



OUTCOME EVALUATION PLAN AND TOOLS AT THE PARTICIPANT LEVEL

DigiCare4You aims to improve the early prevention and management of Type 2 Diabetes (T2D) and hypertension (HTN) via a community-based, person-centred solution, integrating both social and healthcare systems, supported by the use of digital tools.

To assess the overall effectiveness of the DigiCare4You solution, outcome evaluation plans and tools, as well as impact and process evaluation plans and tools, have been developed.

OUTCOME EVALUATION

The DigiCare4You programme is designed to engage individuals in self-care, self-evaluation, goal setting and decision-making under the guidance of healthcare professionals and with the support of digital tools. **The outcome evaluation is based on the changes found between baseline, 12 and 24-month follow-up.**

The **changes in participants' clinical indices such as blood indices, blood pressure, anthropometric indices and self-reported quality of life (QoL) will be used.** Only anthropometric indices such as height and weight will be collected from children participating in the study.



DATA COLLECTION

FIRST STAGE

Baseline measurements or self-reported values of **anthropometric indices in children**. Re-evaluated at 12 and 24-month follow-ups.

SECOND STAGE

Baseline measurements of **blood pressure**, anthropometrics including **height, weight and waist circumference** and **blood indices** including FPG, HbA1c, fasting serum TGs, TC, LDL-C and HDL-C. **Two questionnaires** to assess QoL at baseline.

FOLLOW-UP

Follow-up at 12 and 24 months and with **repeat measurements and QoL questionnaires**. Data collection between these follow-ups occur at different intervals depending on whether the participant is identified as having T2D or prediabetes.

Tools such as the 'Children's questionnaire' form, the 'Participant Evaluation Form' and the EQ-5D-5L and MQLI questionnaires for measuring QoL were developed for data collection and are stored on the DigiCare4You Digital Platform. The questionnaires can be found in deliverable 5.3 [here](#).

