

# International Diabetes Federation

## Living in a world free of diabetes

Promoting diabetes care, prevention and a cure worldwide



# Conference:

- 01**      **Introduction**  
IDF Activities, Dr. Monika Arora.
- 02**      **Diabetes within Children and the KiDS project**  
Implementation of the KiDS project.
- 03**      **Evaluation**  
Results of KiDS projects.
- 04**      **Main Achievements**  
Impact of KiDS projects.
- 05**      **Moving forwards**  
Q&A.

# IDF Activities



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- Advocacy and outreach
- Epidemiology and research
- Education
- Diabetes Care, Access and Prevention
- Humanitarian





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# KIDS and Diabetes in Schools



**Dr. Monika Arora**  
**Public Health Foundation of India**  
**KiDS Advisory Committee**





# Diabetes within children is a growing problem

## Facts and Figures

1

- 1,106,200 children and adolescents (0-19) are living with Type 1 Diabetes worldwide<sup>1</sup>
- The incidence of Type 2 Diabetes is increasing rapidly amongst children and adolescents

1,106,200



## Inadequate School Support

2

- Educational institutions in many countries have no support from clinical staff with expertise in diabetes
- Lack of age-appropriate education resources on diabetes prevention and management

## Discrimination and Stigmatisation

3

- Many children with diabetes face discrimination in the school environment, it affects their self-esteem, productivity and management of their disease.

## Healthy Lifestyles

4

- While type 1 diabetes can't be prevented, healthy eating is an important part of effectively managing it. Up to 70% of type 2 diabetes can be prevented by investing in healthy lifestyles.

# KiDS Project

## Vision

Foster a school environment that creates a better understanding of diabetes and supports children with diabetes



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### Key Objectives

#### Type 1 diabetes

Foster a safe and supportive school environment for children with diabetes to **manage their diabetes and avoid discrimination**

#### All children

Raise awareness of diabetes and the **benefits of healthy diets and physical activities** among school-age children

### Primary targets



6 to 14  
years old



Teachers  
School staff  
Nurses  
Parents



### Strategic Partners



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ISPAD  
International Society for Pediatric  
and Adolescent Diabetes

SANOFI



Local Partners in Brazil and India



PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA



HRIDAY  
HEALTH-RELATED INFORMATION  
DISSEMINATION AND SUPPORT



### Key Activities



School awareness activities:  
training, workshops, events



Engage with policy makers,  
educational and health  
authorities



Education activities:  
information pack, leaflets,  
videos



# Phase 1: Developing KiDS Material



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Development of KiDS  
Information Pack in English

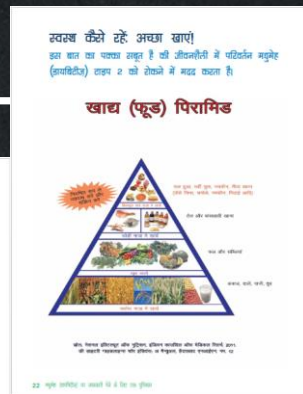
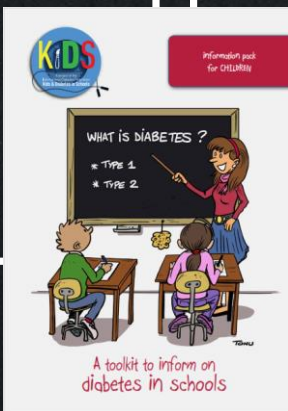
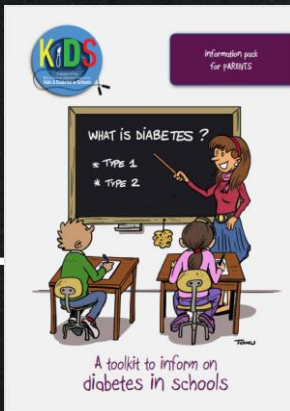
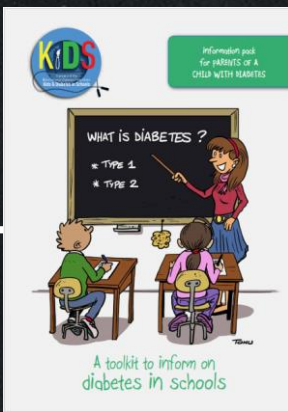


Culturally adapted and translated  
into Hindi and Portuguese



Implemented by PHFI, AIIMS,  
HRIDAY in India and ADJ in Brazil

# KiDS Information Pack



INDEX

### DIABETES MANAGEMENT PLAN

to be completed by parent or legal guardian

Child's name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Child's age at time of diagnosis: \_\_\_\_\_

Contact phone numbers:

One or more in which calls should be made, and note if it is a parent, friend, or emergency ward number. The number is home and/or work, also note if each person has legal authority to respond in an emergency situation.

