



World Hormone Day
Because Hormones Matter
24 April 2026



**European Society
of Endocrinology**
The voice for endocrinology

World Hormone Day 2026: The policy angle – a joint effort

Using World Hormone Day to drive policy change

World Hormone Day (WHD) aims to bring together the global endocrine community and put hormone health in the spotlight. In 2026, WHD will focus on improving public understanding of what hormones are, why they matter and the steps everyone can take to promote good hormone health.

WHD is an ideal opportunity for all WHD stakeholders to reach out to policymakers, keep endocrine issues on their radar and encourage them to support health and research policies that promote hormone health.

To help you get started, this guide:

- 1) Summarises current and upcoming EU health and research debates relevant to our community
- 2) Provides ideas to help you engage successfully with policymakers
- 3) Gives an overview of WHD materials to support your communications with policymakers and other stakeholders (that can be used any time).

The European Commission and Parliament – what are they working on in 2026?

Here are some key EU health policy debates currently shaping the agenda. These are important to be aware of and consider as useful discussion points when speaking to policymakers:

- **Next EU Research Framework Programme (FP10):** FP10 is the tenth cycle of the EU's long-standing Framework Programmes for Research and Innovation. It will succeed Horizon Europe and is projected to run from 2028 to 2034.

A key question is how much funding will be allocated to health and more specifically, to endocrinology and related areas. ESE is aiming to secure more tailored funding for endocrinology through the dissemination and promotion of the EndoCompass Research Roadmap. We encourage you to support these efforts by sharing relevant EndoCompass priorities with national and EU policymakers. (There is an EndoCompass Toolkit to support communications.)

It is unclear whether FP10 will be a stand-alone research programme or linked to a broader European Competitiveness Fund, which would emphasise industrial competitiveness, market deployment and innovation-to-market bridging. The latter could pose challenges for academic research, particularly basic research. ESE is acting on this issue independently and through the Biomed Alliance in Europe.

- **Publication of the REACH – Registration, Evaluation, Authorisation and Restriction of Chemicals revision:** While it is positive that a revision may finally be published, there are concerns that it could merely simplify the current rules and place less emphasis on protecting human and animal health from harmful chemicals. ESE and our partners have repeatedly shared with policymakers the community's priorities for the revision. We will continue to do so this year through meetings with different departments of the European Commission and several Members of the European Parliament (MEPs).

We also intend to publish a position paper in the first half of 2026 in coordination with ECAS (ESE Council of Affiliated (National Endocrine) Societies) and other partners. (A more detailed summary of the REACH debate is in the [Policy Toolkit](#).)

- **EU 'Pharma Package':** New legislation aims to make the European pharmaceutical industry more competitive and strengthen investment in medicinal products where research is necessary but considered financially risky. As of January 2026, the Council, European Parliament and Commission are in negotiations to agree the final text.
- **European Action Plan on Rare Diseases:** The European Parliament is advocating for a comprehensive EU-level action plan to address persistent challenges such as fragmented research, lengthy diagnosis times, limited access to innovative treatment and overall quality of life for patients with rare diseases.

The European Commission has not yet proposed a plan, despite strong support from stakeholders, including [Eurordis](#), the main organisation at the European level representing patients with rare diseases. ESE has also called for action and intends to work with the European institutions to ensure that rare endocrine diseases are prominently reflected in any future initiative. ESE will continue to support the European Reference Network on rare endocrine conditions (Endo-ERN) in calling for rare diseases to be properly reflected in the financial framework for the next multiannual EU budget.

- **The Critical Medicines Act (CMA):** This proposed EU regulation aims to improve the availability and security of essential medicines in Europe, address shortages and ensure a more resilient pharmaceutical supply chain. It is important to focus attention on availability of essential endocrine medicines, as identified by Member States. ESE has mapped availability issues regarding endocrine medication which will inform recommendations to be finalized in 2026.

If you are an ESE Member you can stay up to date with the latest EU policy developments via [EARS Newsletters](#), which are issued three times a year.

How to engage with policymakers at the local, regional, national or European level

It is useful for policymakers at all levels (local, regional, national or European) to hear a wide range of voices to help them understand the issues that affect their constituency. Engaging with policymakers can be done individually, as part of an organisation, or as part of a larger coalition of different organisations.

