



Healthy schools, healthy futures: the KiDS programme in global diabetes education

Online event

6 October 2025
14:00-15:30 CEST





Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

Welcome from the moderator



DR JACKIE MAALOUF

IDF Vice-President and Co-Chair of the IDF Committee on Youth Activities
DiaLeb Founder & President

Lebanon

WELCOME FROM IDF

- This webinar will be recorded.
- You can activate Zoom-generated subtitles for this webinar by clicking on the closed caption (cc) button at the bottom of your Zoom window. Please note these subtitles are not 100% accurate.
- The recording, slides and feedback questionnaire will be sent to all registrants in a few days.
- Participants who attend at least 80% of this event live will receive an attendance certificate only if they complete a feedback questionnaire. Please check your spam folders if you have not received them by 6 November.
- **Please use the Q&A function to post your questions to speakers and panellists.**



Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

Keynote address from ISPAD



MD EDUARDO CALLIARI

Coordinator of ISPAD Special Interest Group-Diabetes in Schools
President-elect ISPAD Meeting – Rio de Janeiro, 2026
Assistant Professor – Santa Casa School of Medical Sciences, Sao Paulo

Brazil



Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

Keynote address from Sanofi

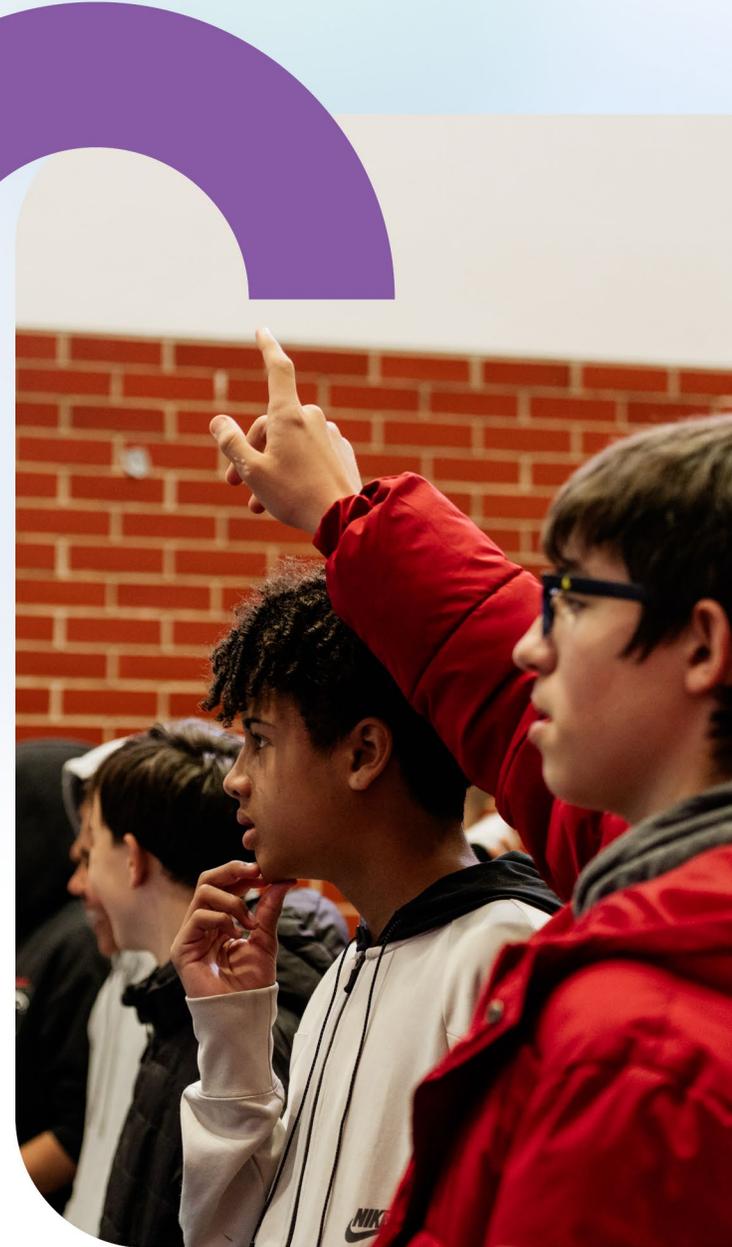


MS EVA COFFEY

Head of Global Corporate Affairs, General Medicines, Sanofi

France

Setting the scene





Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

The KiDS programme: global perspective and in-country action



DR JACKIE MAALOUF

IDF Vice-President and Co-Chair of the IDF Committee on Youth Activities
DiaLeb Founder & President

Lebanon

About the KiDS Programme



KiDS aims to bring diabetes education to schools to fight diabetes-related stigma and promote healthy lifestyles to tackle the modifiable risk factors for type 2 diabetes.

