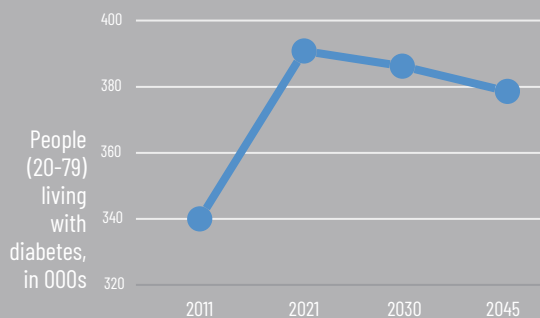




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed 18.8% (73,700 people)

Children & adolescents with T1D (0-19y) 5,410

Diabetes prevalence



Diabetes-related deaths 9,338

9.7%



Total expenditure €4635.6 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Finland, all types of insulin as well as devices and technologies for blood glucose monitoring and insulin administration are available. All adults are required to contribute an annual initial deductible of €50 for their prescription medicines. After meeting this deductible, medicines are reimbursed at varying rates (40-60-100%). In 2024, the annual maximum limit on out-of-pocket costs is set at €626.94, after which individuals will pay a €2.50 co-payment for each reimbursable medicine for the rest of the year. Diabetes care and prescriptions are free of charge for children and adolescents under the age of 18.

Healthy living policies are in place including regulations for healthy diets. Screening for all diabetes-related complications and a programme to follow people with gestational diabetes after the birth of their baby are available everywhere in the country.

Diabetes education is provided at the time of diagnosis and throughout the life course. Psychological support is available and fully reimbursed.

Diabetes specialist nurses are required to follow a special academic training and they play a role in diabetes prevention and management. However, only some of them are able to prescribe medicines after completing additional training.

A diabetes register is in use collecting information on people living with all types of diabetes. The use of e-health services, including electronic prescriptions and health records is widespread in the country.

DIABETES PREVENTION & MANAGEMENT

● YES ● WITH VARIATIONS ● NO

HEALTHY LIVING POLICIES



Obesity/ overweight



Healthy food & diet



Physical activity



Smoking



Regulations for healthy diets

PREVENTION OF COMPLICATIONS



Eye screening



CVD



Kidney disease



Diabetes foot



Gestational diabetes

EDUCATION



At or around the time of diagnosis



Throughout the life course



Integrated peer-to-peer support

Is there a programme to follow people with gestational diabetes after the birth of the baby?

Yes, everywhere in the country

NATIONAL PLAN?

Fully integrated Fully implemented

PREVENTION & MANAGEMENT GUIDELINES

National and international guidelines

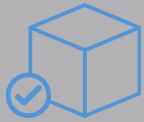
MONITORING FRAMEWORK?

Yes

GOVERNMENT ENGAGEMENT WITH PwD?

Yes

ACCESS TO CARE, TECHNOLOGIES, MEDICINES AND SUPPLIES



Is INSULIN available at the point of delivery?

- Always
- Most of the time
- Sometimes
- Not often
- Never



Is available INSULIN free of charge?*

- For all PwD
- For all T1D only
- For children only
- Other



Children

- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting



Adults



- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting

*€50 initial annual deductible and €2.50 co-payment after people have contributed with a maximum of €626.94 per year to the cost of their prescription medications

APPS



Do apps get recommended by the health system/HCPs to manage/prevent diabetes?	YES
When they are recommended, are these apps fully reimbursed?	NO

SUPPLIES & TECHNOLOGIES

Free of charge for all PwD

Syringes & Needles

Insulin pens

Connected smart pens

Blood glucose meters

Test strips

Free of charge for T1D

Insulin pumps

Automated delivery systems

rtCGMs*

isCGMs**

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

- Always
- Most of the time
- Sometimes
- Not often
- Never

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available and fully reimbursed

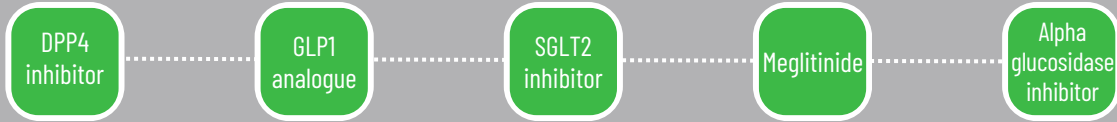


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

GLUCAGON - METFORMIN/SULFONYLUREAS



OTHER DIABETES MEDICINES



*€50 initial annual deductible and €2.50 co-payment after people have contributed with a maximum of €626.94 per year to the cost of their prescription medications

CARDIOVASCULAR MEDICINES



*€50 initial annual deductible and €2.50 co-payment after people have contributed with a maximum of €626.94 per year to the cost of their prescription medications

HEALTH SYSTEMS

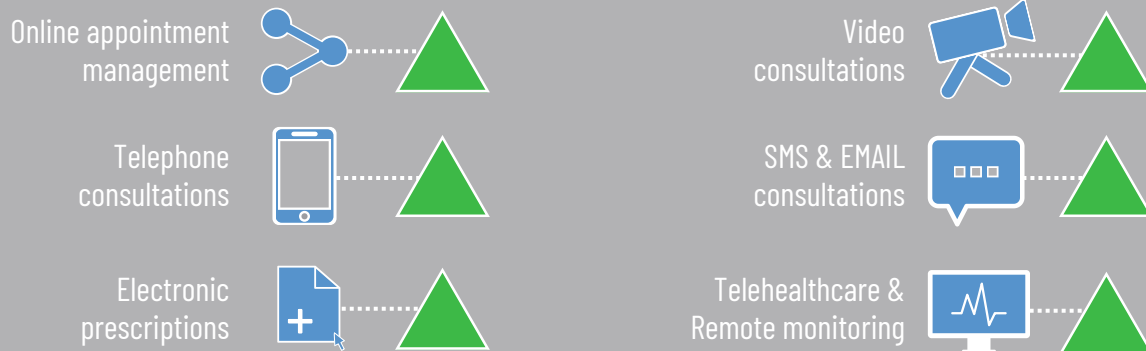
● YES ● IN SOME CASES ● NO

- Are diabetes specialist nurses (DSNs) available?
- Do nurses play a role in diabetes prevention?
- Is there a special academic training required to become a specialist diabetes nurse?
- Are nurses allowed to prescribe medicines?
- Do nurses play a role in the diabetes management of?
 - Adults & children with T1D
 - People with T2D
 - Women with GDM
- Do people living with diabetes have access to specialist diabetes educators?

HOW WIDESPREAD IS THE USE OF E-HEALTH?

AVAILABLE FOR ALL PEOPLE LIVING WITH DIABETES? ● YES ● NO

AVAILABLE AT THE SAME COST AS TRADITIONAL OPTIONS? ▲ YES ■ NO



ELECTRONIC HEALTH RECORDS?

● YES ● NO

WORKING DIABETES REGISTER?

For all types of diabetes

