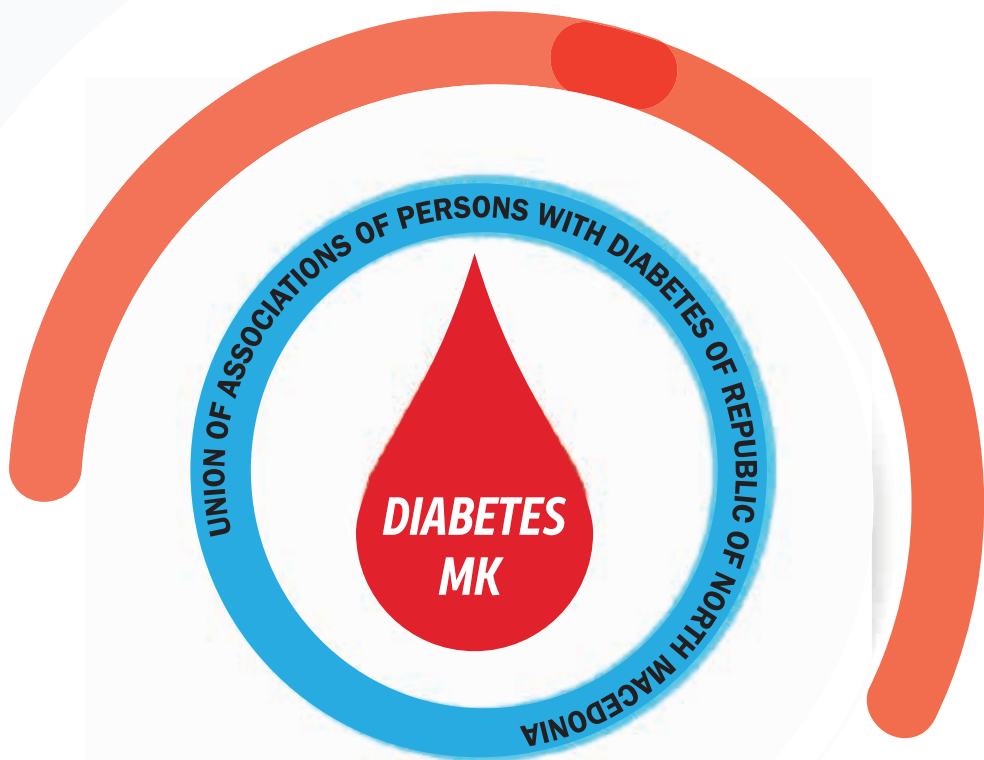




**UNION OF ASSOCIATIONS OF PERSONS WITH  
DIABETES OF REPUBLIC OF NORTH MACEDONIA**



**ALL FOR US, WITH US**

[www.diabetes.mk](http://www.diabetes.mk)

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# **UNION OF ASSOCIATIONS OF PERSONS WITH DIABETES OF REPUBLIC OF NORTH MACEDONIA**

## **ORGANIZATIONAL PROFILE**

### **THE VISION OF UAPDNM**

**A better quality of life and treatment for the persons with diabetes  
in Republic of North Macedonia**

STATEMENT: UAPDNM is a network organization of the local associations of persons with diabetes, which advocates for healthcare policies aligned with the EU standards and the usage of the newest innovative technological achievements and treatment for the persons with diabetes, as well as the creation of encouragement for the diabetes culture within all our involved parties.

We are the oldest and largest patient organization in our country and we are a non-governmental and non-profit patient organization. As an association, we are an umbrella organization that advocates the rights of people with diabetes at the national level. About 130,000 people with diabetes are active members of our union, which means indirectly that we are present in the lives of the same number of Macedonian families (all around half million people). Our organization was formally established for the first time in 2001, and until now, through our activities, we have managed to grow into a respected and recognized umbrella patient organization, which is an active partner of all health authorities in the creation of health policies for diabetes or pre diabetes.