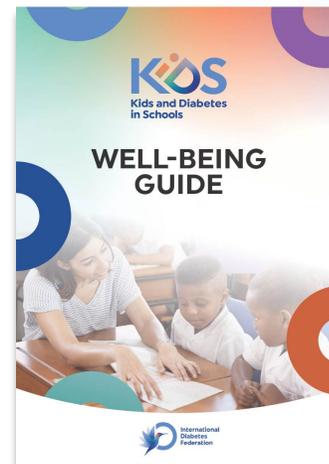
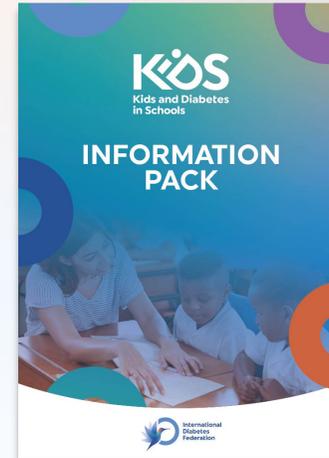
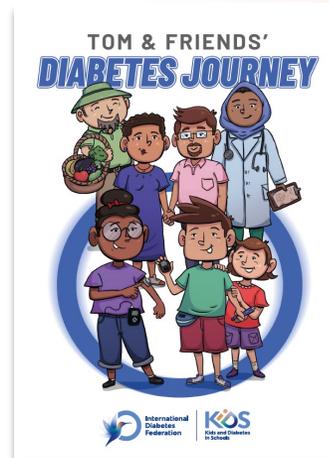
Undertaken in partnership with the International Society of Pediatric and Adolescent Diabetes (ISPAD) and supported by an educational grant from Sanofi.

Since 2013, KiDS resources have reached more than **1M** students in **23** countries.

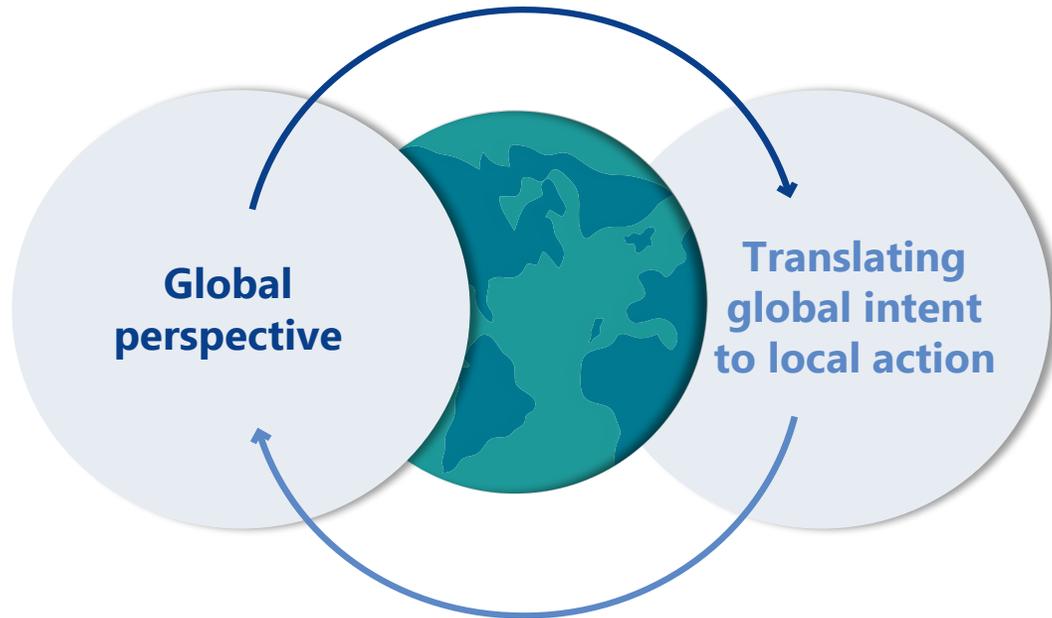
New Phase

Launched at the **IDF World Diabetes Congress in Bangkok** (April 7-10, 2025)

Includes: new branding and logo, revamped resources and new resources as well as revamped website



Strategic Objectives



- Connect global and national strategies.
- Increase the reach of KiDS educational sessions.
- Pilot the revamped resources at country level.
- Revise and pilot assessment protocols to measure the KiDS sessions' impact on knowledge acquisition.
- 2027 goal: roadmap to guide national implementation and share best practices (to be launched at the IDF World Diabetes Congress).

