to greater awareness and improvement in diabetes management in Romania.





## Year 2 - Adoption of the Law on Prevention and Early Detection of Diabetes

Just 2 years after the establishment of the Forum, the adoption by the Romanian Parliament of the Law on Prevention and Early Detection of Diabetes represented a valuable victory and a crucial step towards a healthier and more informed society, with multiple benefits and a significant positive impact.



## Year 3 - Awareness Campaigns for Type 2 Diabetes and Support for People with Diabetes

On the agenda of the Romanian Diabetes Forum, information, education, and awareness among both people affected by diabetes and the general public have been permanent objectives. During the Covid-19 pandemic, the message conveyed by the Forum to people with diabetes was simple and powerful: "Take control!"



## Year 4 - Involvement of Various Stakeholders in Diabetes Prevention

Through collaboration with local public authorities and pharmacies, screening programs for early detection of diabetes and risk assessment have been developed, promoting healthy lifestyles within communities, and facilitating access to adequate medical services for diabetes prevention and management.



## Year 5 - Projects for Raising Awareness of Diabetes Risk

With a constant priority on raising awareness about the risk of diabetes, the Romanian Diabetes Forum has undertaken projects aimed at this objective. The initiative carried out at the end of 2023 on World Diabetes Day, following the global theme "Know Your Risk!", represented a campaign conducted for the first time in Parliament and in several press offices.

# IV. PRIORITIES OF PUBLIC POLICY IN THE FIELD OF DIABETES MELLITUS IN EUROPE

## THE RECOMMENDATIONS OF THE EUROPEAN DIABETES FORUM INCLUDE:

1. **Integrated care** (involves providing continuous, coordinated and outcome-focused care)
2. **Registers** (collect, track and analyze patient data regarding various parameters, including clinical characteristics, risk factor control indicators, diabetes complications and treatments)
3. **Digital technologies** (diabetes is ideally suited to benefit from these types of digital tools, given that it is largely self-managed and primarily data-driven)

## TAKE A STAND FOR THE DIABETES COMMUNITY

We ask you to pledge your support for the 32 million people living with diabetes in the European Union and their families.  
Take action by creating a strong EU diabetes policy framework supportive of national diabetes action plans.

Early Detection | Equitable Care | Empowering People | Embracing Science & Technology

DIABETES COMMUNITY PLEDGE FOR THE 2024 EUROPEAN ELECTIONS

IDF Europa, European Heart Network, EUDF and EFPIA recommends:



A common health check (for type 2 diabetes and cardiovascular diseases) and targeted, fast and cost-effective screenings for cardiovascular health and diabetes would be a cost-effective way to improve early diagnosis.



## Accelerating action on commitments to improve diabetes detection and quality of care

28 - 29 November 2023 | Belgrade, Serbia



### Global targets for diabetes by 2030:

- 80% of people living with diabetes are diagnosed.
- 80% have good glycemic control.
- 80% have good control of blood pressure
- 60% of those with diabetes aged 40 years or older receive statins
- 100% of individuals with type 1 diabetes have access to affordable insulin and self-monitoring blood glucose (SMBG).

## Manifesto of the EPP Group in the European Parliament for European Cardiovascular Health Plan

- **Proposals from the diabetes community:**
- 1. Any European plan addressing cardiovascular health will only be effective if it is associated with a comprehensive plan for diabetes.
- 2. Adequate measures for early detection of diabetes.
- 3. A comprehensive diabetes plan at European level, with dedicated public policy initiatives for diabetes prevention and care in all member states.

# V. STATEMENTS FROM THE EVENT



## **MD. PhD. Professor Gabriela Roman, President, Romanian Federation of Diabetes, Nutrition, and Metabolic Diseases**

Five years ago, we must admit that we were somewhat inspired by what was anticipated in Europe, precisely this movement of training and alliance within diabetes forums. Diabetes is not just November 14th - World Diabetes Day, diabetes is 365 days.

What have these 5 years meant? Perhaps at the beginning, we didn't exactly know how things stood, but our desire and ambition were extraordinary, and in fact, this Forum is a platform where all players, whether we are professionals, whether we are or not part of the medical field, or even people with diabetes, we managed to come together and fine-tune our strategies.

We should all be proud of the law on prevention and early detection of diabetes, one of the few laws of its kind in Europe, which is said to be implementable in a relatively short time.

There are over 10,000 people who have gone through this community-level screening program. We also had actions related to the Data Barometer in terms of prevalence and the number of people with diabetes. It is one of the directions I see being followed. Educational programs are other involvements, addressed to us professionals, but also to people with diabetes.

In addition, we have all these involvements to collaborate with the authorities, early screening, good collaboration with the authorities, their support, not just legislatively, but also financially. I also believe that informing about what is happening in Romania in terms of people diagnosed with diabetes represents an important pillar.



