



Press Release

Brussels, 09/01/2025 – Representatives from the 16 international, multidisciplinary DigiCare4You consortium partners gathered in Sofia, Bulgaria on December 16-18 2024, for the project's sixth consortium meeting. DigiCare4You partners reviewed the progress made in each work package since the previous consortium meeting in May 2024 and discussed next steps for the project.

Current state of the project implementation

Participants have undergone baseline measurements and regular face-to-face counselling sessions and are using the digital tools, MyDiet and DiaWatch, to manage their condition. The first year intervention results have also been collected, with all first-year follow up sessions being completed in the four implementation countries – Albania, Bulgaria, Greece, and Spain. A total of 962 participants attended and completed the first-year follow up session which consisted of a questionnaire and various anthropometric measurements. Participants will now continue with their counselling sessions and using the digital tools up until the second follow up session.

As well as aiming to improve the prevention and management of type 2 diabetes (T2D) and hypertension (HTN) among individuals participating in the intervention, the DigiCare4You project also seeks to have an impact on the broader community. This is achieved through school- and community-based components that foster a supportive environment for information exchange and social events promoting healthy, active lifestyles for all.

Schools across the four intervention countries have been recruited to participate and project partners have successfully organised training sessions for teachers. A social collaboration platform has also been setup in each implementation country to enable information exchange and promote healthy living events within the respective communities. Active participation of the schools in the intervention and use of the social collaboration platforms will start in earnest in early 2025.

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 945246



Sabine Dupont, Director of Strategy and Policy at the International Diabetes Federation Europe and DigiCare4You work package 9 leader, said, “DigiCare4You has hit a very exciting part of the project where all of the individual components are coming together and the first results are being collected and analysed. There is now a real sense of how the project is progressing and what future potential the solution holds.”

Scale-up and transferability taking a more prominent role

A core aim of DigiCare4You is to assess the scalability and transferability of its solution within the implementation countries and beyond. To achieve this, the project has established an International Stakeholder Advisory Board (ISAB) comprising experts in public health, diabetes and/or hypertension, and policy. The ISAB will provide critical feedback and insights for developing a *Roadmap for Scale-Up*.

On May 14, 2025, the ISAB, along with other invited stakeholders, will convene in Lisbon, Portugal, for the first of two *Capacity-Building and Recommendations Development Workshops*. These workshops aim to facilitate knowledge exchange and discuss the future potential of the project solution in other settings, based upon the lessons learned and tools developed to date. Planning for both logistics and content is already well underway, and we look forward to fruitful discussions.

Next steps

As DigiCare4You enters its final phase, project partners will intensify efforts to implement and analyse results, calculate the solution’s cost-effectiveness, and assess scalability and transferability. These activities are crucial to ensuring the project’s long-term impact.

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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 2030^[1]. About one third of people living with diabetes are undiagnosed, placing them at risk of severe, life-threatening complications such as cardiovascular 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.

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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. The project aims to do so by firstly, identifying parents/caregivers already living with, or at risk, of diabetes and HTN 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. The project also 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).

Media Relations Contact

Sabine Dupont, Communications Work Package Lead

+353 89 708 65 65

sabine.dupont@idf-europe.org

www.digicare4you.eu

^[1] IDF Atlas, 10th Edition, 2021