Revamped KiDS Resources



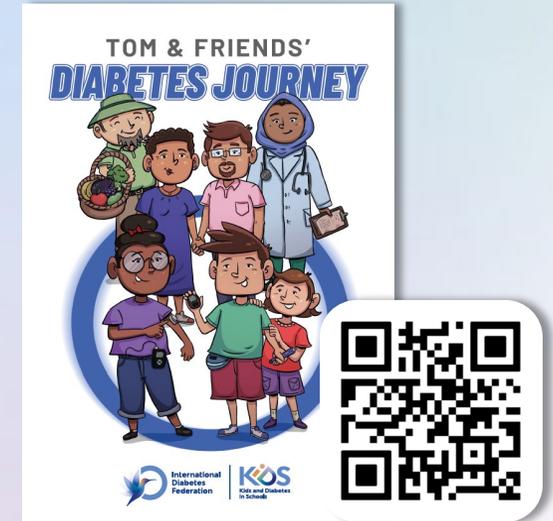
Information Pack

Comprehensive awareness and information tool for teachers, school staff and parents on diabetes and the needs of children with diabetes in schools.



Well-being Guide

Awareness and information tool for adults to learn about the importance of healthy habits for children in diabetes management and prevention.



Tom and Friends' Diabetes Journey comic book

An engaging comic book for students that shows how Tom and his friends navigate diabetes at school. Follow Tom's journey from diagnosis to living well with diabetes.

New KiDS Resources



Implementation Guide

Developed to facilitate the implementation and reporting of the IDF KiDS educational sessions. It targets anyone interested in KiDS implementation, notably school staff, parents of students living with diabetes, national or local diabetes associations, and diabetes advocates.



Class Plans

The Implementation Guide includes the class plans, which offer a suggested structure for running 1–2 hour KiDS educational sessions, designed to boost interactivity and engagement through gamified activities. The class plans also provide a protocol for measuring the impact of KiDS.

KiDS Pilot in Maharashtra

This pilot is implemented in collaboration with the **Blue Circle Diabetes Foundation**, India's largest patient-led diabetes organisation and support group.



Objectives

- Test the revamped KiDS resources: Information Pack, Well-Being Guide and Comic Book.
- Gather feedback on the clarity of the implementation guide.
- Test the two Class Plans.
- Test the Impact Measuring Protocol and its reporting method.

Preliminary Figures



22 KiDS sessions piloted

In 11 schools

Over 4,000 students reached

Upcoming Activities



IDF and the KiDS programme
present at ISPAD 2025

Second season of the podcast
Doing Well with Diabetes

Production of new KiDS
resources for adolescents
(14-18 years old)



Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

The KiDS Programme in China



MR SHENG JIN

Founder of Sweety, Shanghai Jing'an
Children and Youth Diabetes Service
Centre

China



MR ZIJIE WANG

KiDS China Children Group Leader
and Volunteer at Sweety
Student at New York University

China

Project Background

How does KiDS in China aligns with the status quo?

~620,000 T1Ds (3rd worldwide) ^[1]

↑4x in 20 years ^[2]

peak incidence at **ages 10-14**

Government Policy

The "Healthy China 2030" Initiative



Improved:

- **Medical access**
- **Treatment availability**
- **Care infrastructure**

Current challenges:

- **Psychological burden**
- **Lack of awareness**
- **Stigmatization**

Project Introduction

International Partner



Local Partner



上海宋庆龄基金会
Shanghai Soong Ching Ling Foundation



KiDS in Schools – Core

Educate peers, teachers, and communities to a safe educational environment

KiDS Camp – Go Deeper

Provide support for newly diagnosed and patient families



KiDS Online Podcasts – Go Broader

Online podcast adapted for self-paced learning and reaching more communities

A Glimpse into the Programme



Project Impact & Future Plans



2024

- 4 provinces
- 5 events
- 201 Participants

2025

- 10 provinces (↑x2.5)
- 12 events (↑x2.4)
- 525 Participants (↑x2.6)

In the future...