## **MD. PhD. Professor Bogdan Timar, Vice President, Romanian Society of Diabetes, Nutrition, and Metabolic Diseases**

This diabetes forum is the first to successfully bring together so efficiently, on one hand, patients with diabetes, healthcare professionals, authorities, and of course, pharmaceutical companies and representatives of the mass media. This is very important because we realize that when we think about diabetes, the only interventions that can lead to real success are those at the societal level. I believe it is a remarkable achievement that today, the Romanian Diabetes Forum, just as it has done over the past 5 years, actually provides this platform for effective collaboration that can be followed, traced over time, and, of course, measured in terms of the added value it brings to health and the population, I would say, because let's not forget that diabetes affects 1 in 10 adults in our country.

There is an achievement that I believe needs to be mentioned, namely that we have all stakeholders at the table who can discuss, address issues collectively, find solutions, and beyond finding solutions, consult on their effectiveness. Obviously, a pivotal moment in the life of the Romanian Diabetes Forum was the adoption of the law on the prevention and early detection of diabetes. At that time, it was the first law of its kind in the European Union.

We now have the tools in our hand to intervene, and this time the authorities can ensure primary prevention measures and more. If I were to think about what would be very necessary from now on and where I believe we should all focus our attention and efforts, I think the main point at the moment is to bring the population with diabetes onto the public platform.



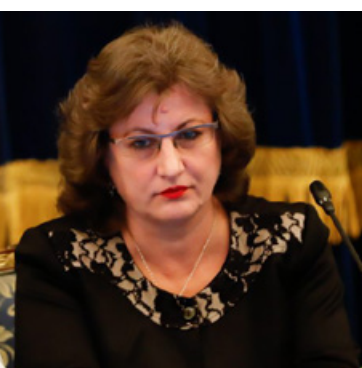
**MD. Laszlo Attila, Senator, Health Committee, Romanian Senate**

All these efforts we have made so far demonstrate that all the endeavors have been worthwhile, and I hope there will be more specialties to follow your path, leading to a resolution of a major public health issue in this country. I thank you and congratulate you, and I hope that in the years to come, we will be just as willing and pioneering as we have been in all these years we have traveled together.



**MD. PhD. Professor Carmen Orban, State Counselor, Prime Minister's Chancellery**

Diabetes remains a significant challenge for public health. Although progress has been substantial, there is still a need to improve the predictability of decision-making processes and increase funding allocated for the prevention and early detection of this condition. The Ciolacu Government will support all legislative processes to ensure that we can address a disease that is treated correctly here in our country.



**MD. Assoc. Professor Diana Loreta Păun, State Counselor, Department of Public Health, Presidential Administration**

This event represents a special moment of sustained efforts in combating and managing diabetes in our country. As a presidential advisor and endocrinologist, I have consistently emphasized the importance of raising awareness about the complexity of the challenges that diabetes poses to the healthcare system and the lives of those affected. Together, we have worked to strengthen laws, policies, and programs that promote prevention, early diagnosis, and efficient management of diabetes.

We are witnessing significant progress in the field of diabetes research, prevention, and treatment, and this forum provides an ideal framework for discussing and sharing ideas, experiences, and best practices to guide us toward a more comprehensive and effective approach.

I am grateful for the commitment and contribution of each of you in supporting this cause. The Presidential Administration stands with you to continue promoting policies and initiatives that ensure access to quality healthcare services, encourage the adoption of a healthy lifestyle, and support research and innovation in the field of diabetes.



**MD. Cristina-Elena Dinu, Vice President, Health and Family Committee, Chamber of Deputies**

Since the inception of the Diabetes Forum, many good things have happened. A law on diabetes prevention, accompanied by numerous awareness and information campaigns over these 5 years. Currently, we have 1.5 million diabetes patients, and many others are probably unregistered because they are not known.

We can join forces to increase awareness of diabetes, what its complications entail, and how they can affect the quality of life at some point. The next awareness campaigns should focus on the complications of diabetes, how serious they can be because, although diabetes is a disease that does not cause pain or discomfort, its subsequent complications, due to lack of treatment and not presenting to the doctor, are among the most severe and affect quality of life. For this reason, together we can build a culture



of prevention, healthy lifestyle, and quality life, and I am open to any proposals from patient organizations, healthcare professionals, for any legislative changes.



### **MD. Tiberius Brădăţan, State Secretary, Ministry of Health**

It's been 5 years of activity, 5 years in which energies have coalesced, and the moment has been created to take the next important steps in preventing and combating diabetes. Currently, diabetes affects over 500 million people worldwide, and it is estimated that by 2045, 780 million people on the planet will be affected by one of the two forms of diabetes.

