

## DIABETES IN LITHUANIA

- Population – 2.811 million (2021)
- Area – 65 300 km<sup>2</sup>
- Number of adults 20–79 years with diabetes in 1.000s (95% confidence interval) – 186.9 (145.2–214.1)
- Diabetes prevalence ( % ) in adults 20–79 years (95% confidence interval) – 9.5 (7.4–10.8)
- Age – adjusted comparative diabetes prevalence ( % ) in adults 20–79 years (95% confidence interval) – 5.8 (5.0–7.1)
- Number of adults 20 –79 years with undiagnosed diabetes in 1,000s (95% confidence interval) – 62.6 (48.7–71.7)
- Diabetes-related expenditure (USD) per person with diabetes (20–79 years) – 1,342.5
- Diabetes-related expenditure (ID) per person with diabetes (20–79 years) – 2,485.6
- Diabetes-related deaths in adults 20–79 years – 5,870
- Prevalence of children and adolescents 0–19 years with type 1 diabetes – 907
- Number of people (20–79 years) with impaired glucose tolerance in 1000s (95% confidence interval) – 73.2 (57.2–196.2)
- Age – adjusted comparative prevalence ( % ) of impaired glucose tolerance (20–79 years) (95% confidence interval) – 3.5 (2.6–7.3)
- Number of people (20 –79 years) with impaired fasting glucose in 1000s (95% confidence interval) – 53.4 (41.3–85.4)
- Age – adjusted comparative prevalence ( % ) of impaired fasting glucose (20 79 years) (95% confidence interval) – 2.2 (1.7 3.8)

Reference:  
IDF Diabetes Atlas, 10<sup>th</sup> edition (2021)

## THE LITHUANIAN DIABETES ASSOCIATION MEETS THE LITHUANIAN PARLIAMENT

The Lithuanian Diabetes Association organised, together with the Lithuanian Parliament, a roundtable discussion entitled “Challenges of diabetes in Lithuania and the world: do Lithuanian people with diabetes live a full life and receive timely, effective health care?”.

The roundtable discussion took place just before the 2nd 2019 IDF Europe Board Meeting on June 1–2 in Vilnius, Lithuania. Members of the IDF Europe Board, including Chair, Prof Dr Sehnaz Karadeniz, and the president of the Lithuania Diabetes Association, Vida Augustiniene, actively participated in the discussion with representatives of the Lithuanian Parliament, Lithuanian Ministry of Health, the State Patient Fund and healthcare professionals.

In Lithuania, the number of people living with diabetes has increased has multiplied in the past 18 years, reaching a total of 120,000 patients. On current trends, this number will reach 500,000 by 2045, which is the equivalent to the population of Lithuania’s capital city, Vilnius. Compared to other European countries, the number of diabetes-related deaths in the country is three times higher.

“Although we already have a good structure in place for preventing and treating diabetes, and both politicians and public health leaders increasingly recognise the need to take immediate action to tackle the diabetes issue, we are all still very concerned about the rapid increase in the number of people with diabetes, the frequent complications, the negative impact on a person’s quality of life, and, of course, on the national economy”, said Prof Dr Sehnaz Karadeniz.

“Several declarations, resolutions, recommendations have been adopted at a European level, inviting the EU Member States to prioritise diabetes and

develop national programmes for the prevention, diagnosis and management of diabetes. But so far, only 22 out of 47 European countries have National Diabetes Programmes or National Diabetes Strategies,”, explained the IDF Europe Chair.

In Lithuania, for example, there is no such strategy. The non-reimbursement issue is compounded by the fact that there are no effective diabetes prevention programmes. Consequently, the disease is diagnosed late, making it difficult to avoid diabetes complications. Not only will this increase the cost of treatment, but it will also have a negative impact on the person’s quality of life, explained Birutė Žilaitienė, Professor of the Endocrinology Clinic of the Lithuanian University of Health Sciences and Chairman of Lithuanian Endocrinologist Society.

Representatives from the Ministry of Health promised that the above comments would be taken into consideration when reviewing treatment processes and protocols.

The discussion concluded with an appeal to Lithuania’s Ministry of Health, Parliament, the Presidency and other representatives of decision-making institutions, to:

- increase activities to raise awareness of diabetes and its risk factors,
- better organise prevention consultations and campaigns among high-risk groups,
- ensure timely, complete and high-quality diabetes treatment and consistent care,
- provide accessible care regardless of the region or population group.