- Go Broader
 - Train the trainer
- Professional support
Teacher training



Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

Impact of KiDS Diabetes Awareness Campaign on Parental and Educational Community Knowledge and Behaviour in Upper Egypt



PROF DR MONA ABDELKADER SALEM

Professor of Paediatric Diabetes and endocrinology Ain Shams University
President of Egyptian Society of Paediatric endocrinology and Diabetes (ESPED)

Egypt

Diabetes is a Significantly Prevalent Disease in Egypt with Serious Clinical and Economic Burden

- Diabetes is a pressing public health concern in Egypt, with age-standardized prevalence at 22.4%, placing Egypt 5th among MENA countries in terms of diabetes burden.



15 Millions Adults with Diabetes

191 K children/adolescents with T1D



22.4%
of Adults are
Diabetic



3.1 Billion in healthcare costs in 2024



72 K Adults Deaths

Source: IDF Atlas 11th Edition 2025 - MENA Factsheet

From awareness to a measurable social impact

Overview of KiDS program journey in Egypt



2017- 2020

35 schools & 173 teachers
20 884 children & 21 591 parents



2021

Health insurance & ESPED
Partnership



2022

Sanofi & National Health
insurance partnership (4 parties)



2023

National Health insurance
issued diabetic children
rights



Feb 2024

NGO ToT kick off



2024

20 schools & 400 teachers
8000 children
3600 parents



March- April 2024

National Health Insurance
request to include the DCR into
the training materials of
teacher



Feb 2025

Alignment with on
the Publication
methodology



April 2025

IDF Poster presentation



Total beneficiaires till 2020

Al Fayoum
2017- 2020

35

Primary schools
included

173

Teachers
trained

Al Merg
2019- 2020

20 884

Children
trained

21 591

Parents
trained

Al Minya
2023-2025



83 schools reached,
Empowered **56,670 beneficiaries:**

673 teachers trained

25,993 parents engaged

29,884 children educated

KiDS education program overview School-based awareness program in upper Egypt



Impact: For the first time in Egypt First Decree for Diabetes children rights during school days and exams

General authority for health insurance
Directorate General of Training and
Cultural Relations



الهيئة العامة للتأمين الصحي
الإدارة العامة للتدريب والعلاقات الثقافية

Rights Document of Diabetic Children During school day and exams

- 1 - Same treatment as other colleagues without discrimination or distinction when enrolling for school or at studying.
- 2 - The child with diabetes has the right to measure the glucose level at anytime, anywhere and when necessary.
- 3- The child with diabetes can freely have snacks and drinks like water or juice, even after break-time has ended. There are no restrictions on these allowances.
- 4- He is allowed to have the insulin at anytime, anywhere and as necessary and the child's privacy must be respected.
- 5- Do not leave the diabetic child unnoticed and his guardian is contacted in case of emergency.
- 6- The importance of providing a database of diabetic children in each school, with the need to keep a special record of them including their parents' numbers and the numbers of who need to be contacted in case of emergency.
- 7- Taking into account the situation of a child with diabetes, they might have to miss school if they need to go to the clinic or be referred to a hospital.
- 8- The child with diabetes is permitted to take part in school activities and join school trips without any restrictions on their participation.
- 9- The child with diabetes is allowed to go to the restroom at any time whenever he needs to.
- 10- It is essential to offer healthy food and drinks that are suitable for individuals with diabetes in the school cafeteria.
- 11- Examinations and quizzes at school can put psychological stress on children with diabetes, potentially leading to health complications and fluctuations in blood glucose levels. As a result, it is important to implement the following measures during these assessments:
 - a) Permit the child to measure their blood glucose level utilizing various methods and techniques, which may encompass analysis without pricking.
 - b) Permit the child to have drinks, food or medicine when needed.
 - c) Permit the child go to the restroom when needed.
 - d) If the child experiences any uncommon symptoms, it is important to urgently contact the committee's physician.