	Number	Name	Relationship	Location	Authority
1.					
2.					
3.					

Primary Care Physicians:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Other Health providers:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Diabetes Information Pack for Schools

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# Phase II: Implementation in India – innovative and engaging strategies



## Teachers Training workshops (n=1149)

- Based on KiDS resources
- Session on use of glucometer (hands-on session)
- Interactive Q & A

## Students' engagement (n=27,395)

- Participatory classroom activities (role plays; games)
- Inter-school competitions (street plays, poster making)

## Social media optimization

- Support groups
- Online contests
- Online polls
- Promoting pack downloads





# Indian government involvement in the KiDS project

01

## Working Group members

Included representatives from Ministry of Health and Family Welfare; School Health Scheme, Govt. of NCT of Delhi and National Council of Education, Research and Training

02

## Launch of the Indian Diabetes Information Pack (July 23, 2014)

Included Key officials from the Department of Health (School Health Scheme) and Education, Government of NCT of Delhi, eminent public health professionals/researchers working in the field of NCD prevention, focusing on children and adolescents

03

## Permissions were sought

From School Health Scheme (SHS), Government of NCT of Delhi and Directorate of Education (DoE) for pretesting and implementation of School Diabetes Information Pack in a Government Schools of Delhi.

04

## KiDS Pack

Shared for the repository to be created under SNF@ school initiative launched by Food Safety and Standards Authority of India (FSSAI)

<http://snfportal.in/snf/jsp/school.jsp>



# Phase II: Implementation in Brazil

## Selection of schools

A proposal of the project was sent to:

- Teaching Offices of the state of São Paulo
- NGOs in diabetes
- Media of communication (ADJ website and magazines)
- Associate Physicians of SBD
- Social networks and blogs of people with diabetes
- Email for school-age ADJ members

### 1<sup>st</sup> Phase

- Introduce the project by phone and email contact
- Face to face meetings

#### Stakeholders:

- Ministry of health
- Department of School Supplies (DSE) - department that distributes meals in schools in the state of São Paulo.
- NGO in diabetes in Brazil – NGOs network
- Scientific Societies: Brazilian Society of Diabetes -SBD and Brazilian Society of Pediatrics - SBP.

### 2<sup>nd</sup> Phase

### 3<sup>rd</sup> Phase

#### Pre-implementation training:

- Educational materials were developed for the actions at schools
- Healthcare professionals were selected to be trained for the school action

**Team:** nutritionists, nurses, physical educators and physicians.  
Young Leaders participated in the training.





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# Phase II: Implementation in Brazil



## 4<sup>th</sup> Phase

- Participatory classroom activities (role plays; games)
- Student engagement
- Presentation of KiDS - educational package  
Interactive dynamics on the theme
- Activity with school staff and families of students with diabetes: Diabetes training in schools (1 hour)

# Phase II: Implementation in Brazil



**Meeting  
Sociedade Brasileira de Diabetes**



**Media launch**



**Training the trainers**



**Sanofi Brasil meeting**

# Brazilian government involvement in the KiDS project

## The Challenges of the project implementation

- Difficult to have the Educational Ministry involved with the project as well as the Ministry of Health although ADJ received their approval
  - School staff had trouble taking part in educational training sessions
  - School had trouble engaging the students' family members in health training sessions
- School staff had issues regarding being responsible for a student with diabetes and their family members

## Suggestions to improve kids project

- Introduction of KiDS Educational Material in the teaching plan
- Making the KiDS Educational Material available at the school library
- Encourage the parents of children with diabetes to introduce KiDS in schools
- Promote greater awareness of KiDS at places with high turnover of people





# Evaluation of the KiDS Project



26 students with type 1 diabetes in Brazil



15 schools (7 public and 8 private) in India



15 schools (8 public and 7 private) in Brazil



69 children with type 1 or type 2 diabetes amongst Indian students



1,400 school staff (1,149 in India and 247 in Brazil) and almost 38,000 students (27,937 in India and 9,944 in Brazil)



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# Objectives of the Evaluation

Knowledge and (behavioural) skills gained about diabetes and maintenance of a healthy lifestyle



Level of satisfaction with the information pack



Quality of care and support for children with diabetes in schools



Impact on school environment



1

# Knowledge and (behavioural) skills gained about diabetes and maintenance of a healthy lifestyle



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## School Staff

Emphasized that knowledge about healthy eating during childhood is important for all children

