

Guidelines for using the KiDS information pack

The following guidelines provide information on how to use the KiDS information pack to inform diverse audiences (please see below target groups) about diabetes management and prevention in schools.

The KiDS information pack is divided in four sections, targeting different groups:

- ▶ Teachers (grades 1-9), school nurses and school staff
- ▶ School students (aged 6-14 years)
- ▶ Parents
- ▶ Parents of children with diabetes

For each target group, the structure of the relevant section includes:

- ▶ The 1st part, focused on Type 1 Diabetes and the needs of children in the school environment, offering both guidelines for the management of children with diabetes and a sample diabetes management plan;
- ▶ The 2nd part, focused on guidelines for a healthy lifestyle to prevent Type 2 Diabetes.

In addition to the above-mentioned target groups, the KiDS project is an education program designed also for Policy Makers and Government Officials, for wider implementation at the regional or country level.

The information pack is available for download for free on the IDF website (<http://www.idf.org/education/kids>) in 13 languages (Arabic, Chinese, English, French, Greek, Hindi, Portuguese, Russian, Spanish, Hungarian, Polish, Urdu and Japanese). Adaptations to Brazilian Portuguese, Argentinian Spanish and Indian English are also online.

There is also a KiDS application in 8 languages developed for tablets and iPad including quiz to assess your knowledge on diabetes (<http://www.idf.org/education/kids/app>).

Section I: Introduction to the guidelines

Why should you use these guidelines?

These guidelines contain examples of how to use the KiDS information pack in front of diverse audiences. They also include suggestions of materials and resources necessary when introducing the pack.

Who should use the guidelines?

The guidelines should be used by people who play a key role in school environments including:

- School staff in particular teachers, school nurses, nutritionists and school principals
- Diabetes associations and their network including healthcare professionals
- Parents and children with diabetes
- Teacher associations and their network
- Policy Makers and Government Officials

Section II: Using the KiDS information pack

Before using the KiDS pack in the school, it is important to introduce the main content by organising an informative presentation and planning the sessions in advance.

IDF has developed a PowerPoint presentation to assist in communicating the KiDS pack messages.

The content of each PowerPoint presentation will differ depending on the target audience and presenter. The slides you choose depend on the needs, interests, and experience of the audience members as well as the purpose of the presentation.

You may also use the KiDS introductory video available in English and Hindi to download please click:

<https://www.youtube.com/watch?v=HaPgk7hHxt8>

Objectives of the PowerPoint:

After the presentation your audience should be able to:

- a. Describe the key differences between type 1 and type 2 diabetes;
- b. Recognise hypo- and hyper-glycaemia and how to cope with it;
- c. Identify the benefits of healthy lifestyle for children and adolescents.

Section III: Examples

i: School team and parents training

Training duration: one hour

Location: schools

No. of participants: no more than 30

Training content

- Diabetes Mellitus: concepts, pathophysiology, signs and symptoms, monitoring and treatment
- Nutrition in the school and special situations
- Physical activities in the schools for students with diabetes
- Common complications of students with diabetes during the school day
- Frequently occurring situations referring to diabetes
- Questions and answers

Suggested material

- KiDS PowerPoint presentation
- Diabetes care kit
- Hypoglycaemia kit

Give-away:

- Two complete educational packs (teachers, parents, parents of children with diabetes, children) for use in the school and two modules for parents and caregivers of students with diabetes

ii: Student training (6 to 14 years – elementary school)

Training duration: 1.5 hours

Location: classroom

No. of participants: 60 students and teachers

Hint: *make this session as interactive as possible*

Training/workshop content

- Who is Thomas?
- Basic notions on Diabetes
- Healthy eating
- Physical Activity
- Importance of healthy eating and physical activity for the prevention of illness

Question and response game:

- Game with students about key points discussed in the interactive workshop

Suggested material:

- KiDS PowerPoint presentation (Lecture)
- Sound system

Give-away

- Educational Packs (parents and caregivers, students)

At the end of the training make sure you do a short evaluation using the form in annex 1.