General Director
General Directorate of Training and Cultural Relations
Headquarters of Higher Committee of diabetes

Dr/ Faten Omara

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General authority for health insurance
Directorate General of Training and
Cultural Relations



الهيئة العامة للتأمين الصحي
الإدارة العامة للتدريب و العلاقات الثقافية

وثيقة حقوق الطفل السكري أثناء اليوم المدرسي والامتحانات

1. المعاملة بالمثل كباقي الزملاء دون تمييز أو تفرقة عند التسجيل للمدرسة أو عند عملية الدراسة .
2. من حق الطفل السكري قياس السكري في أي وقت وأي مكان وحسب الضرورة .
3. يسمح للطفل السكري بتناول وجبات خفيفة أو شرب المياه أو العصير في أي وقت وعدم منعه حتى لو انتهت فترة المساحة .
4. يسمح له بأخذ الأنسولين في أي وقت وأي مكان وحسب الضرورة ويجب احترام خصوصية الطفل .
5. عدم ترك الطفل السكري دون ملاحظة ويتم الاتصال بولي أمر الطفل السكري في حالة وجود أمر طارئ .
6. أهمية توفير قاعدة بيانات خاصة بالأطفال السكريين بكل مدرسة مع ضرورة أن يحتفظ بسجل خاص لهم شاملة أرقام هواتف أولياء الأمور وأيضا من يتم سرعة الرجوع إليهم في حالة الطوارئ .
7. مراعاة الحالة المرضية للطفل السكري حيث قد يحتاج إلى التغيب من المدرسة في حالة عرضه على العيادة أو تحويله إلى المستشفى .
8. يسمح للطفل السكري ممارسة الأنشطة المدرسية والاشتراك بالرحلات المدرسية وعدم منعه من المشاركة .
9. يسمح للطفل السكري الذهاب إلى دورة المياه في أي وقت متى احتاج إلى ذلك .
10. ضرورة توفير أغذية ومشروبات صحية مناسبة للطلاب السكري في مقصف المدرسة .
11. حيث تمثل الامتحانات والاختبارات المدرسية ضغطاً نفسياً على الطفل السكري مما قد يعرضه لمضاعفات صحية وعدم انتظام مستويات السكر لذا يلزم اعتماد ما يلي أثناء الامتحانات :
 - a. السماح للطفل بقياس سكر الدم باستعمال كافة الوسائل والتقنيات بما فيها التحليل بدون وخز .
 - b. السماح للطفل بتناول المشروبات أو الأغذية أو العلاج حال الاحتياج .
 - c. السماح للطفل بالتوجه إلى دورات المياه عند الاحتياج .
 - d. استدعاء طبيب اللجنة حال ظهور أي أعراض غريبة على الطفل وذلك بصفة عاجلة .

مدير عام

الإدارة العامة للتدريب والعلاقات الثقافية

مقرر اللجنة العليا للسكر

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AG

Evaluating the impact of the KiDS Program on enhancing diabetes-related knowledge among parents and teachers, as well as assessing its influence on promoting positive behavioral changes within households and school environments in Upper Egypt

- **Study Data was collected from a sample of 500 parents and 100 teachers, randomly selected from the campaign pool.**
- **The post Campaign awareness assessment was done with 91% similar respondents from those answered the pre-campaign assessment.**

Study Design

Field Work Period



Pre Campaign assessment
Oct 23, 2024 till Nov 21, 2024

Post Campaign assessment
Dec 21, 2024 till Jan 19, 2025

Methodology and Sample Size



Quantitative interviews
with **500 parents & 100 Teachers**

Respondents Profile

Gender



Males: 17%
Females: 83%

Diabetes Family History



26% have diabetes family history

Parents Education Level (EL)