Through our national activities, within our country we have built partnership relations with professional medical associations, with other patient organizations, with ministries and other government institutions, with the institution of the president of the state, with parliamentary committees, public and private health organizations, with non-governmental organizations and with all governing bodies at the national and local level.

2001 – The registration of the UAPDNM – March 2001

2001 – Present – Mutual region. Education for the persons with diabetes

2001 – Present – Commemorating 14 November

2008-2015 – Issuing a bulletin of the Union called “Diabetes” the first newspaper for diabetes was published by our association. We have also published several books for self-control and self-management of diabetes.

2016-2020 – Printing brochures with information for the persons with diabetes

2018 – Changes and additions made to the Medicines and Medical Devices Act

2019 – Training for institutional strengthening of the Union - organized over 2000 educations for diabetes, health nutrition, physical activity at the national and local level. We realize these educations in cooperation with health professionals as our respected partners

2020 – Present –Advocacy for timely provision of insulin therapy

2020 – Present - Strategic cooperation with governmental institutions

2022 – Studies for the Health Related Quality of Life(HRQoL)of the persons with diabetes in North Macedonia for 1400 people,

2023 – Adoption of a ten-year National Diabetes Program 2018-28

2023 – Secured CGMs for 750 children and adolescents in the country

2023 – Advocacy to change the system of procurement of glucometers and strips for measuring blood sugar

2023 – UAPDNM becomes an associate member of Retina International

2023 – UAPDNM becomes an associate member of the International Diabetes Federation IDF

2023 – Quality cooperation with the business sector

2024 – OrganisedDIA Camp –camp for education for children and young people who have Diabetes type

2024 – DIA Camp for education for children and young people who have Diabetes type 1

2024 - First FAMILY Diabetes Camp - an educational camp for families of people with T2DM with complications

2024 - Participations IDF Europe REGIONAL COUNCIL and TEAM MEETING 2024 and CHIEF initiative (Collaborative Health Information European Framework)

2024 – Participations Meeting Eastern European Retinal Diseases Patient Advocacy Groups (PAGs) Budapest, Hungary

2024 - Publication by M.A. Vezire Starova "LET'S EAT AND COOK HEALTHY", which has an educational character and is intended to raise awareness about choosing healthy foods and the importance of diversity in the diet in an innovative and creative way

2025 - The T1D Foundation (Seattle, USA) has selected Mr. Zoran Stojkovski, a member of UAPDNM, as a T1D Advocacy Ambassador, as a member of a team of 9 T1D Ambassadors from around the world.

## ACHIEVED IMPACT AND CHANGES OF UAPDNM

UAPDNM IS A RECOGNIZED ORGANIZATION THAT TAKES CARE OF THE NEEDS OF PEOPLE WITH DIABETES AND ALL CHRONICALLY ILLNESSES, THROUGH CONTACTS AND REQUESTS (OVER 550 PERSONS A YEAR)

UAPDNM IS THE FOUNDER OF THE NATIONAL ALLIANCE OF PATIENT ORGANIZATIONS - NAPO - WITH ANOTHER 6 ASSOCIATIONS OF PATIENT ORGANIZATIONS

A NEW PROTOCOL, "PATIENT", FOR THE DIAGNOSIS, TREATMENT AND MANAGEMENT OF DIABETES WAS ADOPTED IN THE REPUBLIC OF NORTH MACEDONIA WITH A CHANGED WAY OF WORKING WITH PATIENTS ESTABLISHED AN OFFICIAL SINGLE NATIONAL REGISTER OF PERSONS WITH DIABETES

THE NATIONAL MEDIA OFTEN COVERS THE SUBJECT OF DIABETES, WHICH HAS BECOME ONE OF THE IMPORTANT TOPICS IN DISCUSSIONS, SOCIAL MEDIA GROUPS AND INFORMATION PLATFORMS.