Board members Iryna Vlasenko, Vida Augustiniene, Chair Sehnaz Karadeniz and Treasurer Alojz Rudolf



Participants of the roundtable discussion





## LITHUANIAN DIABETES ASSOCIATION

**Year of establishment:** 1989

**Member of the International Diabetes Federation:** 1994

**Number of members:** 30 collective members – local diabetes organizations (about 3 000 individual members)

**Vision:** Access to affordable, quality diabetes care and education in Lithuania

**Mission:** Improve the lives of people living with diabetes and prevent diabetes in those at risk

### Core values

- Inclusivity
- People centricity
- Integrity
- Compassion
- Independence

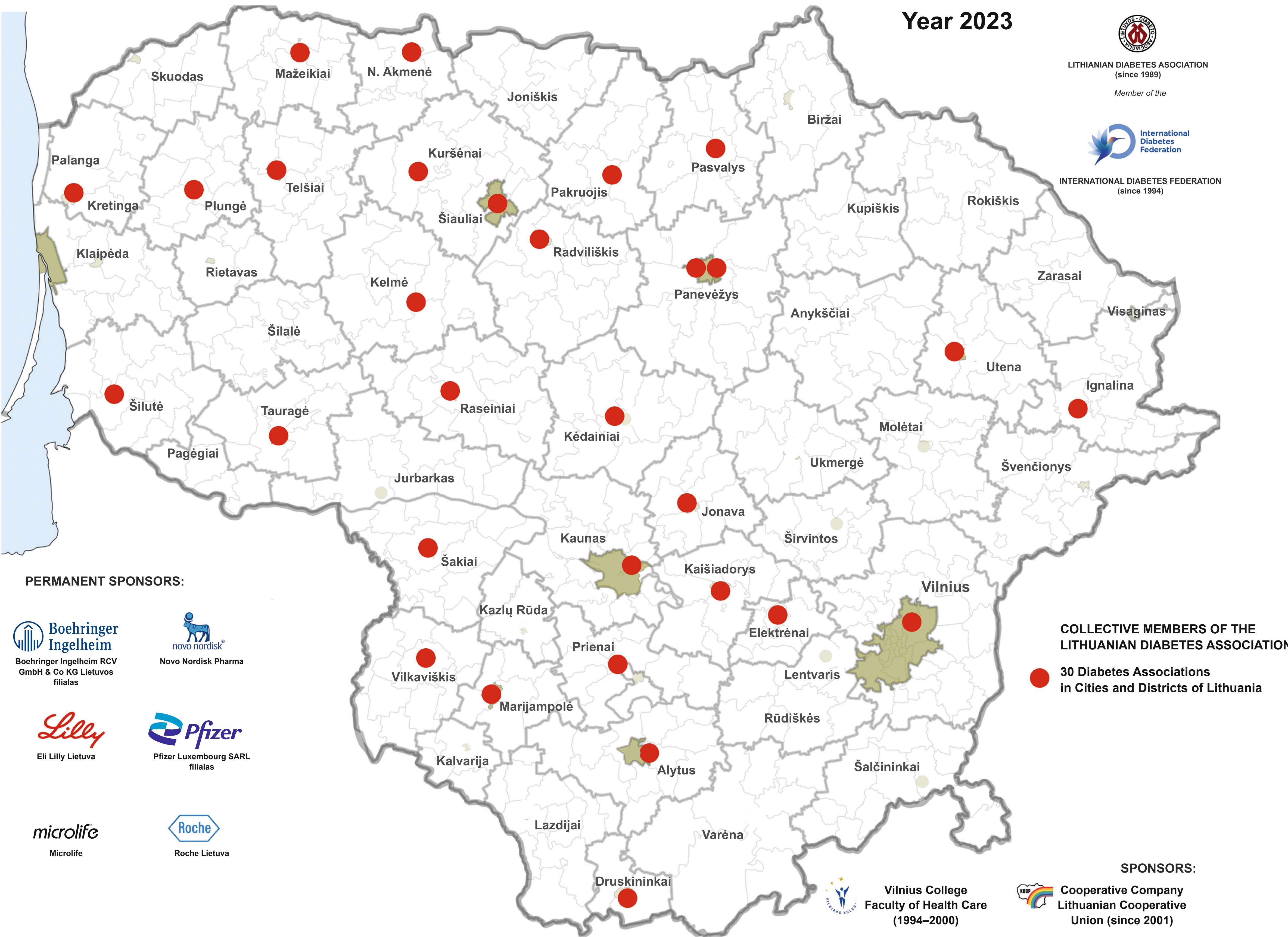
### Strategic goals

- To promote action to prevent diabetes.
- To improve diabetes outcomes.
- To advocate to support the interests of people living with diabetes.

