



Press Release

Brussels, 24/01/2024 – Representatives from the 16 international, multidisciplinary DigiCare4You consortium partners gathered in Tirana, Albania, and online, on November 20-21 2023, for the project's fourth consortium meeting. DigiCare4You partners reviewed the progress achieved in each work package and discussed next steps for the project.

What is DigiCare4You?

DigiCare4You aims to improve the early prevention and management of Type 2 Diabetes (T2D) and hypertension (HTN). The project aims to do so by firstly, building on an existing procedure for children's periodic growth assessment to identify parents/ caregivers already living with, or at risk, of diabetes and hypertension and secondly, developing a person-centred, community-based solution, that uses digital tools, to prevent the development of these conditions and/or improve their management and prevent and delay complications. Furthermore, the project aims to assess the scalability and transferability of the DigiCare4You solution, within the implementation countries and beyond. The implementation study is conducted in two high-income countries (Greece and Spain) and two middle-income countries (Albania and Bulgaria).

Current state of the project

The DigiCare4You project is currently in its third year. Participant screening and recruitment have been completed in all four implementation countries. As of November 2023, the two-stage screening has been almost finalized in all four countries with > 18,000 parents/ caregivers screened via the FINDRISC questionnaire (first stage screening) and > 2,800 parents/ caregivers undergoing blood examination (second stage screening). Furthermore, across the four countries, >800 parents/caregivers living with prediabetes and >350 living with diabetes agreed to participate in the intervention.

Sabine Dupont from DigiCare4You consortium partner, International Diabetes Federation Europe, said, "we are very pleased with the project's progress to date and in particular the development of digital tools that are fully adapted to local needs and easily accessible for users."

Digital Tools:

A second version of the DigiCare4You digital tools has now been developed. Through feedback with local implementers in each country, the digital tools, which include the DiaWatch and MyDiet mobile apps for end users and MetaClinic and MetaDieta software for healthcare professionals (HCPs), have gone through various performance and functional updates and localisation adaptations – a key and unique feature of the DigiCare4You project. For example, the units of measurement for examinations have been adapted to each country's needs as well new features and updates. A second version of the DigiCare4You digital tools for the two-

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stage screening procedure has also been developed to allow the gathering, monitoring, and evaluation of study participants' data.

Monitoring and evaluation tools:

During the project's implementation phase, regular monitoring is taking place. Monitoring and evaluation tools have been developed to aid with the intervention implementation process and data analysis. This includes, for example, monitoring participant participation, including attendance to sessions, retention, and usage of digital tools. This process is critical for understanding and documenting the execution and effectiveness of the intervention. Updates of some of the monitoring and evaluation tools have occurred. For example, to help prevent participant relapse, automated reminder notifications (push notifications) have been developed and integrated into the mobile apps. Additionally, a second version of the Visual Analytics Suite was rolled out. The Visual Analytics Suite offers graphical representations of collected data, such as completion and dropout rates categorized by participant characteristics. This aids intervention implementers in decision-making and facilitates comparisons and insights across various healthcare centres.

Ethical considerations:

The Ethical Advisory Board (EAB), along with consortium partners from Harokopio University Athens (HUA), Privanova, METEDA S.r.l., and Centre for Research & Technology Hellas (CERTH), held the second EAB meeting in June 2023. This meeting focused on the digital tools developed for DigiCare4You as well as the implementation of technical measures for securing data, for example through data separation or anonymization, should the data be opened up for future further research and/or dissemination activities.

Next steps

The preliminary results of the first-year intervention are expected in the summer of 2024. As participants joined the intervention over a period of time, we are expecting to reach the one-year follow-up point for all participants in autumn 2024. Partners will gather for the next consortium meeting in May 2024 in Pisa, Italy.

ENDS

Additional Information

More than 61 million people live with diabetes in Europe today, the majority of whom with Type 2 diabetes (T2D), a number forecast to increase to 66 million by 2030¹. About one third of people living with diabetes are undiagnosed, placing them at risk of severe, life-threatening complications such as cardio-vascular and renal diseases, blindness and amputations. Although much progress has been made in recent years, notably in terms of treatment availability and options, prevention policies and programmes have remained largely ineffective.

¹ IDF Atlas, 10th Edition, 2021





About DigiCare4You

DigiCare4You is a Horizon2020 project, consisting of 16 multidisciplinary consortium partners from Australia, Europe and the USA, seeking to improve the early prevention of Type 2 Diabetes and Hypertension.

Social Media

LinkedIn: [DigiCare4You – A Horizon 2020 Project](#)

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