SZDSM PROVIDES SERIOUS SUPPORT FROM THE COMMUNITY, ESPECIALLY FROM THE MEDIA. THE BUSINESS COMMUNITY AND PUBLIC FIGURES FOR PROVIDING THERAPY AND MEDICAL ASSISTANCE FOR PERSONS WITH DIABETES, IN THE PERIOD WHICH IN 2023 HAD NOT ASSISTED MORE THAN 9 MONTHS

## VALUES AND TARGET GROUPS

### VALUES OF UAPDNM

- IN ITS WORK, UPADNM CONTINUOUSLY FOLLOWS THE FOLLOWING VALUES:
- PERSISTENCE AND CONSISTENCY: WE ARE PERSISTENT AND CONSISTENT TO OUR GOALS, WITHIN OUR POSSIBILITIES WE WILL DO EVERYTHING FOR A BETTER LIFE OF PEOPLE WITH DIABETES. HOWEVER WE LEARN FROM MY MISTAKES. READINESS FOR DIALOGUE: ALWAYS READY TO FACE DIFFICULTSITUATIONS DIRECTLY, WE ALWAYS HAVE THE BEST INTERESTS OF PEOPLE WITH DIABETES IN MIND TO PROTECT OUR ORGANIZATION AND OUR USERS.
- INDEPENDENCE: SZDSM IS INDEPENDENT, INDEPENDENCE IS OUR DETERMINATION, WE ARE NOT AND CANNOT BE HOSTAGE TO ANY OTHER ORGANIZATION, INSTITUTION, ENTERPRISE AND PARTY.
- INTEGRITY: MAINTAINING HIGH STANDARDS OF PERSONAL CONDUCT AND EMBEDDING OUR VALUES INTO OUR ORGANIZATIONAL POLICIES, PROCEDURES AND BEHAVIOR.
- FLEXIBILITY: ALWAYS FLEXIBLE, LOOKING FOR ALTERNATIVE IDEAS, READY TO FACE THE CHALLENGE OF CONVENTIONAL WISDOM TO USE CONSCIOUSLY AND FIELD OF KNOWLEDGE GIVEN OPPORTUNITIES. RESPECTING CULTURAL
- SPECIFICITIES: WE RESPECT CULTURAL VALUES AND RECOGNIZE THE HUMAN RIGHTS OF ALL PEOPLE, BUILDING A CULTURE OF DIABETES

## WORKING PRINCIPLES

- FOCUS ON THE NEEDS OF PEOPLE WITH DIABETES - WITHIN OUR RESOURCES AND POWER, UAPDNM AND MEMBER ORGANIZATIONS KEEP THEIR FOCUS ON MEETING THE NEEDS AND SOLVING THE CHALLENGES FACED BY PERSONS WITH DIABETES (PWD)
- CONFIDENTIALITY: REALIZATION OF OUR PROMISES ARE PRIORITY NUMBER ONE. WE ARE ALWAYS FOR THE TRUTH, WE WILL ADHERE TO CONFIDENTIALITY AND RESPECT FOR THE PRIVACY OF OTHERS.
- EMPATHY: WE BEHAVE WITH EMPATHY AND WITHOUT PREJUDICE, TREATING EVERY PERSON WITH DIABETES AS EQUAL. SOLIDARITY: WE SUPPORT EACH OTHER WITHIN THE FRAMEWORK OF THE GLOBAL DIABETES UNIT.
- CREATIVITY AND INNOVATION: WE ARE ALWAYS LOOKING FOR AND ENCOURAGING INNOVATIVE IDEAS, READY TO FACE ANY CHALLENGE IN A CREATIVE WAY, IN COLLABORATION WITH THE BEST EXPERTS AND LEGAL ENTITIES
- COLLABORATION: COLLABORATION IS OUR WORKING STYLE. WE PRACTICE OPEN DIALOGUE AND FREEDOM OF EXPRESSION. TRANSPARENCY AND ACCOUNTABILITY - AS A NETWORK ORGANIZATION, THE FOSTERING OF THE LEADERSHIP'S TESTIMONIAL TO ITS MEMBERS AS WELL AS THE PUBLIC IS THE BASIS OF THE FUNCTIONING OF UAPDNM