The national plan for the prevention of diabetes is currently being developed in collaboration with the National Institute of Public Health, the National Health Insurance House, the College of Physicians, and civil society actors. This plan aims to improve healthy life expectancy and the quality of life of Romanian citizens by preventing diabetes and its complications, modernizing, flexibilizing, and developing public health services, ensuring timely access to diversified health services, provided by teams of professionals in primary, secondary, and tertiary healthcare. It will also ensure the diversification, flexibilization, improvement, and resilience of health professionals, as well as the coordination and integration of health services through the development of functional territorial networks for diabetes, with the aim of reducing avoidable disability and mortality.

Seven general objectives are proposed as follows: promoting healthy eating and a healthy lifestyle, reducing risk factors, combating sedentarism, promoting mental health, combating obesity and supporting optimal body weight, combating alcohol and tobacco consumption, and promoting community-level prevention. As part of the digitization and systematization of the health program in Romania, disease registers, including the diabetes registry, are included. Through the implementation of this major project, we will have access to statistical information at the Ministry of Health, at the diabetes society level, as well as at the Romanian Diabetes Forum level, allowing us to better shape strategies for the coming years. Only together can we find solutions for the early detection and treatment of diabetes.



### **Pharmacist Răzvan Prisada, President, National Agency for Medicines and Medical Devices**

We will continue to insist on the idea of having approved educational campaigns. They should be encouraged, including through changes to the legislative framework. The current legislative framework is outdated, dating back to 2014 or 2015, and things have changed since last year. We will also open up social media channels and other channels that are now being used and which, because the legislation was made in 2015, were not accurately represented.

Including for advertising medications, but specifically, we are thinking about the benefits that channels could bring to educational campaigns, and this will be possible once the ministerial order is modified, which I hope will happen by the middle of this year.

Furthermore, we need to consider how available treatments are being used. When you have a series of very effective treatments available, which are addressed to diabetes and its complications or causes, as the years go by, they will become financially available to a wider range of people. For this reason, we need to also think about what this could represent, namely, self-limiting the campaigns we undertake.



### **Dan Zaharescu, Executive Director, Romanian Association of International Pharmaceutical Producers**

It has been an endeavor that can be considered an excellent example of best practice for the courageous projects implemented by its members and, of course, for the results achieved.

If we were to talk about the progress made in this field over the 5 years since the Forum's creation, I would mention the projects and collaborations that have taken place in the public sector, the private sector, and in non-governmental organizations, which have allowed for a holistic approach to diabetes.

Throughout this journey, the Association of International Medicine Romanians has assumed an active role that has facilitated the initiation of impactful projects in the prevention of diabetes in Romania. The fact that we have a prevention law represents a significant step forward in improving public health and in the efficient approach to a health problem with an increasingly high prevalence worldwide. This legislation provides a structured framework for education, awareness, and screening actions, with multiple benefits for the population and the healthcare system.

In addition to legislation, awareness and education campaigns conducted under the auspices of the Forum have been essential in informing the population about the risks associated with diabetes and promoting a healthy lifestyle. These campaigns have resulted in increased awareness and adherence to prevention and disease management measures.



### **MD. Assoc. Professor. Anca Pantea Stoian, President, Diabetes, Nutrition, and Metabolic Diseases**

The diabetes plan has several components, and we are trying to find the optimal version for implementation because we collectively aim to have a functional law, not just one on paper. Therefore, the Romanian Diabetes and Prediabetes Registry as well as the norms will be part of the law strategy, and this aspect entails a lot of work behind the scenes, a lot of dedication, and a strong desire to overcome certain hurdles.

There have been extraordinary campaigns that should be a norm in terms of their integration into these indicators of the diabetes program, the plan that we want to deliver to you.

Starting with the importance of healthy eating in reducing the incidence of diabetes in communities and improving the overall health of the population, a guide to best practices in nutrition is essential because clear benchmarks are needed regarding nutrition. Therefore, this type of guide should have an important place in the diabetes plan.

Last but not least, I want to emphasize the significant role of local authorities in promoting health and preventing chronic diseases such as diabetes, starting from a young age. Integrating kindergartens and schools into diabetes prevention programs could have a significantly positive impact on long-term public health. By integrating specific initiatives into existing educational programs and local public policies, authorities can significantly contribute to reducing the incidence of diabetes in communities and improving the overall health of the population.

The future sounds promising, but it requires collective effort, and collaboration between universities and healthcare institutions is essential. Involving students in screening campaigns and other volunteer activities can bring multiple benefits. Medical students can bring expertise and qualified resources to screening campaigns, and their involvement promotes interdisciplinary collaboration and a proper understanding of the complex needs of patients. Additionally, community volunteer activities help strengthen relationships between the academic environment, healthcare institutions, and the local community.



**MD. PhD. Professor Chantal Mathieu, President of European Association for the Study of Diabetes**

I want to convey congratulations from here, in Belgium, for the achievement of the Diabetes Forum, and I also want to thank you for the invitation and for maintaining a close connection with the European Diabetes Forum. On the occasion of this anniversary of the Forum, I would like to underline some of your successes that have taken place throughout this forum, such as the first prevention law in Romania and the pilot screening projects. We share the same experience with Romania and the Romanian Diabetes Forum regarding the primary goal of preventing and supporting already diagnosed patients. Only together can we achieve more.