Overview of presentation content and tools to be used during sessions

Users of the guidelines	Audience	Content to present	Tools suggested
<p>Diabetes associations (patients, families and healthcare professionals)</p> 	<p>Teachers + parents</p>	<ul style="list-style-type: none"> - What is diabetes type 1 and 2 diabetes? - Myths and Facts - Signs and Symptoms - Hyper- /Hypo-glycemia - Location of the KIDS pack online (LINK to IDF Website) 	<ul style="list-style-type: none"> - Video http://www.diabeteskidsandteens.com.au/staycoolatschool.html - Food and Exercise Pyramids - Interactive materials: Eat well plate games; KiDS app
	<p>Children</p>	<ul style="list-style-type: none"> - What is type 1 and type 2 diabetes? - How to prevent type 2 diabetes? 	<ul style="list-style-type: none"> - Human Body: A model human body will be used with the children in order to show them first-hand the difference between the way a normal body works and the way a body of a child with diabetes works. - Quiz competition - Games in class - Eat well plate games
<p>School staff in particular teachers, school nurses and school principals</p> 	<p>Children</p>	<ul style="list-style-type: none"> - How the body works? - What is type 1 and type 2 diabetes? - Myths and Facts about diabetes - Lifestyle and nutrition - Physical Activity - Prevention of illness 	<ol style="list-style-type: none"> 1) Puzzle on “A day in the life of Tom” 2) Role Play on “A day in the life of Tom” 3) Quiz competition on the myths 4) Eat well plate games
<p>Parents of a child with diabetes</p> 	<p>Teachers + children</p>	<ul style="list-style-type: none"> - What is type 1 and type 2 diabetes? - Hyper- /Hypoglycemia - Discrimination, stigma, bullying 	<ol style="list-style-type: none"> 1) Quiz competition on the myths 2) Puzzle on “A day in the life of Tom” 3) Role Play on “A day in the life of Tom” 4) Eat well plate games 5) Online games (http://t1dstars.com/web/ or the KiDS app)
<p>Children (in particular children with diabetes)</p> 	<p>Children</p>	<ul style="list-style-type: none"> - How is your daily life with diabetes? - Lifestyle and nutrition - Physical activity 	<ol style="list-style-type: none"> 1) Puzzle on “A day in the life of Tom” 2) Role Play on “A day in the life of Tom” 3) Eat well plate games 4) Online games (http://t1dstars.com/web/ or the KiDS app)

Guidelines for using the KiDS nutrition guide

The following guidelines provide information on how to use the KiDS nutrition guide to inform diverse audiences (please see below target groups) about diabetes management and prevention in schools.

The KiDS nutrition guide is divided in four sections, targeting different groups:

- ▶ Teachers (grades 1-9), school nurses and school staff
- ▶ School students (aged 6-14 years)
- ▶ Parents
- ▶ Parents of children with diabetes

In addition to the above-mentioned target groups, the KiDS project is an education program designed also for Policy Makers and Government Officials, for wider implementation at the regional or country level.

The nutrition guide is available for download for free on the IDF website (<http://www.idf.org/education/kids>) in 7 languages (English, French, Greek, Hindi, Spanish, Hungarian and Polish).

Section I: Introduction to the guidelines

Why should you use these guidelines?

These guidelines contain examples and explanations of how to use the KiDS nutrition guide in front of diverse audiences. They also include suggestions of materials and resources necessary when introducing the pack.

Who should use the guidelines?

The guidelines should be used by people who play a key role in school environments including:

- School staff in particular teachers, school nurses, nutritionists and school principals
- Diabetes associations and their network including healthcare professionals
- Parents and children with diabetes
- Teacher associations and their network
- Policy Makers and Government Officials

Section II: Using the KiDS nutrition guide

Before using the KiDS pack in the school, it is important to introduce the main content by organising an informative presentation and planning the sessions in advance.