## DIABETES STATISTICAL SURVEY IN LITHUANIA

- Research method: in 2015 Lithuanian Diabetes Association initiated an investigation „Evaluation of Disease and Treatment of Patients with Type 2 Diabetes“
- Questionnaires were filled at LDA events and regional diabetes organizations. In total 478 sufferers from 15 Lithuanian cities were surveyed
- Questionnaires were analysed by students of Vilnius University Faculty of Medicine under the guidance of prof. dr. Z.Visockiene
- Analysed questions: general review of patients with type 2 diabetes; diabetes control; spread of diabetes complications and concomitant diseases; diabetes treatment and related problems
- Conclusions: 46 % of respondents had an insufficient diabetes control, which was normally related with: high body mass of patients; long-term morbidity; more frequent complications of diabetes; higher number of associated disease; lack of knowledge about respondents disease and its treatment

## MEMBERS AND SPONSORS OF THE LITHUANIAN DIABETES ASSOCIATION







Canoeing,  
Druskininkai, 2023



Activities in the Vilkaviskis  
diabetes society



Bicycle tour,  
Druskininkai, 2023

## MAIN PROJECTS/ ACTIVITIES

- Diabetes school in office of the association (free consultations of nurse diabetes educator and doctor endocrinologist)
  - Education in summer camps for youth and adult with type 1 and type 2 diabetes
- Education in summer camps for leaders of the collective members of the association – local diabetes organizations
  - Seminars for people with diabetes in regions
  - Cycling for people with diabetes and their families
  - Canoeing for people with diabetes and their families
- Republican sports competition “Diabetes – not an obstacle to sports”
  - Magazine “Diabetes”
- World Diabetes Day events in all Lithuania with free prophylactic blood glucose tests
- Page on facebook “Diabetes for youth – can’t stop to live and act! Let’s communicate!”
  - Website: [www.dia.lt](http://www.dia.lt), Diabetes forum
  - Cooperation with Lithuanian authorities
  - Cooperation with other organizations
    - International cooperation



Training seminar  
in Pakruojis, 2023



Seminar for Nurses Diabetes  
educators. Rusne, 2023



Youth diabetes  
training camp in  
Druskininkai, 2023



Let's be together event  
in Taurage



LDA XI congress



# ACCESS TO HEALTH CARE FOR PEOPLE WITH DIABETES IN LITHUANIA



National Diabetes Plan – **NO**

National Diabetes Register – **NO**

**Guidelines** – Description of the procedure for outpatient treatment of diabetes with compensatory medicines, reviewed in 2022, aproved by Minister of Health

## THE LITHUANIAN HEALTH INSURANCE FUND

The Lithuanian Health Insurance Fund finances medical care and treatment for people covered by Compulsory Health Insurance. The Fund reimburses diabetes treatment and medical aids:

- Injectable insulin according basic price (100%)
- Oral medications according basic price (100%)
- Medication for neuropathy-related pain (100%)
- Four HbA1c assessments per year
- Microalbuminuria – through general practitioners
- Lipid testing – through family doctors and specialists
- Retinopathy screening – through ophthalmologists
- Structural education and diabetes foot care – through general practitioners by nurses diabetes educators and foot care specialist

## NEEDLES FOR INSULIN PENS

- 2 needles for insulin pens per day for children with type 1 diabetes
- 1 needle for insulin pens per day for adult people living with type 1 and type 2 diabetes (since 1st July 2023)

## TREATMENT WITH INSULIN PUMPS

Insulin pump treatment is available free of charge to all people with type 1 diabetes since 1st April 2022

- According to the decision of the Doctors' Consultation, insulin pumps rent is reimbursed for all people living with type 1 diabetes
- The Accessories for insulin pumps (87 EUR per month) are reimbursed for all people living with type 1 diabetes

## CONTINUOUS GLUCOSE MEASUREMENT SYSTEMS

Continuous glucose measurement systems, consisting of replaceable sensors and transmitters, are reimbursed not only for children, but also for adults with type 1 diabetes since 1st July 2022