The most effective approach will often depend on the issues that are important in your country or area and the resources you have available. Below are six suggestions to consider:

- 1) **Personal or virtual meeting:** Request a meeting to discuss hormone health or a related issue. Clearly explain why it matters to their constituency, prepare a structured agenda, and allow time for the policymaker to share their views. Knowing where they stand will help you tailor future messages.
- 2) **Write a formal statement or letter:** An open letter or statement from your organisation can help you reach a wider audience. Publish it on your website, share it on social media, issue a press release, and send it to the policymakers who are best placed to help you achieve your goals. Consider collaborating with other organisations to strengthen your message.
- 3) **Organise an event:** Hosting a policy-focused event can be an effective way to raise awareness, build relationships and mobilise your community. Always make sure there is a concrete outcome such as a joint statement or report and share this with anyone you would like to influence or connect with.
- 4) **Join relevant groups and committees:** Consider becoming part of a relevant advisory group, platform or committee working on the issues that matter to you. Engaging in public consultations can help shape policy, though it's important to be selective and focus on those most relevant to your cause.
- 5) **Social media and press:** Policymakers, especially politicians, are often active on social media. Respond to their posts and tag them in your own posts to bring your organisation and issue to their attention. Use the [#BecauseHormonesMatter](#) hashtag so others following the campaign can help amplify your message. Traditional media can also be effective – press releases and interviews can help highlight key issues. Your chances of success will be higher if you have a specific hook you can link to, such as World Hormone Day!
- 6) **Campaign:** Depending on your goals and resources, you could combine some of these strategies to maximise impact. Reaching policymakers through multiple channels increases the likelihood of action.

How to get in touch with your local, national and European political representatives

You can often find details for local and national politicians on official government websites. Many Members of Parliament have personal websites or social media profiles with contact information. Finding officials who work on your issue can be more challenging, but many

ministries/regions/municipalities have directorates that could help you on the way. A quick phone call to the relevant department is often the best way to find the right person.

Contacting MEPs is relatively easy as the European Parliament website is quick to navigate with an [excellent search option](#) through which you can easily find the most appropriate MEPs to contact/connect with.

Using World Hormone Day as a hook for policy outreach and engagement

World Hormone Day is a key moment to reaffirm political support for endocrine health. Two resources are particularly helpful for framing discussions with policymakers:

- The first is the “**Milano Declaration**”, which was launched on the first European Hormone Day in 2022. [‘Recognising the key role of hormones in European Health: the Milano Declaration’](#) sets out what policymakers can do to improve hormone health in Europe. Thirteen MEPs have endorsed the Milano Declaration and used social media to spread the message that hormones matter. While the document is now well established, it can still be shared with policymakers as a clear statement of our community’s priorities. The Declaration is a policy summary of ESE’s 2021 White Paper, which includes additional background information that may be useful in discussions with policymakers.
- The second is the new (October 2025) [EndoCompass Research Roadmap](#), which we encourage our community to highlight in policy outreach. EndoCompass sets out the research priorities needed to advance hormone health across Europe and offers policymakers an evidence-based reference point. It is particularly useful for conversations about research funding, long-term planning and national or EU-level investment in endocrine science. As mentioned above, there is an [EndoCompass Toolkit](#) with resources to support discussions on this topic.

Here are a few ways you could connect with policymakers on and around World Hormone Day:

- Reach out to your local and national politicians – ask them to read the [Milano Declaration](#) and/or [EndoCompass](#), and for their ongoing commitment to support health and research policies that promote hormone health
- Tag your politicians in relevant social media posts from your organisation or your personal accounts so they can join in the conversation easily
- Invite policymakers to relevant online or in-person events that your organisation is holding so they can hear first-hand why hormones matter
- Encourage your members and wider community to reach out to their political representatives

- Join WHD and help spread the word to a wider audience! The more people who understand why hormones matter, the more success we will have in keeping the issue high on the political agenda.

How ESE will support you

To facilitate policy outreach, we have developed a [World Hormone Day Policy Toolkit](#) with useful resources all in one place. This toolkit consists of the following:

- **Template letter** to ask your local politicians to help raise awareness around WHD and, where appropriate, support specific policies around hormone health
- **Key messages** on the importance of hormone health for both individuals and society for you to share
- **Update on the present status of chemical legislation** relating to EDCs (including PFAS and REACH) and the critical decisions needed to address these important issues
- Link to the [World Hormone Day Public Outreach Toolkit](#), with visual materials that can be shared by policymakers on social media on or around WHD.
- Link to the [EndoCompass Toolkit](#), with resources to help promote and discuss the publication in meetings and online.
- Link to the [EDC media kit](#) with background information and useful links on EDCs and ESE's activities in this area to help you brief press and media.
- The [Milano Declaration](#) and its annex

Please keep us informed of your activities and let us know if your national politicians support the cause. If you'd like support or advice when reaching out to policymakers, please ask! You can contact the ESE Public Affairs Team at:

- Dirk De Rijdt, Director of Strategic Partnerships – dirk.derijdt@ese-hormones.org
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