## TARGET GROUPS

- PERSONS WITH DIABETES – DM TYPE 1
- CHILDREN AND YOUNG PEOPLE WITH DM TYPE 1
- PERSONS WITH DIABETES – DM TYPE 2
- WOMEN IN THE GESTATIONAL PERIOD
- FAMILY MEMBERS OF PERSONS WITH DIABETES
- ASSOCIATIONS COVERING COMPLEMENTARY AREAS
- GOVERNMENT OF THE REPUBLIC OF N. MACEDONIA
- MINISTRY OF HEALTH

## STRATEGY 2024-2028 for the Union of Associations of People with Diabetes of North Macedonia

## CONTEXT

People with diabetes (PWD) are forced to use low-quality equipment outside the practices of neighboring countries and the EU

There is strong resistance to changing the procurement system of innovative equipment for effective treatment of PWD

Young people and the largest number of PWD are not interested in activities in/on the associations  
Low awareness in practicing and encouraging healthy lifestyle habits among citizens and institutions in MK

THE KEY FOR THE CHANGES

CHANGED TREATMENT POLICY SYSTEM FOR PWD

INFORMED AND EDUCATED PWD

EFFECTIVE REPRESENTATION AND LOBBYING

SUSTAINABLE UNION AND LOCAL ASSOCIATIONS OF PWD

CREATED DIABETES CULTURE IN MK

#### STRATEGIC PRIORITIES OF UAPDNM 2024-2028

**Strategic priority 1.** Improving the efficiency of the system for providing the most up-to-date therapy, auxiliary equipment and treatment of people with diabetes in MK.

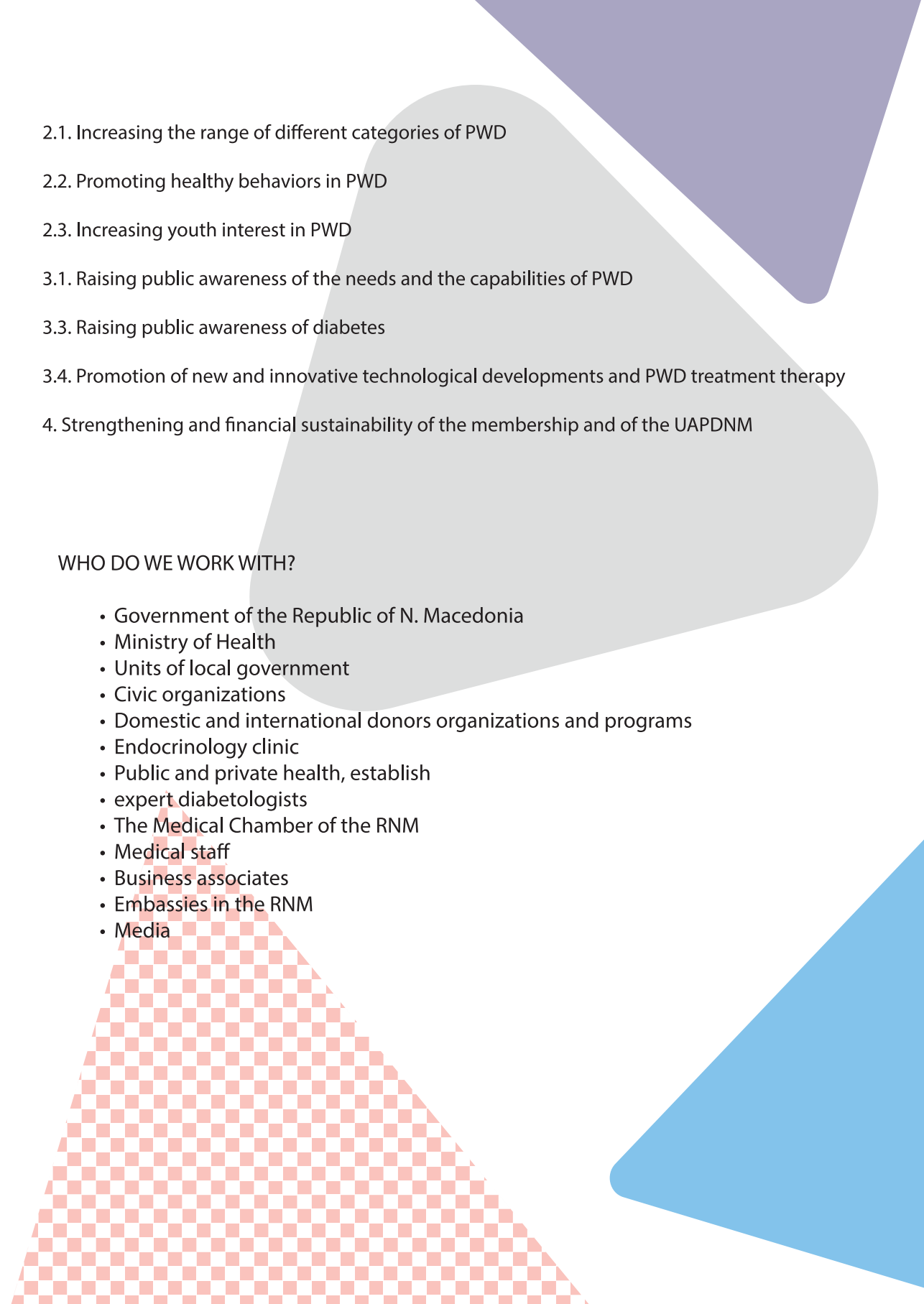
**Strategic priority 2.** Raising the level of education and prevention of all categories of people with diabetes in all parts of the country,