For this purpose, it can be useful to introduce first diabetes through the KiDS information pack, and then focus on the importance of nutrition and/or healthy lifestyles as a preventive action to Type 2 Diabetes and obesity.

The KiDS NutriQuiz:

In support to the presentation, an online NutriQuiz is available in English, French, Spanish and Portuguese.

It aims at testing and consolidating the audience's knowledge about diabetes and nutrition in an interactive and fun way, with the support of an internet connection and an IT device (computer, tablet or smartphone).

Multiple-choice questions, "true or false" questions and "fill-in the sentence" exercises are combined to make the quiz as user-friendly and entertaining as possible, targeting mainly primary school students.

The quiz can be found at:

<https://idschoolofdiabetes.typeform.com/to/Tf7FXw> (In English)

<https://idschoolofdiabetes.typeform.com/to/n1xu6E> (In French)

<https://idschoolofdiabetes.typeform.com/to/bgsnFd> (In Spanish)

<https://idschoolofdiabetes.typeform.com/to/sUHMvH> (in Portuguese)

Section III: Examples

i: School team and parents training

Training duration: one hour

Location: schools

No. of participants: no more than 30

Training content

- Diabetes Mellitus: concepts, physiopathology, signs and symptoms, monitoring and treatment
- Why is prevention important: nutrition and healthy lifestyle
- Nutrition in the school: balanced diet, how to prepare healthy meals, how to drink healthy, EatWell plate
- Healthy lifestyle: physical activities, the importance of a good night rest, how to read food labels
- Frequently occurring situations referring to diabetes and nutrition
- Questions and answers

Suggested material

- KiDS PowerPoint presentation
- Information pack
- Nutrition Guide
- NutriQuiz

ii: Student training (6 to 14 years – elementary school)

Training duration: 1.5 hours

Location: classroom

No. of participants: 60 students and teachers

Hint: make this session as interactive as possible (e.g. support of NutriQuiz)

Training/workshop content

- Who is Thomas?
- Basic notions on Diabetes
- Healthy eating
- Physical Activity
- Importance of healthy eating and physical activity for the prevention of illness

Suggested material:

- KiDS PowerPoint presentation (Lecture)
- Sound system

At the end of the training make sure you do a short evaluation using the form in annex 1.

Annex 1: Evaluation form post trainings

Dear Participants,

Thank you for your participation in the KiDS training. Please fill out this short feedback form. This will help us in improving our program in future.

Thanks,
KiDS team

		Very satisfied	Satisfied	Neither satisfied or unsatisfied	Unsatisfied	Very unsatisfied
1	Satisfactions with the drawings/cartoons					
2	Satisfaction with the content					
3	Satisfaction with the information					
4	Relevance of the information					
5	Clarity of the information					
6	Satisfaction with the course					
7	Interaction with educators					
8	Application of the information obtained					
9	Educators knowledge of workshop content					
10	Overall mission/purpose of educators					
11	Strategies utilized by the educators to administer the workshop content					
12	Relevance of the content administered					
13	Themes of the workshop					
14	Clarity of the information offered by the workshop educators					

Annex 2: Share your KiDS event with us!

Dear Participants,

We thank you for using and promoting KiDS in your country. If you would like to share your experience on conducting a KiDS event in your community, please do not hesitate sending testimonials, photos or even videos to kids@idf.org!

Please send us the following details of your KiDS event:

- The format of the KiDS event (training/workshop/information session/other)
- Organiser of the event
- Funder of the event
- Speakers of the event
- Location and setting of the event
- Target audience and number of attendees
- Event agenda, presentations and other resources that were distributed
- Testimonials, photos and or videos

Each event will be reviewed separately to see if it fit the requirements/guidelines, before we post it on the IDF website. We will also report about your event on our social media such as Facebook and LinkedIn!

Thanks,

KiDS team