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KiDS project catalyst for healthier schools in India

New Delhi, December 4: Schools across India's capital city of New Delhi are now more health-conscious and supportive of students with diabetes. These findings were presented today at the IDF World Diabetes Congress from pilot studies of the Kids and Diabetes in Schools (KiDS) project. Taking place in New Delhi and São Paulo, the 2.5-year pilot project was conducted by the Public Health Foundation of India (PHFI), HRIDAY (Health Related Information Dissemination Amongst Youth) and AIIMS (All India Institute of Medical Science) with support from the International Diabetes Federation (IDF) and Sanofi.

Teachers from the 15 New Delhi schools participating in the pilot reported an increase in their own attention and empathy to the needs of students with diabetes. The children also became more diet conscious, less likely to drink soda and more interested in physical activity.

The KiDS project also resulted in the creation of school medical rooms with accessibility to blood sugar monitors for children with diabetes. There was also an increased focus on physical activity, including the introduction of yoga classes in some schools. Overall meal quality and access to healthy choices was reported to have increased, and some schools also took steps to prohibit the consumption of junk food.

"Students have become aware of diabetes and feel concern for their fellow students with diabetes" said one teacher in New Delhi observing a positive mind-set change among students.

In New Delhi, a total of 921 teachers and 27,937 students were trained in 15 schools (government and private). The project also trained an additional 228 teachers over three centralized trainings conducted by the State Council for Educational Research and Training (SCERT).

"The KiDS project has received a positive response from both government and private schools. This indicates that the school setting is highly conducive for altering attitudes and behaviours of people towards diabetes and its management" said Dr Monika Arora, Director-Health Promotion, PHFI. "Developing systems of social support and inclusion for children with type 1 diabetes as well as general health promotion at the school, family and community levels are critical to developing a public health response to tackle diabetes effectively"

"India has a high prevalence of young people with diabetes: about one in every 5 children with type 1 diabetes is an Indian. Further, the onset of type 2 diabetes at a younger age is a matter of great concern" said Dr Nikhil Tandon, Professor, Department of Endocrinology and Metabolism, All India Institute of Medical Sciences. "The KiDS project was one of the few programs with a specific focus on diabetes management using the school setting to generate awareness among teachers, parents and students. This provided a unique opportunity for schools providing a bridge between health system and community".



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Following the positive outcomes of the project, KiDS project partners have launched a campaign calling governments in India and Brazil to develop clear compulsory legislation and guidance on management of diabetes in schools, including:

- Ensuring every child with diabetes has an individual healthcare plan at school;
- Investment in school trainings involving the KiDS pack;
- Education around healthy living and prevention of type 2 diabetes.

"The KiDS results underline that diabetes education in schools can be a catalyst for creating healthier school environments and more open mind-sets" said Dr David Cavan, Director of Policy and Programmes, IDF.

"Now by working together with governments we can extend the reach of the KiDS project and work to help many more children with diabetes to reach their full potential."

"We are delighted that initial findings of the KiDS Project pilots report success in making school a safer, more educated and more understanding environment for children with type 1 diabetes," commented Pierre Chancel, Senior Vice President, Head of Global Diabetes at Sanofi. "Sanofi is committed to sustainable solutions that improve the lives of people with diabetes everywhere - children included. We believe that initiatives such as the KiDS project are also essential for promoting healthy living at an early age, potentially helping in the prevention of type 2 diabetes."

Diabetes in children is increasing worldwide, and India has the second highest number of diabetes cases, globally. There are 70,000 children in India with type 1 diabetes alone [ref Atlas 7]. Unfortunately, many of these children do not have access to education around diabetes management, resulting in the development of life-threatening diabetes complications.

The KiDS project

The KiDS project is an educational programme co-created by Sanofi in collaboration with the International Diabetes Federation (IDF) and International Society for Pediatric and Adolescent Diabetes (ISPAD), and its local partners in the pilot countries Brazil and India. The KiDS project aims to foster a school environment that creates a better understanding of diabetes and supports children with the condition through training sessions using the culturally adapted KiDS Information pack. It also raises awareness of diabetes and the benefits of healthy diets and physical activities among school-age children to help prevent the onset of type 2 diabetes.

To download the KiDS advocacy toolkit and KiDS information packs in Arabic, Chinese, French, Russian, Spanish as well as Hindi, English and Portuguese go to www.idf.org/education/kids

For further information please see the Global Health ePressPack link: <http://www.epresspack.net/sanofi-diabetes-global-health/>

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About International Diabetes Federation (IDF) – www.idf.org

The International Diabetes Federation (IDF) is an umbrella organisation of over 200 national diabetes associations in over 160 countries. It represents the interests of the growing number of people with diabetes and those at risk. The Federation has been leading the global diabetes community since 1950. IDF's mission is to promote diabetes care, prevention and a cure worldwide.

About the Public Health Foundation of India (PHFI) – www.phfi.org

The Public Health Foundation of India (PHFI) is committed to working towards a healthier India. PHFI is helping to build public health institutional capacity in India, through interdisciplinary and health system connected education and training, policy and programme relevant research, evidence based & equity promoting policy development, people empowering health communication & advocacy for prioritised health causes. Established in 2006 as a public private initiative, PHFI is an independent foundation headquartered in New Delhi and its constituent Indian Institutes of Public Health (IIPH) set up by PHFI have a presence in Hyderabad (Andhra Pradesh), Delhi NCR, Gandhinagar (Gujarat) and Bhubaneswar (Odisha). The Foundation is managed by an empowered governing board comprising senior government officials, eminent Indian and international academic and scientific leaders, civil society representatives and corporate leaders. PHFI's school partner HRIDAY has a network of 300 schools in Delhi and 500 schools in India.

About Sanofi - <http://en.sanofi.com/>

Sanofi, an integrated global healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients' needs. Sanofi has core strengths in the field of healthcare with seven growth platforms: diabetes solutions, human vaccines, innovative drugs, consumer healthcare, emerging markets, animal health and the new Genzyme. Sanofi is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

About Sanofi Diabetes

Sanofi strives to help people manage the complex challenge of diabetes by delivering innovative, integrated and personalized solutions. Driven by valuable insights that come from listening to and engaging with people living with diabetes, the Company is forming partnerships to offer diagnostics, therapies, services and devices, including blood glucose monitoring systems. Sanofi markets both injectable and oral medications for people with Type 1 or Type 2 diabetes. Aligned to the Sanofi Group's commitment to diabetes, Sanofi Diabetes India strives to become a true 360-degree partner for patients and healthcare professionals, offering a complete range of innovative and integrated solutions.

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About the World Diabetes Congress 2015 (WDC 2015) – www.wdc2015.org

The World Diabetes Congress 2015 (WDC) is organised by the International Diabetes Federation (IDF) in partnership with the Canadian Diabetes Association (CDA). The congress will take place in Vancouver, Canada, from 30 November to 4 December 2015 and will attract approximately 8,000 delegates and more than 300 high-level speakers. In the home-country of Frederick Banting, co-discoverer of insulin, experts in diabetes care from around the world will exchange diabetes research and best practices.



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