**Strategic priority 3.** Creating an encouraging diabetes culture in the Republic of North Macedonia,

**Strategic priority 4.** Institutional strengthening and financial sustainability of the members and the Union of associations of people with diabetes.

#### WHAT DO WE WANT TO ACHIEVE? (STRATEGIC OBJECTIVES)

- 1.1. Increasing support for the work and implementation of The National Diabetes (DM) Program is a national program of the United States Department of Health and Human Services.
- 1.2. Advocacy for the advancement of bottlenecks in healthcare policies for diabetes
- 1.3. Strategic cooperation with health institutions
- 1.4. Building alliances with legal entities and experts
- 1.5. Encouraging the implementation of research and analysis



2.1. Increasing the range of different categories of PWD

2.2. Promoting healthy behaviors in PWD

2.3. Increasing youth interest in PWD

3.1. Raising public awareness of the needs and the capabilities of PWD

3.3. Raising public awareness of diabetes

3.4. Promotion of new and innovative technological developments and PWD treatment therapy

4. Strengthening and financial sustainability of the membership and of the UAPDNM

#### WHO DO WE WORK WITH?

- Government of the Republic of N. Macedonia
- Ministry of Health
- Units of local government
- Civic organizations
- Domestic and international donors organizations and programs
- Endocrinology clinic
- Public and private health, establish
- expert diabetologists
- The Medical Chamber of the RNM
- Medical staff
- Business associates
- Embassies in the RNM
- Media