**MD. Silvia Gatscher, Health Programs Manager, World Health Organization Romania**

In Romania, over 20% of adolescents have a body weight that is too high, reaching obesity levels, with over 62% of adults and over 89% of adolescents not engaging in physical activities. Additionally, concerning adults, a higher percentage of 75% indicate that they consume less than one fruit per day, and over 25% of adults have made a habit of smoking daily. Therefore, I believe that in order to prevent the onset of type 2 diabetes, people should adopt a healthier lifestyle. Therefore, it is recommended: maintaining an optimal body weight, engaging in moderate-intensity physical activities for at least 30 minutes every day, maintaining a healthy diet, and quitting smoking.

The World Health Organization aims to stimulate and support the adoption of effective measures for the surveillance, prevention, and control of diabetes and its complications: providing scientific guidelines for preventing major non-communicable diseases, including diabetes; developing norms and standards for the diagnosis and care of diabetes; raising awareness of the global diabetes epidemic by marking World Diabetes Day; conducting diabetes surveillance and its risk factors; and publishing initiatives and objectives for reducing the burden of diabetes.



**Bart Torbeyns, Executive Director, European Diabetes Forum**

The role of the Romanian Diabetes Forum is crucial in promoting the improvement of public policies in Romania.

I strongly support the vision of the specialists involved in this process and appreciate the progress made in the last 5 years under the umbrella of the Forum. The strategic approach, adaptation to the specifics of the Romanian healthcare system, and initiatives focused on long-term results have been key elements that have contributed to achieving the boldest objectives.



**Cristina Pricop, Diabetes Working Group Coleader, the Romanian Association of International Pharmaceutical Producers**

In these 5 years, we have made significant progress in this direction. It all started with some numbers, and from there, we wanted to make a change. Then we expanded this group to include other societal groups, stakeholders. We managed to discuss the principles of a law, presented these principles, succeeded in having a law, succeeded in having a national diabetes plan, succeeded in having a mention in primary legislation for registries. Our steps from now on are technical, concrete: registries, norms, integrated supported programs of education, information. The National Institute of Public Health plays an important role in public health, and diabetes is one of the most significant conditions, with a very strong impact on health.



### **MD. Carmen Angheluță, Specialist in Public Health and Management, National Institute of Public Health**

I believe that what has been achieved within the Forum is a model of good practice and a real success in obtaining the approval of the law. We, as public health specialists, are directly involved in what has been put into practice. What the National Institute of Public Health is currently doing, specifically, relates to the development of implementation norms for the National Diabetes Plan. We have been working on these norms for a long time, for several months, and we have gone through various stages, now being able to say that we are approaching the final stages.

We have defined 9 general objectives and many specific objectives, and almost all implementation measures. The objectives cover absolutely all possible intervention areas, ranging from primordial prevention to tertiary interventions and services, to logically structured data and registries. I would like to draw your attention specifically to the objectives related to creating a beneficial health environment by preventing and limiting the appearance of risk factors. This refers to improving the legislative framework for healthy eating and protecting the general population and population groups. We also refer here to target groups of children who have access to foods and drinks with very high sugar content in the immediate vicinity of schools. This fact is taken into account in the specific measures for amending legislation.

Within the prevention program, there will also be proposals for service packages including education for nutrition and physical education, so that the population not only has access to information but also to specific services, nutritional counseling, the opportunity to engage in organized physical activity and sports. We aim to achieve the targets recommended by specialists, such as weight loss in a certain percentage over a certain period of time.



### **MD. PhD. Professor, Nebojsa Lalic, Chairman, International Diabetes Federation Europe - online intervention**

In November 2023, the International Diabetes Federation in Europe organized a high-level technical summit in collaboration with the World Health Organization, where the Declaration on Accelerating Action on Commitments to Improving Diabetes Detection and Quality of Care was signed.

Throughout 2024, the International Diabetes Federation Europe and the World Health Organization Europe will implement a work plan to ensure that all stakeholders continue to work towards achieving global goals and commitments regarding diabetes. In 2022, the International Diabetes Federation Europe launched a platform for individuals living with type 2 diabetes who are interested in representing their voices in advocacy initiatives, as well as participating in other projects. On March 16-17, the International Diabetes Federation organized a summit in Brussels with current members of the platform and other individuals living with type 2 diabetes who are interested in joining the community. The event represented a significant opportunity to strengthen the network of individuals living with type 2 diabetes, discuss obstacles to engaging in advocacy activities, and identify synergies at both national and European levels.



