



## Press Release

### **DigiCare4You Shows Promising Early Results in Improving the Prevention and Management of Type 2 Diabetes and Hypertension through a large-scale, low-cost implementation approach**

**Brussels, 13/06/2025** – Over 45 representatives from the DigiCare4You consortium and its International Stakeholder Advisory Board, including experts from National Ministries of Health and Education, WHO Europe, pan-European public health organisations, national diabetes associations and implementing partners, gathered in Lisbon, Portugal for the project's first Capacity Building and Recommendations Development (CBRD) workshop. The CBRD workshop aimed to bring together key stakeholders to present the DigiCare4You project and its preliminary results, facilitate knowledge exchange, and explore the project's potential for adaptation and uptake in other regions or countries based on the lessons learned and tools developed to date.

#### **Overview of preliminary results**

The DigiCare4You intervention significantly improved key health outcomes after just 12 months. Among adults living with intermediate hyperglycaemia (often referred to as pre-diabetes) receiving the full intervention, fewer progressed to type 2 diabetes (T2D), and more returned to normal blood glucose levels compared to the control group. Participants living with T2D were also more likely to see improvements, with many achieving lower HbA1c levels. Adults living with overweight or obesity experienced greater weight loss and BMI reduction, alongside lower cholesterol and triglyceride levels. Notably, these results were achieved without an increased reliance on medication.

Preliminary cost-effectiveness results suggest that the DigiCare4You intervention shows promising cost-effectiveness, particularly when targeting people living with intermediate hyperglycaemia, emphasising the importance for early prevention. The intervention was found to be cost-effective in Albania, Bulgaria and Greece, while results were less favourable in Spain due to higher resource use per case identified. When focused specifically on adults living with intermediate hyperglycaemia, the intervention was likely to be cost-effective across all four countries.

“These preliminary results are very encouraging and suggest that the two-stage screening approach and intervention model has the potential to improve health outcomes and

deliver a cost-effective solution to T2D and hypertension (HTN) prevention and management,” said Prof. Yannis Manios, Project Coordinator. “While the results are only based upon the first-year results, the positive outcomes we are seeing are a strong signal that the programme is moving in the right direction. This makes the second year of implementation particularly exciting, as we continue to gather more data and assess the programme’s efficacy and, cost-effectiveness, but most importantly its implementation outcomes and potential for broader scale-up.”

To support the wider adoption of the DigiCare4You model, the project has developed a Scalability Decision Support (SDS) Tool to assess how ready a country or region is to implement the solution. The tool evaluates five key areas: the context for non-communicable disease (NCD) care, technology and digital literacy, support systems, screening service capacity, and integration with digital health systems. Based on the input, users receive a score and a tailored report. In parallel, the consortium is developing a ‘Roadmap for Scale-Up’ to guide policymakers and implementers through the steps needed to adopt and expand the programme successfully. Together, these tools aim to ensure that DigiCare4You can be effectively adapted and scaled in diverse health system contexts.

### **Next steps**

The project has entered the second and final year of the intervention. Beyond the implementation of the intervention, consortium partners will be focusing on fine-tuning the cost-effectiveness analysis and the scalability and transferability of the solution. In approximately 10-12 months, the DigiCare4You consortium will host the second CBRD workshop to present the final results from the second-year intervention and the first draft of the ‘DigiCare4You Roadmap for Scale-Up’.

####

### **Additional Information**

More than 66 million people live with diabetes in Europe today, the majority of whom with Type 2 diabetes (T2D), a number forecast to increase to 72 million by 2050<sup>1</sup>. 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.

---

<sup>1</sup> IDF Atlas, 10th Edition, 2021

## **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 T2D and HTN. 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](mailto:sabine.dupont@idf-europe.org)

[www.digicare4you.eu](http://www.digicare4you.eu)