## **COLLABORATION AND PARTNERSHIPS**

- **IMPLEMENTATION AGREEMENT**
- **MINISTRY OF HEALTH OF THE REPUBLIC OF NORTH MACEDONIA**
- **MEDICAL CHAMBER OF NORTH MACEDONIA CENTER FOR FAMILY MEDICINE AT THE FACULTY OF MEDICINE SKOPJE**
- **PRIVATE HEALTH INSTITUTION (PrHI) SISTINA OPHTHAMOLOGY**
- **PrHI PROMEDICA OPHTHAMOLOGY**
- **PrHI DIAVERUM - DIALYSIS CENTERS**
- **PrHI NEFROPLUS – DYALYSIS CENTERS**
- **SCIENTIFIC ASSOCIATION FOR ENDOCRINOLOGISTS AND DIABETOLOGISTS OF MACEDONIA**
- **ASSOCIATION OF OPHTHALOMOLOGISTS OF MACEDONIA**
- **ASSOCIATION OF NURSES FOR DIABETES AND OPHTHALMOLOGY OF THE REPUBLIC OF NORTH MACEDONIA**
- **ASSOCIATION OF PHYSICIANS OF GENERAL MEDICINE AND FAMILY MEDICINE SKOPJE**
- **ASSOCIATION OF PRIVATE PHARMACY OF THE REPUBLIC OF NORTH MACEDONIA**
- **LIONS DISTRICT 132 NORTH MACEDONIA**  
**MEMORANDUMS FOR COLLABORATION OF THE NATIONAL DIABETES PROGRAM IN MACEDONIA 2024 – 2028**
- **NATIONAL DIABETES COMMISSION OF MACEDONIA**
- **SCIENTIFIC ASSOCIATION OF ENDOCRINOLOGISTS AND DIABETOLOGISTS OF MACEDONIA**
- **PUBLIC HEALTH INSTITUTION (PHI) UNIVERSITY CLINIC FOR ENDOCRINOLOGY, DIABETES AND METABOLIC DISORDERS - SKOPJE**
- **PHI UNIVERSITY CLINIC FOR CHILD DISEASES**
- **PHI UNIVERSITY CLINIC FOR NEPHROLOGY**
- **THE ASSOCIATION OF GENERAL PRACTICE/FAMILY MEDICINE OF THE REPUBLIC OF NORTH MACEDONIA**

## **SZDSM IS A MEMBER OF:**

- **THE NATIONAL ALLIANCE OF PATIENT ORGANIZATIONS – NAPO - FULL MEMBERSHIP**
- **INTERNATIONAL DIABETES FEDERATION IDF – ASSOCIATE, CANDIDATE FOR FULL MEMBERSHIP**
- **RETINA INTERNATIONAL – ASSOCIATE MEMBERSHIP**

## ASSOCIATES

- SCIENTIFIC ASSOCIATION OF ENDOCRINOLOGISTS AND DIABETOLOGISTS OF MACEDONIA
- ASSOCIATION OF NURSES FOR DIABETES OF THE REPUBLIC OF NORTH MACEDONIA
- UNION OF DIABETIC ASSOCIATIONS OF SLOVENIA - ZVEZA DRUŠTEV DIABETIKOV SLOVENIJE
- CROATIAN ASSOCIATIONS OF PEOPLE WITH DIABETES - HRVATSKI SAVEZ DIJABETIČKIH UDRUGA
- ASSOCIATION OF DIABETIC PEOPLE OF BRCKO DISTRICT, BOSNIA AND HERZEGOVINA - UDRUŽENJE DIJABETIČARA DISTRICT BRČKO, BOSNA I HERCEGOVINA
- ASSOCIATIONS OF PATIENTS FOR PREVENTION AND PROTECTION OF PATIENTS FROM HEPATITIS, HIV AND OTHER INFECTIOUS TRANSMISSION VIRUSES HEPAR CENTER BITOLA, BITOLA
- ASSOCIATION OF CITIZENS WITH RARE DISEASES, LIFE WITH CHALLENGES, BITOLA;
- NATIONAL ASSOCIATION FOR HELP AND SUPPORT OF PERSONS WITH MULTIPLE SCLEROSIS –
- NATIONAL ASSOCIATION FOR MS ASSOCIATION OF CITIZENS WITH KIDNEY DISEASES NEFRON SKOPJE
- ASSOCIATION FOR HELP AND SUPPORT OF PATIENTS WITH GYNECOLOGICAL DISEASES FEMINA M SKOPJE
- ASSOCIATION OF CITIZENS TO HELP CHRONIC LEUKEMIA PATIENTS HML SKOPJE
- ASSOCIATION DEDICATED TO CANCER PATIENTS AND THEIR CAREGIVERS HEMA – ONKO SKOPJE
- ASSOCIATION FOR BETTER HEALTH, EDUCATION AND SOCIAL CARE, SANO, SKOPJE
- ASSOCIATION FOR RARE DISEASES - IT'S RARE TO BE RARE, OHRID
- ZITO LUKS AD SKOPJE – DIJA LEB
- NATURA TERAPI SKOPJE – DIAEBETOL FORTE