Stressed the importance of treating all children equally

## Parents of a child with diabetes

Emphasized on staying informed about diabetes to create awareness and avoid stigmatization against children with diabetes

Understand diabetes symptoms and treatment.  
Are able to deal with hypo- and hyper- glycaemia, know the importance of eating healthily

## Parents of a child without diabetes

Gained new knowledge from the KiDS Information pack

Felt the need to make lifestyle changes to reduce the chance of type 2 diabetes



2

## Quality of care and support for children with diabetes in schools



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### School Staff

Gained confidence in assisting a child with diabetes during school hours

Changed their own behavior in order to improve their healthy to reduce the risk of type 2 diabetes

### Parents of a child with diabetes

Observed increased knowledge and awareness in the school staff of the needs of their child and in diabetes management

### Parents of a child without diabetes

Parents reported that their knowledge and confidence about being able to help a child with diabetes had increased.

## Level of satisfaction with the information pack

### School Staff

High level of **satisfaction** due to the clarity and accessibility of the information

First time a project **drew attention to diabetes** in childhood and school setting

### Parents of a child with diabetes

**Appealing and interactive content, clear language** and appropriate material

**Changed the relationship** between children, school staff and classmates

### Parents of a child without diabetes

Appealing and interactive content, **useful for seeking information on diabetes**

**Myth and misconceptions were clarified**, facilitate interaction with people with diabetes

## Impact on school environment

### School Staff

Increase interest in the  
subject of diabetes in  
schools

Healthier food options in  
canteens

Medical room were set up

### Parents of a child with diabetes

Everyone seemed more  
involved in the care of a  
child with diabetes

Improved support from  
schools in the care and  
management of a child with  
diabetes

### Parents of a child without diabetes

Parents reported that their  
knowledge and confidence  
about being able to help a  
child with diabetes had  
increased.



# Final Evaluation



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- *"I came to know about diabetes (type) 1, diabetes (type) 2. We just knew the basics of it, but in-depth knowledge I got to know from your session and resources only."* [Teacher]
- *"The pack is good for parents whose children are diagnosed recently".* [Parents of child with diabetes]
- *"I feel confident and can take care of a child (with diabetes) after reading this pack".* [Parent of child without diabetes]

- "You explained in a few pages with easy language, everything you need to know ... No technical terms. I left it in the bag ... it was a manual, it was easy and gave a great support for us. I Liked it!"
- "The day of the IDF Kids action was a significant day in my life, a day I will never forget"
- "The partnership with the health units should bring more information to the school, both in an emergency situation, but also with prevention, awareness and work with the community."
- "Until then, she did not know what diabetes was, she knew that her friend had but she did not know what it was about. And this material has increased knowledge "
- "I was very proud of myself. The nurse missed two days and the child knew what to do. So I think together, me as an adult and she as the child, we managed to do. It was okay, we did it together, it was really cool. "

# Video Testimonial from India



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**Teacher who implemented Project KiDS in  
her school, New Delhi, India**



# Mother of a Child with type 1 diabetes



Telma Aparecida Moreira Hanazumi mother of  
Fernando Masaru Moreira Hanazumi - 11 year  
São Roque – SP.

“During my son’s classes, he made 50mg/dl of glucose, I then realized that there was **a lack of knowledge about this subject matter in school**, because they did not know how to proceed in this situation, nor **the danger that severe hypoglycaemia presented**.

In the need to introduce this knowledge, I initiated a research and found materials of the KiDS programme in the ADJ website.

I was very interested, I **downloaded the contents of the materials and printed it**. I took him to school, with all the completed follow-up forms. **With these materials and knowledge acquired by the school professionals, everything improved in regards to my son’s school life**.

The professionals felt more confident and prepared to take care of my son during the time he remains there. I am very grateful for the materials that were provided by ADJ”



# Main achievements



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- KiDS Information Pack available in 13 languages
  - Arabic, Chinese, English, , English-India, French, Greek, Hindi, Japanese, Polish, Portuguese, Russian, Spanish and Urdu
- Around 7800 teachers and over 60 600 children trained by Dec 2017
- Engagement of health and education policy makers
- 6 abstracts accepted (ISPAD, WDC 2015)
- Over 16000 downloads of the KiDS Information pack
- KiDS App in 8 languages available for tablet on iOS and Android
- Guidelines on how to use the Information Pack
- Final evaluation completed in the pilot countries
- 60+ countries engaged with the KiDS project
  - Information/education sessions, workshop, trainings, etc.