### **Pharmacist Florina Bonifate, General Secretary, Romanian College of Pharmacists**

Between May and December, we initiated and carried out a project in over 900 pharmacies across the country, both in urban and rural areas. Pharmacies voluntarily joined this initiative, and diabetes risk assessment was conducted free of charge through an evaluation questionnaire. The project targeted all individuals

over 18 years old who wanted to find out if they were at risk of developing diabetes in the next 10 years. In addition to risk assessment, pharmacists provided information about the risk factors involved in the development of diabetes, specific symptoms, what diabetes risk means, and recommended preventive interventions for a healthy lifestyle. Around 10,000 questionnaires were completed, with a higher proportion of female respondents, accounting for 63% of those evaluated. 27% had a low risk of developing diabetes, 32% had a slightly elevated risk, 19% had a moderate risk, while nearly 21% of respondents had a high or very high risk.



### **MD. Cristian Buşoi, Member of the European Parliament**

Diabetes has been a priority, a key point on the agenda of the European Parliament, including through the formation of a Group of Interest of MEPs to monitor European and national policies in the field of diabetes management, prevention, and treatment, as well as through the Resolution adopted by the European Parliament, which emphasized the need for improvement in the prevention, management, and diagnosis of diabetes, as well as in the treatment of this condition in the European Union.

There is a need for stronger mobilization of European and national resources to invest more in prevention, to explain why risk factors are extremely dangerous, how they can be managed, the importance of a healthy and balanced diet, the importance of physical exercise, the need to reduce inequalities, access to treatment, access to diagnosis within the European Union, but also within countries, because almost everywhere in rural areas, in isolated areas, in remote regions, which are far from medical centers, the management and treatment of people with diabetes is much different, unequal, and unsatisfactory compared to wealthier countries or within a country with university centers and areas where access to health services is much easier.



### **Irina Ionescu, Leader, Diabetes Working Group Leader - Romanian Association of International Pharmaceutical Manufacturers**

I was asked to say the three words that come to mind when it comes to the Romanian Diabetes Forum. I have three feelings, which I sincerely share with you.

One of them is humility in front of you, the patients. To live with such a disease every day, to find solutions, to find the strength to move forward, I believe it gives us power too.

Another feeling is pride, which may not seem like humility at all, but Romania has an example in Europe, the Romanian Diabetes Forum. So congratulations to those who laid the foundations of this forum. I have learned a lot from you, and I believe it is essential to continue to develop and improve this platform that brings significant benefits.

The third feeling is hope. I am firmly convinced that the future belongs to partnerships. In a world so uncertain and volatile, where developments occur rapidly, diversity of perspectives and unity in action are crucial. Without these, it is challenging to make significant progress. Regarding the care of patients with type 1 and type 2 diabetes, the medical community, researchers, legislators, and, of course, the industry must work together. In Romania, this effort is consolidated through the Romanian Diabetes Forum, a vital platform for collaboration and innovation in managing this condition.



**MD. PhD. Professor Cornelia Bala, President, Romanian Diabetes Education Association; President, Romanian Society of Diabetic Neuropathy**

We, diabetologists, have always been team players. I believe that the way the Romanian Diabetes Forum operates reflects this attitude of collaboration and communication that we have always had.

One of the topics that has raised great interest is related to the perspectives on the norms in the Prevention Law. They have been renamed precisely to capture the entire complexity of the issue. When the law was amended, the norms actually became the National Plan for the Prevention and Early Detection of Diabetes, confirming everything that has been said so far by the Secretary of State, with the Minister of Health being the coordinator of this project.

The National Institute of Public Health (INSP) has helped us greatly in structuring such an endeavor. Things have become very complex, but we are at a stage where they will probably be resized, and absolutely concrete measures and funding sources will be added, which we all clearly expect.

I'm not sure when we can set a specific deadline, but in any case, the public debate stage of this legislative act will be very important, and the input of the Diabetes Forum will be needed there, as they will surely look at it more objectively than us, the ones who worked on this legislative act.

The goal is to produce a regulation with as rapid and wide applicability as possible, covering all aspects of diabetes issues, from primordial prevention to tertiary prevention.

We have the guide for people with diabetes, which I believe can be considered a reference material at the national level for educating people with diabetes. There are also other initiatives in this field of education. Perhaps it would be worth creating a white paper on education, both in diabetes and in prevention, so that we can communicate better and know more about the various initiatives that have taken place, what works, and what could serve as a basis for future activities.

I believe this could also be an important objective for the Romanian Diabetes Forum: creating and maintaining a communication platform among contributors, who are numerous.



**MD. PhD. Professor Doina Dimulescu, President, Romanian Society of Hypertension**

Interdisciplinarity and integrated management are paramount today, both conceptually, referring to the knowledge we have today about the interaction between risk factors, among which diabetes is a severe one, and in terms of the daily treatment of the patients we care for, who now have numerous comorbidities and cannot be solely under the care of a single specialty, but rather require genuine team-based care.