Depending on the size of the original package, one of the sets is prescribed per year for people with type 1 diabetes (A7+TouchCare CGM, S9 EasySense CGM, Dexcom One)

## BLOOD GLUCOSE MONITORING STRIPS

- 1 800 strips per year for children and youth with type 1 diabetes up to 24 years old (using only monitoring strips and treatment without insulin pump with integrated continuous glucose monitoring sensors)
- 1200 strips per year for people living with type 1 diabetes above 24 years old (using only monitoring strips and treatment without insulin pump with integrated continuous glucose monitoring sensors)
- 750 strips per year for people living with type 1 diabetes using insulin pump with integrated continuous glucose monitoring sensors calibrated 2 times per day
- 400 strips per year for people living with type 1 diabetes using insulin pump with integrated continuous glucose monitoring sensors calibrated 1 time per day
- 900 strips per year for children and youth with type 2 diabetes up to 24 years old on insulin therapy
- 450 strips per year for children and youth with type 2 diabetes up to 24 years old on oral medication
- 600 strips per year for people with type 2 diabetes above 24 years old on insulin therapy
- 150 strips per year for people with type 2 diabetes above 24 years old on oral medication
- 600 strips additionally for pregnant women with all types of diabetes during pregnancy
- 150 strips for pregnant women with gestation diabetes during pregnancy
- 900 strips per year for children and youth with other specified, unspecified diabetes up to 24 years old
- 300 strips per year for people with other specified, unspecified diabetes above 24 years old
- 150 strips per year for people with type 2 diabetes, other specified, unspecified diabetes who are undergoing lifestyle changes and are not taking blood glucose lowering medicine, well controlled



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THE LITHUANIAN DIABETES ASSOCIATION

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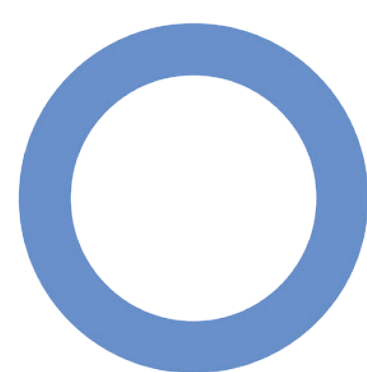
[www.dia.lt](http://www.dia.lt)



# INFORMATION FOR THE PUBLIC



- World Diabetes Day (since 1993)
- Magazine “Diabetes“
- Diabetes Pasport
- Diabetes Bracelet
- Information on the Lithuanian radio, TV, in the press
- Meetings in the Seimas of the Republic of Lithuania, Ministry of Health, National Health Insurance Fund under Ministry of Health, with the President of Republic of Lithuania
- Conferencies, seminars, competitions in all regions of Lithuania
- Meetings in schools, working groups
- Preventive blood glucose tests
- Campaign “Raising awareness of diabetes complications – cardiovascular disease”. Main partners: Lithuanian Society of Endocrinologists, Lithuanian Society of Cardiologists and Lithuanian Diabetes Association