## SUPPORTERS AND DONORS

- **THE T1D COMMUNITY FUND - PANORAMA GLOBAL, USA**
- **ROCHE MACEDONIA DOOEL SKOPJE**
- **BAYER DOO OFFICE SKOPJE**
- **ADRIAMED LLC SKOPJE**
- **BELUPO LLC SKOPJE**
- **VARUS LLC SKOPJE**
- **ALKALOID KONS SKOPJE**
- **AMIKUS PHARMA SKOPJE DOC - SANOFI**
- **SISTINA OPHTHALMOLOGY SKOPJE**
- **P.I. "VITAMINKA" AD PRILEP,**
- **FARMAS MN DOOEL SKOPJE,**
- **BITOLSKA MLEKARA AD - BIMILK BITOLA**
- **TECHNOMEDICA DOOEL SKOPJE,**
- **AUTOCONTROL - PRILEP FINANCIAL COMPANY - CASH SKOPJE**
- **MAMA'S FOOD STRUMICA**

## **ASSOCIATIONS - MEMBERS OF THE UAPDNM:**

- 1. BALANS MK – Association for Pediatric Diabetes of Macedonia;**
- 2. Association of People with diabetes of the Municipality of Bitola;**
- 3. Association of People with diabetes Kocani;**
- 4. Association of People with diabetes Probishtip;**
- 5. Association of citizens with diabetes for the municipalities of Gevgelija, Bogdanci and Dojran;**
- 6. Association of People with diabetes of the Municipality of Ohrid;**
- 7. Association of People with Type 1 Diabetes Ohrid;**
- 8. Association of People with diabetes Kumanovo;**
- 9. Association of People with diabetes "Vardar" Gostivar;**
- 10. Association of People with diabetes "Silna Nadezh" Sv. Nikole**
- 11. Association of people with diabetes "Diabet Polog" Tetovo;**
- 12. Association of people with diabetes "Shekjerche - Lollipop" Veles;**
- 13. Association of People with diabetes of Delchevo and Makedonska Kamenica;**
- 14. Association of People with diabetes of Radovish, Podares and Konche;**
- 15. Association of People with diabetes Tetovo;**
- 16. Association of People with diabetes ZD MOST Skopje;**
- 17. Association of People with diabetes Berovo;**
- 18. Association of People with diabetes "Soncheva Svetlina" Demir Hisar;**
- 19. Association of People with diabetes "Glikoza" Strumica;**
- 20. Association of People with diabetes Resen**
- 21. Association of people with diabetes "Alegria" Skopje;**

### **INFO**

Information for the population with T1D and T2D about the effects of the use of Continuous Glycemic Monitoring Systems (CGMs) and other innovative technologies for the treatment of diabetes.  
Online PETITION to the Parliament of the Republic of North Macedonia to Provide 5000 Life-Saving Continuous Glucose Monitoring (CGM) Sensors and 3000 Insulin Pumps for People with Diabetes in North Macedonia

### **ADVOCACY**

Effective partnerships with academic institutions and public health institutions in terms of advocacy for the use of innovative technologies for all T1D and T2D in MK

### **TRAINING**

Improving the skills of persons with diabetes to use CGMs

### **LOBBYING**

Submission of proposals to change the regulation to state and health institutions to cover the costs of CGM for all T1D persons in the Republic of North Macedonia.

THROUGH THE USE OF INNOVATIVE TREATMENTS AND EQUIPMENT

(CGMs, ARTIFICIAL "PANCREAS", AID SYSTEMS, etc.) FOR PEOPLE WITH TYPE 1 AND TYPE 2 DIABETES IN MK TO ITS PREVENTION!

# Republic of North Macedonia

