

## Adapted material for the school-component in all four languages

DigiCare4You aims to improve the early prevention and management of Type 2 Diabetes (T2D) and hypertension (HTN) via a community-based, person-centred solution, integrating both social and healthcare systems, supported by the use of digital tools. The project also aims to create a supportive social and physical environment within schools and communities for all citizens, beyond the individuals and families participating in the DigiCare4You intervention. In consideration of this, part of the DigiCare4You solution is a school intervention in which teachers will be trained to create a supportive environment that promotes the adoption of healthy and active lifestyles.

Schools are seen as an ideal setting for these activities for several reasons. All children attend school, making it an easy setting to reach them. They spend a significant part of their day there, eating, playing and engaging in other activities. Schools also provide a structured environment, making it ideal for introducing new programmes. Added to which, teachers can significantly influence and motivate children by acting as role models.

To ensure the programme's success, DigiCare4You builds on the tried and tested successes of the Feel4Diabetes project. For example, some strategies for successful implementation of "healthy schools" programme were identified. These included:

- having teachers actively involved both as role-models and in the delivery of the intervention;
- involving parents via assignments and meetings and providing them with resources to improve the home environment in terms of healthy diets and physical activity; and
- enacting school policies supporting the provision of healthy foods.

The DigiCare4You school component focuses on several key health goals: increasing water consumption instead of sugary drinks, encouraging the consumption of more fruits and vegetables, promoting healthy breakfasts and snacks, increasing physical activity, and reducing long periods of sitting still.

To support these goals, DigiCare4You has developed various materials that are based upon the resources used in the Feel4Diabetes study. These resources include:

- a practical 'teachers guide' explaining how to implement the programme and create and promote both healthy school environments and behaviours;
- a presentation and relevant video that will be used as part of the teachers' training on the intervention; and



- four newsletters for the parents and other adult members of the family that aim to inform and actively engage them in the intervention.

These resources and materials have been locally and culturally adapted as well as translated into the four local languages.

In addition to activities, the programme also aims to promote policy changes in schools, such as offering healthy foods and drinks in school cafeterias/canteens, providing varied and enjoyable physical education classes, including regular activity breaks during school hours, and allowing access to school facilities for physical activity outside school hours. To help prioritise changes, the 'SHE (Schools for Health in Europe) rapid assessment tool' will be used. This tool helps schools evaluate their current policies and practices related to health promotion and identify areas for improvement.

The English and adapted local versions of resources developed for the school-component of the DigiCare4You intervention are available [here](#).