High EL	2%	6%
Med EL	66%	65%
Low EL	32%	29%

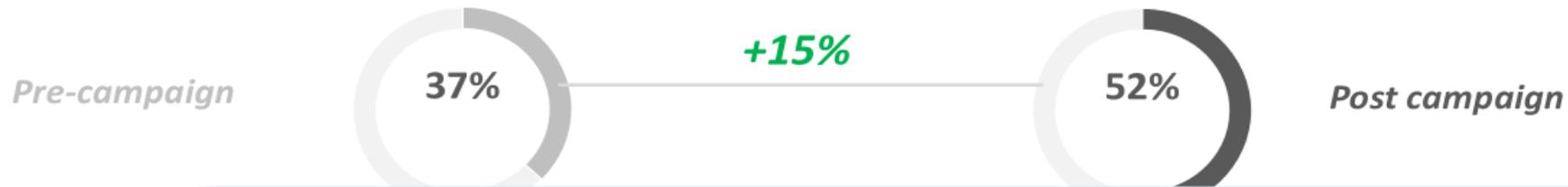
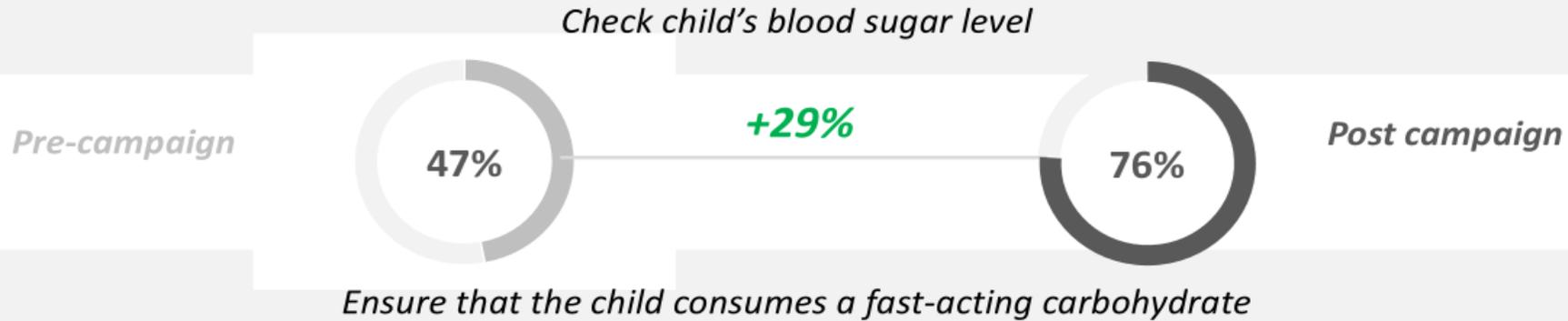
Significant difference between the pre and post campaign awareness are presented by:

Green arrows for significant increase 

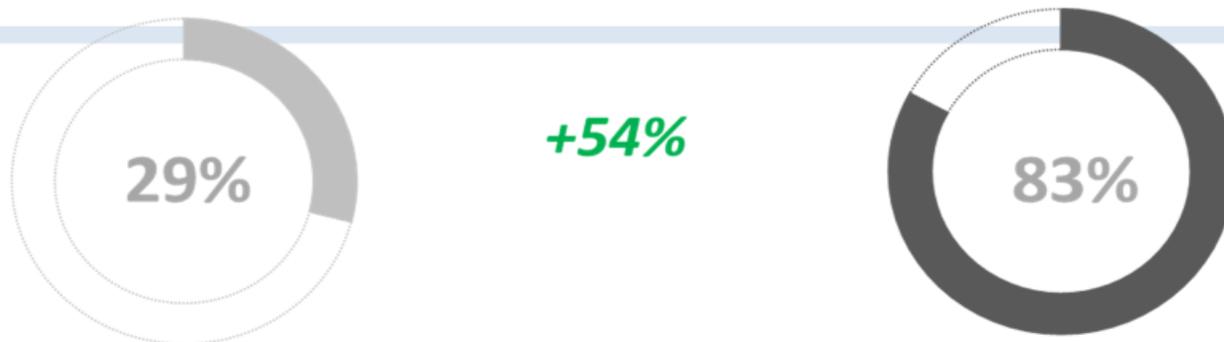
Red arrows for significant decrease 

Teachers Results:

Dealing with Hypoglycemia



Awareness to the Correct Number of Diabetes Types



100 Teachers

Campaign impact on dealing with hypoglycemia:

- A significant increase is noticed after the campaign in teachers' knowledge on dealing with hypoglycemia in 2 out of 5 actions.
- Still there's room for improving other 2 actions; Checking BG after 15 mins and timing if notifying parents

Teachers Results: Changes in School after Campaign

School Changes after Campaign

Introducing new topics



79%

Incorporated health-focused topics e.g. topics related to:

- Healthy food
- Diabetes disease and symptoms
- Physical activities
- Handling diabetic kid in emergency either hypoglycemia or hyperglycemia"

Change in attitude towards diabetic pupils



86%

of the school created a healthier school environment in terms of:

- More healthy food
- Increased physical activity in school
- Increased diabetes awareness and education

