

Cajsa Lindberg
The Blueprint for Action on Diabetes

ABSTRACT

The Blueprint for Action on Diabetes in the European Union by 2030 (“The Blueprint”) is the cornerstone of the activities of the MEPs Mobilising for Diabetes (MMD) Interest Group. The Blueprint is also a critical tool for everyone, at national and European level, who is committed to improving the policy response to the growing burden of diabetes in Europe.

Written from the perspective of people living with diabetes, the recommendations in the Blueprint cover the whole spectrum of actions to be implemented to improve their lives in Europe. These recommendations are articulated around three key pillars:

- 1) reducing the risk of developing Type 2 diabetes and diabetes-related complications,
- 2) integrating care, and
- 3) enabling access.

These three pillars are in turn supported by three cross-cutting enablers:

- 1) engagement and involvement of people living with diabetes,
- 2) digitalization, data collection and sharing, and
- 3) the conduct of research for actionable insights.

The Blueprint is a guide and a commitment to support policies and programs that will contribute to flattening the diabetes curve, reducing costs and inequalities, as well as improving the quality of life of people living with diabetes. It also aims to build resilient health systems that are better equipped to care for people living with chronic diseases, including diabetes. The Blueprint represents the united voice of the European diabetes community.

BIOG

Cajsa Lindberg is a health advocate, consultant, public speaker and moderator, working in global health for almost ten years. She is currently working with organizations including IDF and IDF Europe, WHO, NCD Alliance, OECD, University of Gothenburg and Medtronic. She is the former president of the Swedish Diabetes Association and the Young Leaders in Diabetes program, and has been living with type 1 diabetes for 19 years.