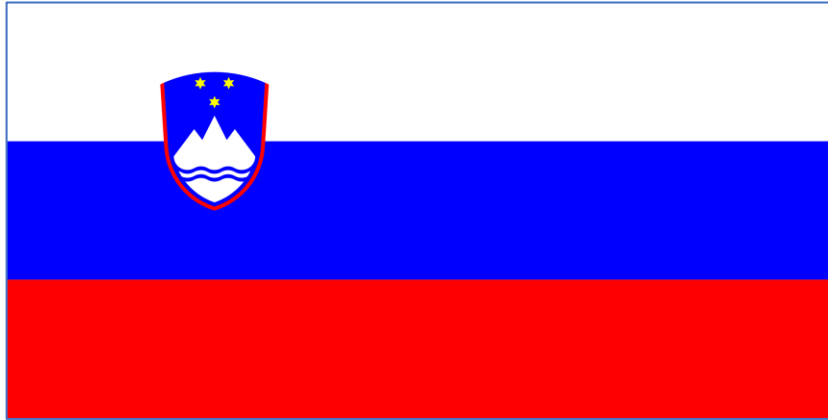




SCHOOL COMPETITIONS ON DIABETES KNOWLEDGE

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SLOVENIJA

ZVEZA DRUŠTEV DIABETIKOV SLOVENIJE
SLOVENIAN DIABETES ASSOCIATION

ASSOCIATION OF PATIENTS



TEKMOVANJE O ZNANJU SLADKORNE BOLEZNI
SCHOOL COMPETITIONS ON DIABETES KNOWLEDGE

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What are the overarching goals of the initiative and the needs it aims to address?

- Raise awareness about diabetes.
- Recognize the signs of diabetes.
- Recognize the facts, course and characteristics of diabetes.
- Know the complications of diabetes.
- Learn the importance of healthy food.
- Understand the importance of regular physical activity.



How is diabetes called in Latin?

- Diabetes retinopathy.
- **Diabetes mellitus.**
- Diabetes insipidus.
- Diabetes glucoses.

Are there key performance indicators to measure and monitor the success of the initiative and to support its objectives?

Performance indicators are the number of participants in school competitions, directly and indirectly (competitors, teachers, parents, grandparents).



One of the chronic complications of diabetes:

- **neuropathy.**
- chronic bronchitis.
- anaemia.
- pneumonia.

Who is the target audience of the initiative?

The target audience is children from 11 to 14 years of age in elementary school and high school students.



How many minutes a day should moderately to highly active child or adolescent with glycaemia disease train?

- 150 minutes a day.
- **Less than 60 minute a day.**
- Physical activity is not recommended for children with diabetes.
- At least 60 minutes per day.

What is the timeframe of the initiative? (e.g. ongoing, recurring, etc.)

The program is carried out once a year in time frame of 30 -60 days as:

- seminar for teachers;
- school competition;
- national competition.



What is retinopathy?

- Nearsightedness.
- Foresight.
- **Failure of the eye.**
- The failure of the movement of the eyelids.

Is the initiative implemented by the association alone or is it implemented in cooperation with other stakeholders?

It is carried out by SLODA. With the help of a professional (diabetologist, dietician, ophthalmologist, health education specialist, pedagogue, sports professor, ...)



Which sign denotes an international network in the prevention and treatment of diabetes?

- The orange circle.
- **Blue circle**
- The red ribbon
- Green scarf.

If applicable, how is the initiative funded?

It is financed from project applications (FIHO, Ministry of Education - from time to time) and sponsorship funds allocated to the project (various companies: pharmacy, nutrition, ...)



A healthy plate includes:

- More than three rows of any food.
- **$\frac{1}{4}$ protein, $\frac{1}{4}$ starch annex and $\frac{1}{2}$ vegetables.**
- $\frac{1}{2}$ protein, $\frac{1}{4}$ starch annex and $\frac{1}{4}$ vegetables.
- Unlimited amount of vegetables, $\frac{1}{2}$ protein and $\frac{1}{2}$ starch.

What were the main challenges/obstacles you encountered in developing/implementing the initiative?

During the time of COVID, we prepared the national competition online, through online channels that we still use today. Previously, we ran the national competition as an event at schools, which required a lot of organization and coordination with several schools.



Every year at the competition participate approximately:

- 180 teachers and professors
- 400 schools (300 primary schools and 100 secondary schools)
- 10,000 pupils and students (6,500 in primary schools and 3,500 in secondary schools)

What are the main opportunities contributing to the success of the initiative?

The goal is to familiarize young people with prevention and a healthy lifestyle. The content of the competition was accepted by teachers and professors as part of the learning material suitable for life.



We have been running this program successfully for 24 years.
This year we will hold the 25th edition

What are the main results of the initiative?

The main results of the program can be seen in the long term. Participants (both students and teachers) transfer knowledge about diabetes first to the home environment and then outside of this environment. After all, this knowledge accompanies them throughout their lives.



We have two levels of competition. The school competition is conducted at the elementary level. A competitor who achieves a certain number of points in the school competition qualifies for the national competition.

Are there any learnings or suggestions you would like to share with another association who might want to replicate the initiative in their country?

The hardest part of any project is getting started.

- first research the area if there is interest in such a program;
- obtain financial resources;
- start with a smaller number of participants;
- invite experts (diabetologists, nutritionists, ophthalmologists, dietician, ...);
- invite the Ministry of Education, the health insurance company, ... (as help in the implementation and support of the project, applications to their tenders);
- do not give up in the face of initial difficulties and continue to work on that



Thank you for your attention



and

I hope you found the presentation interesting.