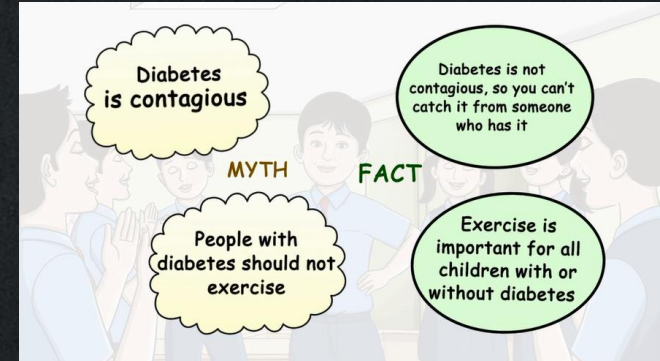
# Complimentary resources from India



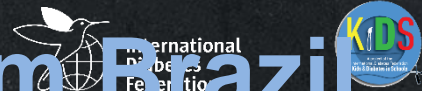
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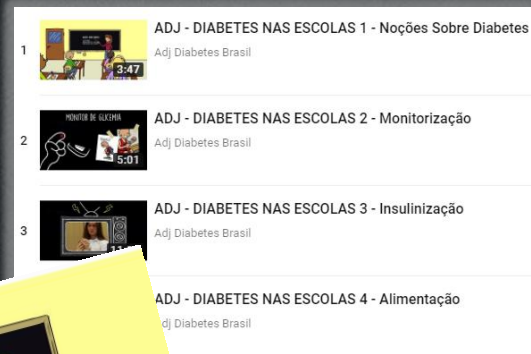
Available on [www.adj.org.br](http://www.adj.org.br) or [https://www.youtube.com/playlist?list=PLiNH\\_cffk2ZwqR1wMrKGfY45Gh9mom0Yp](https://www.youtube.com/playlist?list=PLiNH_cffk2ZwqR1wMrKGfY45Gh9mom0Yp)



# Complimentary resources from Brazil



Available on [www.adj.org.br](http://www.adj.org.br) or [https://www.youtube.com/playlist?list=PLiNH\\_cffk2ZwqR1wMrKGfY45Gh9mom0Yp](https://www.youtube.com/playlist?list=PLiNH_cffk2ZwqR1wMrKGfY45Gh9mom0Yp)



# Trainings and educational activities



Online training public service São Paulo



Fórum Nacional de Diabetes Brasília - DF



Diabetes Camp

Press School Meetings



Media



Dietitian training for São Paulo - SP



# Moving Forward: To further advocate at both global and national level the endorsement or recognition of the KiDS educational approach by public health and education authorities

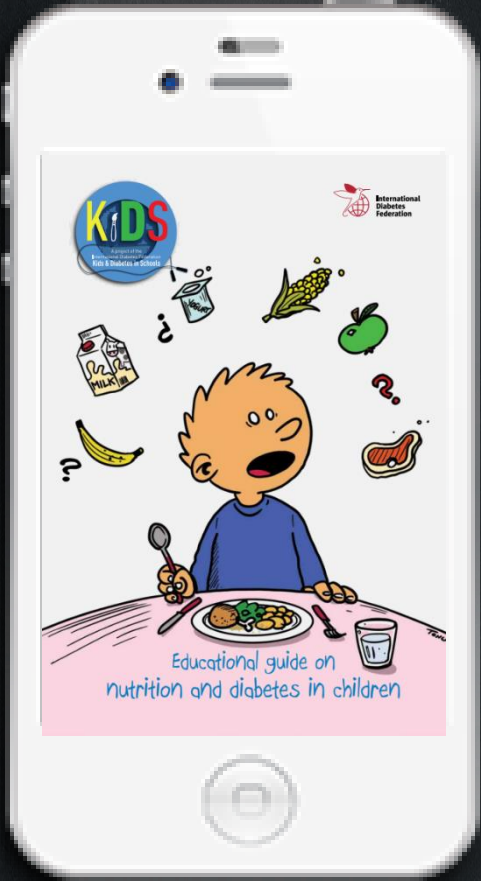


- Policies and programs including National NCD Program to strengthen T1DM component
- Health promotion (HP) strategies for diabetes prevention and management from early ages
- Education and Health to work collaboratively in implementing HP curriculum.
- Training and engagement of teachers and parents crucial for success of these initiatives.
- Guidelines regulating food available in schools
- Policy on physical education in school setting
- Tailoring resources for different audiences and cultural adaptation
- Upscaling and intensifying the KiDS intervention to other regions



# Educational Guide on Nutrition and Diabetes in Children

Complimentary to the  
original KiDS  
Information pack



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To be officially  
released during the  
World Health  
Assembly on May  
22nd

**Thank you**

**KIDS  
IMPROVE THE LIVES  
OF CHILDREN WITH  
DIABETES**