We, as a society, have had very good collaboration with the diabetes community. Both us and the Romanian Society of Cardiology have had and continue to have numerous joint events with our colleagues in diabetes, in an attempt to understand precisely the mechanisms by which diabetes contributes to the early onset of cardiovascular disease and particularly in Romania, to understand why such high levels of cardiovascular mortality continue to persist.

The statistics cited in the latest diabetes care guidelines for patients with cardiovascular disease and diabetes from the European Society of Cardiology, published last year, show that over 80% of patients with diabetes have high blood pressure. We are frequently confronted with situations where young people refuse to take medication because they consider themselves too young for such treatment.

You have provided us with a model for diagnosis and prevention through the Early

Detection and Prevention Plan for Diabetes. We hope to have an operational screening, management, and prevention program for cardiovascular disease in the near future. The fact that you have already initiated, including legally, initiatives that include measures to educate the population, starting with children and adolescents, may give us hope that in the next decade, prevention policies will yield results, and we will witness at least a leveling off, a plateauing of the growth curve in the prevalence and mortality of cardiovascular diseases.



**Rodica Molnar, President, ASCOTID - Association of Children and Youth with Diabetes**

We eagerly await the guidelines for the National Diabetes Prevention Program, where associations like ours must come to the aid of patients. Together with pharmaceutical companies, municipalities, public institutions, schools, and universities, we aim to develop projects and campaigns to educate and inform patients. There is still much work to be done in this area, and we are open to collaboration.

Let's not forget that we were established to defend the rights of patients and have advocated for what is best for them.



# VI. MEDIA COVERAGE

The press release was picked up by the generalist and specialized media, as well as the social media pages of the publications, members of the Forum, as well as some important stakeholders.

**AGERPRES**  
INTERNE EXTERNE MULTIMEDIA

### FLUXUL AGERPRES

- 10:25 Fetele Clubului din Premier League au ajuns la un acord în privința introducerii unui pașaport sănății (presă)
- 9:25 Comunicat de presă - Uniunea Salvați România
- 9:25 Comunicat de presă - Fundația Alexă Ghivon
- 9:25 Femeile suspendă zborurile spre un oraș eston ca primă a interferențelor GPS, Estonia acuză un "risc hibrid" rusesc
- 9:25 Gala Puccini - pe 13 mai, Camerista Regală, soprana Zella Costea și tenorul Leonardo Cabini pe scena Ateneului din București
- 9:24 Bursa de la București a închis în creștere ședința de luni
- 9:22 Marșareș Expresia de pictură "Grădina Palatului" a ajuns la Sala Mare

Urmărește Modifică dimensiunea fontului: [X] [Y] [Z] [Play]

5 ani de progrese cu impact pentru persoanele cu diabet zaharat și o premieră pentru sistemul de sănătate românesc Forumul Român de Diabet marchează 5 ani de existență

Marți, 9 aprilie, Forumul Român de Diabet a marcat 5 ani de existență printr-un eveniment de referință, desfășurat la Palatul Parlamentului. Alături de reprezentanți Forumului, evenimentul a reunit autorități publice centrale și locale, europarlamentari, societăți medicale, asociații de pacienți, jurnaliști, parteneri și profesioniști din comunitatea medicală, precum și lideri ale celor mai importante organizații internaționale din domeniul diabetului. Împreună, aceștia au celebrat progresul și angajamentul Forumului Român de Diabet de a îmbunătăți îngrijirea persoanelor cu diabet, împărtășind planurile și viziunea lor pentru următorii 5 ani.

De la lansarea sa din 9 aprilie 2019, Forumul a reușit numeroase victorii în beneficiul persoanelor cu diabet zaharat, printre care se numără Legea privind prevenția și depistarea precoce a diabetului zaharat, proiecte de educare și conștientizare la nivel național, conferințe și dezbateri care au coagulat toți factorii interesați, proiecte de screening și de evaluare a riscului de diabet zaharat, studii de percepție sau Barometrul de Date privind diabetul zaharat în România.

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### 5 ani de progrese cu impact pentru persoanele cu diabet zaharat

11 aprilie 2024 Rodica Moinar AMOS News

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5 ani de progrese cu impact pentru persoanele cu diabet zaharat și o premieră pentru sistemul de sănătate românesc Forumul Român de Diabet marchează 5 ani de existență

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**VIATA MEDICALA**

Articole De Actualitate Evenimente Proiecte Educație Business Lifestyle

### Prof. dr. Bogdan Timar: „Trebuie să aducem diabetul pe agenda publică”

DE FLORENTINA GHEZEGE - APRIL 10, 2024

**Prof. Univ. Dr. Bogdan Timar**  
Medic, medic șef, medic șef de clinică, medic șef de serviciu, medic șef de secție, medic șef de departament, medic șef de centru, medic șef de instituție, medic șef de spital, medic șef de universitate, medic șef de țară, medic șef de lume.