Changes in school environment

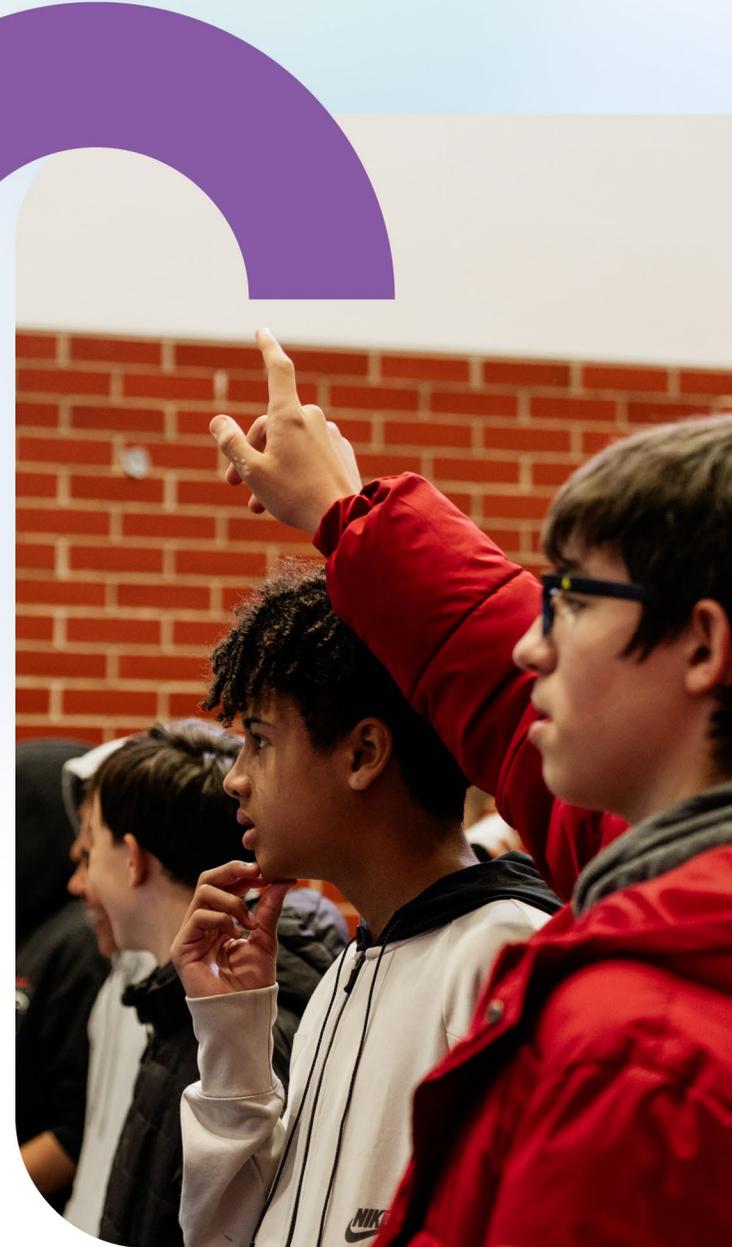


96%

Changed their attitude towards diabetic pupils in terms of:

- Becoming more understanding with the kid's illness
- Giving the kid exceptions and excuses
- Being able to handle any diabetes related emergencies

Discussion panel and Q&A





Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

Welcome to the pannelists



MS LURINA FOURIE

IDF Blue Circle Voice
Founder of The Glucose
Glitch

South Africa



MS JYOTSANA RANGEEN

Young Leader in Diabetes
Mentor, IDF Blue Circle Voice,
Founder- DiaBeatStigma

India



MS KERRY MURPHY

IDF Blue Circle Voice
Founder, Executive Director of
FOLLOWT1Ds

USA



MS SOBIA AZIZ SIDDIQUI

IDF Blue Circle Voice
Former Science Teacher
Community Manager Meethi Zindagi

Pakistan



Healthy Schools, Healthy Futures: The Kids Programme in Global Diabetes Education

Closing remarks and thanks



DR JACKIE KASSOUF MAALOUF

IDF Vice-President and Co-Chair of the IDF Committee on Youth Activities
DiaLeb Founder & President

Lebanon

Closing remarks and thanks

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- Please respond to the feedback questionnaire to help us improving future IDF online events.
- Send any questions you may have to kids@idf.org.

Thank you!

