

VAC-PACT PILOT PROJECT
VACCINATION CONFIDENCE –
PATIENTS' AND PROFESSIONALS'
AWARENESS, COMMUNICATIONS &
TRUST

Vaccination & Diabetes



Funded by the
European Union



The status quo

- Thousands of adults around the world get sick from diseases that could be prevented by vaccines every year.
- People with **diabetes**, in specific, are often at higher-risk of complications from **vaccine-preventable diseases**.

World Health Organization (WHO) estimates:

422 million people

worldwide have diabetes

1.6 million deaths

are directly attributed to diabetes each year

Getting vaccinated is an important step in staying healthy. **Talk to a healthcare professional, discuss your individual situation and health needs, and make sure you get your vaccinations up to date.**

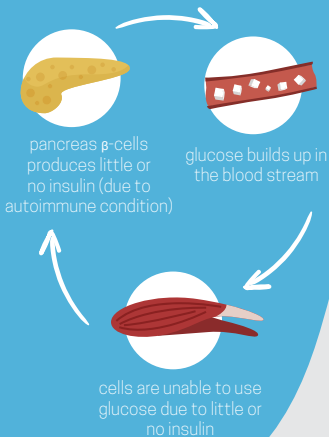
Diabetes overview



Diabetes is a **chronic condition** characterised by **elevated blood sugar** (glucose). This occurs when the pancreas is no longer able to produce insulin, or when the body cannot make use of the insulin it produces. Diabetes comes in different forms, depending on the cause.

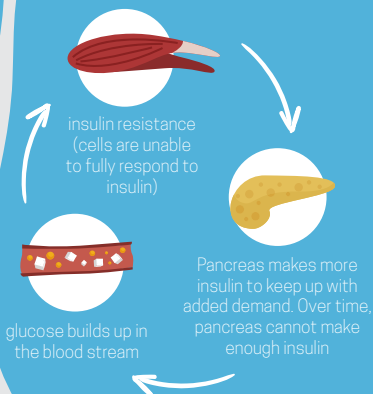
Type 1 diabetes

can appear at any age, but occurs most frequently in children and



Type 2 diabetes

is the most common, accounting for ~90% of cases, mostly in adults.



Diabetes overview

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Other types of diabetes also include **gestational diabetes**, which can develop during pregnancy, and is associated with complications to both mother and child.



Diabetes, specifically if not adequately compensated, can make it harder for your immune system to **fight infections** compared to people without diabetes.



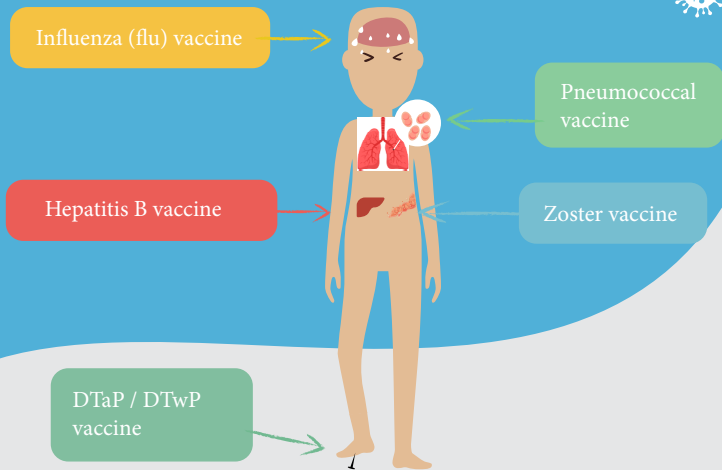
There is, currently, no cure for diabetes but **with treatment, preventative care, and lifestyle modifications, you can live a long, healthy life!**



Key vaccines

We know that **people with diabetes** are more exposed to health risks related to vaccine-preventable disease.

Here are 5 key vaccines that help to mitigate these risks based on recommendations from the Centers for Disease Control and Prevention (CDC):



- Certain vaccines are not recommended for people with compromised immune systems. **Consult with your healthcare professional on a case-by-case basis.**
- Keep in mind: routine medical visits are an opportune time for providing diabetes care, follow-up and continuous patient education.



COVID-19

On 11 March 2020, the WHO characterised COVID-19, **an infectious respiratory disease**, caused by a newly discovered coronavirus as a global pandemic affecting people of all ages.

- Symptoms usually start within 3-7 days of exposure to the virus, but in some cases, it has taken up to 14 days for symptoms to appear.

Common symptoms



Fever



Cough



Breathing difficulties



Tiredness



Muscle aches

- Rare and severe complications can include lung infection, kidney disease and even death.
- People with diabetes are considered as **high-risk groups for COVID-19** and are more likely of developing severe symptoms.
- Severity of COVID-19 is **associated with increased age** (>60 years), and the presence of **multiple underlying health conditions**. Recent data also points towards male groups at slightly higher risk rates.

COVID-19

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In view of their increased risk of poor health outcomes as a consequence of COVID-19, it is important that people with diabetes are included among priority groups for vaccination programmes.

By September 2021, the European Medicines Agency (EMA) has authorised the following COVID-19 vaccines for use in the European Union: **Comirnaty** (Pfizer-BioNTech), **Spikevax** (Moderna), **Vaxzevria** (AstraZeneca), and **Janssen**.



Informed decision

It is vital that lack of vaccination uptake and hesitancy is addressed through **open dialogue, backed with scientific evidence**. A **life-course approach to vaccination** through informed shared decision-making needs to be adapted!

The European Patients' Forum Charter on Patient Empowerment advocates for a patient-centred healthcare practice through the following principles:

You are more than your health condition!

You are empowered to the extent you wish to be.

You are an equal partner in all decisions related to your health.

You can request to have the information you need in an easily understandable format, including your own health records.

Health professionals and our health system actively promote health literacy for all.

You have the ongoing support you need to manage your own care. Just ask!

Your experience is a vital measure of healthcare quality.

You can also participate in evaluating and co-designing healthcare services, so they work better for everyone.