Cu ocazia împlinirii a cinci ani de existență, Forumul Român de Diabet a organizat o conferință la Palatul Parlamentului la 9 aprilie, celebrând progresul și angajamentul acestei platforme.

Am stat de vorbă cu prof. dr. Bogdan Timar, vicepreședintele Societății Române de Diabet, Nutriție și Îmbolnăvire, Toleranță și este decanul Facultății de Medicină din cadrul Universității de Medicină și Farmacie „Victor Babeș” din Timișoara și medic la Spitalul Clinic Județean de Urgență „Iuliu Haieșu”.

„În ceea ce privește statisticile, ne încadrăm în tendințele generale. Adică nu stăm nici mai bine, nici mai rău decât țările din jur, atât prin prisma prevalenței diabetului, cât și prin prisma numărului de cazuri noi, cât și prin prisma numărului de persoane care au diabet și care nu sunt diagnosticate. Dintr-un punct de vedere, este foarte important să aducem diabetul pe agenda publică și să îl discutăm în mod regulat.”

**Abonează-te la Viața Medicală!**

**ROMEDIC**

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### 5 ani de progrese cu impact pentru persoanele cu diabet zaharat și o premieră pentru sistemul de sănătate românesc

Data publicării: 11-04-2024

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**Stoian Anca**  
9 aprilie la 10:14

Forumul Român de Diabet, o poveste condusă de implicare și asumare! La mulți ani și mult succes!

**Asociația Sweet Land Constanța**  
9 aprilie la 16:55

Asociația Sweet Land Constanța face parte din multe organisme care adună localități profesioniști din domeniul sănătății iar una dintre ele este **FORUMUL ROMÂN DE DIABET**.

Încă de la constituirea sa, în urmă cu 5 ani, suntem membri în acest forum, care este un loc de întâlnire și colaborare pentru toți cei implicați în gestionarea DIABETULUI.

Astăzi, începând cu ora 14.00, la **Parlamentul României**, a avut loc un **bilanț** al acestor ani în evenimentul a beneficiat și de o transmisie în direct, la **Europa FM**.

Asociația Sweet Land Constanța este reprezentată la eveniment, de **Liliana Mădăraș**, președintele asociației.

**Asociația Copiilor și Tinerilor Diabetici-Mureș-ASCOTID**  
13 aprilie la 16:37

Multumim Ina Grigore pentru interviul realizat cu Președintele Asociației Copiilor și Tinerilor Diabetici-Mureș-ASCOTID, Rodica Moinar pentru Centrul Antidiabetic, la Forumul Român de Diabet.

**Centrul Antidiabetic Școala Republicii**  
Programul național de diabet, finanțat din punctul de vedere al tehnologiilor  
Cu o evoluție impresionantă a programului de diabet în ultimii 18 ani, cu acces la tratamente d...

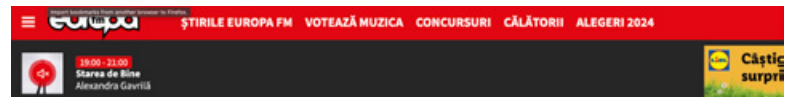
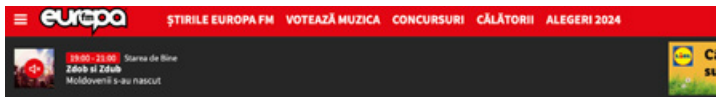
**Rodica Moinar** este împreună cu **Simon Bona** la Palatul Parlamentului București.

11 aprilie la 13:47, Târgu Mureș

**Forumul Român de Diabet** - 5 ani de implicare și angajament alături de profesioniști în domeniu, autorități, asociații de pacienți și companii pharma.



The media partnership with Europa FM contributed significantly to increasing the visibility of the subject and its impact on the public agenda, but also to increasing the notoriety of the Forum.



EUROPA FM / PROGRAME / ROMÂNIA ÎN DIRECT / Care este diferența dintre diabetul zaharat de tip I și diabetul zaharat de tip II? Ce tip de diabet poate fi prevenit? Profesor doctor Bogdan Timar, decanul Facultății de Medicină din cadrul UMFT, explică | VIDEO

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EUROPA FM / ȘTIRI / LIFE / Știrile medicului Bogdan Timar pentru a preveni diabetul la adulți, dar și la copii | VIDEO

**Sfaturile medicului Bogdan Timar pentru a preveni diabetul la adulți, dar și la copii | VIDEO**

TI 10/04/2024 Lavinia Dragomir SHARE



Profesor doctor Bogdan Timar - decanul Facultății de Medicină din cadrul Universității de Medicină și Farmacie „Victor Babeș” din Timișoara și medic la Spitalul Clinic Județean de Urgență „Pius Bricoman” - specializat în domeniul diabetului, bolilor metabolice și medicinii interne, dar și inițiatorul și coordonatorul programului „Diabetes Science School” a fost invitatul lui Cătălin Striblea în emisiunea „România în Direct” la Europa FM unde a prezentat câteva recomandări pentru a preveni diabetul, atât în cazul adulților, cât și la copii.



