

European Public Health Week 2023

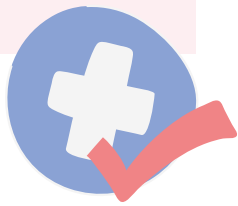
Prevention and control of chronic diseases

DigiCare4You is a Horizon2020 project which 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**.

T2D and HTN represent a major burden on individuals and society and are the root causes of other chronic conditions. Currently 537 m people worldwide live with diabetes (61m in Europe) and this number is forecast to rise to 643 m by 2030 (67m in Europe). Additionally, 1.23 billion people live with hypertension. **Early screening and a focus on preventative measures is key to tackling these conditions.**

Healthy lifestyles

Healthy eating and physical activity can help manage blood glucose and pressure level and improve health.



Community-based interventions

Community-based interventions represent a cost-effective solution to actively engage communities, promote health literacy and well-being, and support lifestyle changes by creating a supportive environment.



Early prevention

Schools can be an entry point to promote health literacy among younger people and start the prevention of chronic conditions early.



Early screening

Effective and timely screening for chronic conditions such as T2D and HTN, supported by digital tools, is key to preventing the development of complications and alleviating their burden on people, society and health systems.