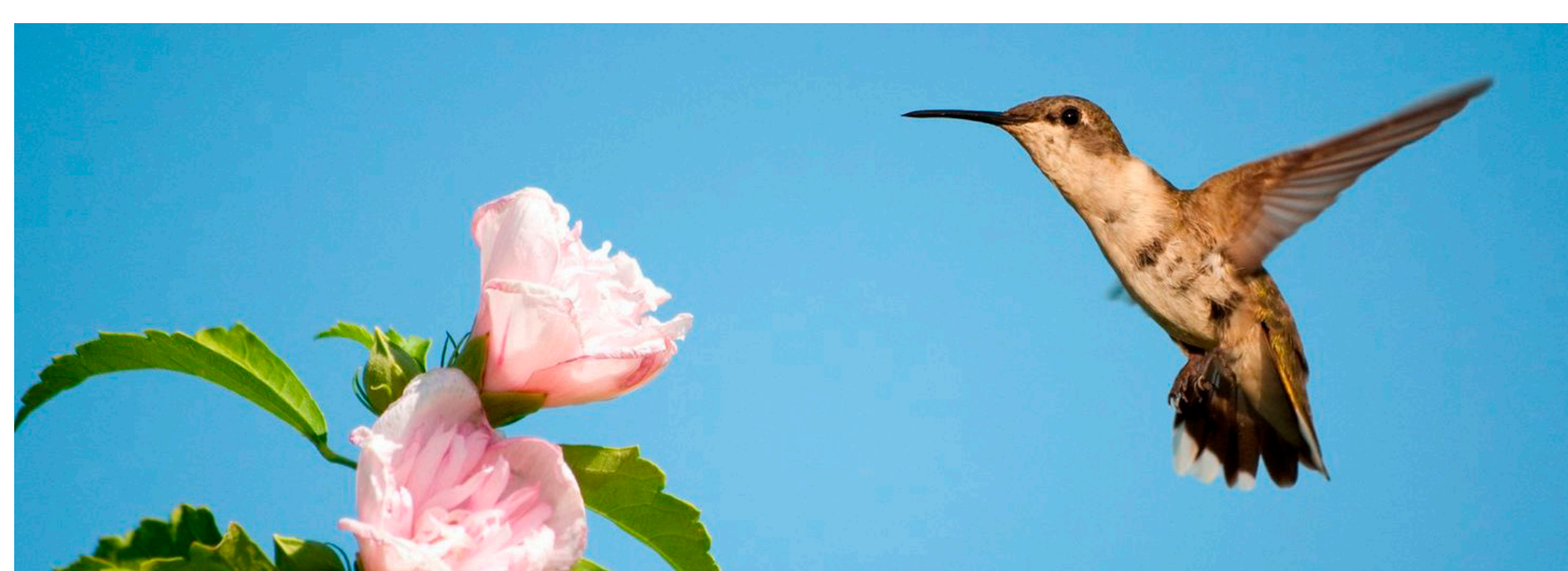
## YOUTH ACTIVITIES

Page on Facebook for young people with type 1 diabetes:  
„Diabetas jauniems – ne kliūtis gyventi ir veikti! Bendraukime!“  
Diabetes for youth – can't stop to live and act! Let's communicate!

This is a closed group and forum for people who have type 1 diabetes: news about diabetes, articles and of course it is a place where young people can talk, ask and share their experience. It is very important to have support in order to help manage diabetes. This is a place for people with type 1 diabetes to connect on ways they keep their blood sugars in control, what sort of treatments they use and to ask questions if they have been newly diagnosed. Also we are starting to organize sport events as a chance to meet and spent time together.

Alone we are strong, but together we are stronger!

Member of the Lithuanian Diabetes Association  
Jurgita Neverdauskaite-Perez



# MAGAZINE “DIABETES”

- An information channel for the Lithuanian Diabetes Association;
- A link between members and the Lithuanian Diabetes Association;
- A tool for diabetes patients' education and empowerment to care themselves as well as possible.

Year of establishment – **1994**

Circulation – **500 copies**

The magazine information is available online at **www.dia.lt**

The magazine's information on the internet at [www.dia.lt](http://www.dia.lt) is accessible to the blind people with type 1 and type 2 diabetes and it is in easy-to-understand Lithuanian language.

Periodicity/year – **4 times a year**

Number of pages – **32**

**Distribution** – subscription (by post), in the local clubs, Lithuanian Diabetes Association, meetings, institutions (hospitals, outpatient clinics, government, etc.)

Price of one copy – **1.50 EUR**

**Supporters** – Department of Disability Affairs under the Ministry of Social Security and Labor, *Boehringer Ingelheim*, *Microlife*, *Novo Nordisk Pharma*, *Pfizer*.

Language – **Lithuanian**



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# INTERNATIONAL COOPERATION



EASD 2019



EASD 2019



Berlin 2018



EASD 2019

- Presentations of the Lithuanian Diabetes Association in the International Diabetes Federation, European Association for the Study of Diabetes, European Patients Forum, International Alliance of Patients Organizations conferences.
- Permanent contacts with representatives of the World Health Organization, International Diabetes Federation, European Union institutions, European Patients Forum, International Alliance of Patients Organizations conferences.
- Participation in many international conferences in Lithuania and other countries.
- Vida Augustiniene, President of the Lithuanian Diabetes Association was Board member of the International Diabetes Federation European Region (2003–2009, 2017–2019), Aldona Danyliene, Vicepresident of the Lithuanian Diabetes Association – Board member (2019–2022).
- Participation in the Young Leaders Camps of the European Region of the International Diabetes Federation



IDF Europe Symposium



Evaldas Salasevicius in the International camp in Bulgaria, 2023



Education of Leaders in Bulgaria, 2023