**RESULTS  
IMPACT  
over  
170.000  
readers**

# VII. VISION 2.0 OF ROMANIAN DIABETES FORUM

## VISION 2.0 of the Romanian Diabetes Forum Strategic Directions DIABETES 2030 for România

### Prevention and Education

- Information and education on risk factors and diabetes mellitus
- Promotion of prevention policies regarding diabetes mellitus that can be accessed by individuals at risk of diabetes
- Implementation of the law on prevention and early detection of diabetes mellitus
  - National prevention plan
  - National diabetes and prediabetes registry

### Integrated Care

- Efficient management of medical conditions for maintaining the health status of individuals with diabetes mellitus
  - Accessibility to support resources
  - Adherence to treatment
  - Integration of technology
- Multidisciplinary approach to individuals with diabetes mellitus
  - Early intervention and monitoring
  - Associated conditions and comorbidities



The Romanian Diabetes Forum's vision regarding the direction of work related to prevention and education focuses on the following key points:



**1. Information and education about risk factors and diabetes:** The Forum aims to develop and implement comprehensive programs for information and education, targeting both the general public and high-risk groups. These programs will provide detailed information about the risk factors for diabetes, including lifestyle, diet, and physical activity.



**2. Advocating for prevention policies regarding diabetes:** The Forum will advocate for the promotion and implementation of prevention policies at both national and local levels, aiming to provide access to information and resources for individuals at risk of diabetes. These policies will focus on creating a supportive environment for adopting a healthy lifestyle and facilitating access to preventive healthcare services, including screening programs and nutritional counseling.



**3. Implementing the law on diabetes prevention and early detection:** The Forum will collaborate with relevant authorities and organizations to support the implementation and enforcement of the law on diabetes prevention and early detection.

The second priority direction of the Forum focuses on efficiently managing medical conditions to maintain the health of individuals with diabetes and create an environment that facilitates comprehensive and personalized care tailored to the individual needs of patients. This involves several key aspects:



#### 4. Treatment Adherence

The Forum advocates for an integrated approach to improving treatment adherence among individuals with diabetes. This includes:

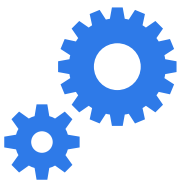
- Educating patients about the importance of adhering to treatment regimens, facilitating access to necessary medications and devices, and supporting patients in managing treatment side effects.
- Providing accessibility to support resources for individuals with diabetes and their families. These resources may include support groups, psychological counseling, diabetic education programs, and nutritional counseling services. The aim is to provide holistic and individualized support to improve diabetes management and patients' quality of life.
- Integrating technology and innovation into diabetes management to enhance the efficiency and effectiveness of care. This may involve using smart medical devices for continuous glucose monitoring, mobile applications for data management and communication with healthcare professionals, and developing new technologies for diabetes treatment and management.

#### 5. Multidisciplinary Approach

The Forum advocates for a multidisciplinary approach in managing diabetes mellitus, involving collaboration among various medical specialties as well as healthcare professionals from other relevant fields such as nutrition, physical education, and psychology. This enables integrated and coordinated care tailored to the individual needs of each patient.

- Early intervention and continuous monitoring of patients with diabetes mellitus to prevent and manage associated complications.
- Associated conditions and comorbidities. This includes the diagnosis and appropriate treatment of cardiovascular, renal, ophthalmological conditions, and other health issues associated with diabetes, ensuring comprehensive and effective patient care.

This includes the diagnosis and appropriate treatment of cardiovascular, renal, ophthalmological, and other health problems associated with diabetes, to ensure comprehensive and efficient care for patients.



# 5



## FORUMUL ROMÂN DE DIABET

YEARS OF INVOLVEMENT AND COMMITMENT

### Societăți medicale și organisme profesionale



### Colegiul Medicilor din România



### Asociații de pacienți



### Autorități



### Grupul de lucru Diabet din ARPIM



### sanofi



The Romanian Diabetes Forum is a collaborative platform that brings together patient associations, authorities from various fields, medical societies, and representatives of pharmaceutical companies. The project is carried out within a framework of partnerships between the Romanian Society of Diabetes, Nutrition, and Metabolic Diseases, the Romanian Federation of Diabetes, Nutrition, and Metabolic Diseases, patient associations, and the Diabetes Working Group of ARPIM. For more details, visit [www.forumdiabet.ro](http://www.forumdiabet.ro) and [www.nutejoci.ro](http://www.nutejoci.ro).

This material was made possible with the financial support of the Diabetes Group within ARPIM.