

## The project

Diabetes affects over one million children and adolescents worldwide.

The KiDS project was launched in 2013 by the International Diabetes Federation (IDF), in collaboration with the International Society of Paediatric and Adolescent Diabetes (ISPAD) and Sanofi.



It aims for a safe, supportive and discrimination-free school environment for children with diabetes, while promoting a healthy lifestyle to prevent type 2 diabetes.

KiDS was successfully piloted in Brazil and India and has been implemented in over 35 countries worldwide.

So far, over 25,000 people have downloaded the KiDS resources to support their activities.

## Global Partners



International  
Diabetes  
Federation



International Society for Pediatric  
and Adolescent Diabetes

SANOFI DIABETES

## Local partners in Brazil and India



PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA



SOCIEDADE  
BRASILEIRA DE  
DIABETES



HRIDAY  
HEALTH RELATED INFORMATION  
DISSEMINATION AMONGST YOUTH



Young Leaders  
in Diabetes  
A programme of the  
International Diabetes Federation



Diabetes  
Brasil

## Contact

International Diabetes Federation

[kids@idf.org](mailto:kids@idf.org)

[idf.org/education/kids](http://idf.org/education/kids)



## KiDS information pack

Developed by healthcare experts, and adapted to every culture and country, the **Kids Information Pack** provides information on type 1 and type 2 diabetes and their management.

It targets teachers, school staff and school nurses, parents and children (from ages 6 to 14) but also policy makers and Government officials. The pack is not intended to replace the advice of healthcare professionals and should always be accompanied by educational sessions.

The **KiDS Information Pack** is available for download in multiple languages - Arabic, Chinese, English, French, Greek, Hindi, Hungarian, Japanese, Polish, Portuguese, Russian, Spanish and Urdu.

[idf.org/education/kids](http://idf.org/education/kids)



## KiDS Nutrition guide

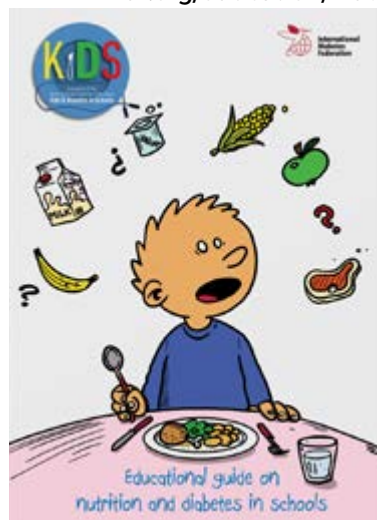
For children living with diabetes, choosing the right food is important to maintain healthy blood glucose levels.

The **Kids Nutrition Guide** was developed as a complementary resource to the Kids Information Pack.

It is an awareness tool to inform teachers, parents and children about the importance of a balanced nutrition and a healthy lifestyle for the management of all diabetes and prevention of type 2.

It is available for download in English, French, Greek, Hindi, Hungarian, Polish and Spanish.

[idf.org/education/kids](http://idf.org/education/kids)



## KiDS NutriQuiz

The **Kids NutriQuiz** is an online quiz about nutrition, healthy lifestyle choices and their role in the prevention of type 2 diabetes and the management of all types of diabetes.

It primarily targets children, families and teachers, but is also a useful tool for anyone interested in testing their knowledge of diabetes and healthy lifestyle choices in an interactive way. It is recommended to use the NutriQuiz along with the KiDS Nutrition Guide.

The **KiDS NutriQuiz** is available for download in English, French, Portuguese and Spanish.

[idf.org/education/kids](http://idf.org/education/kids)

