

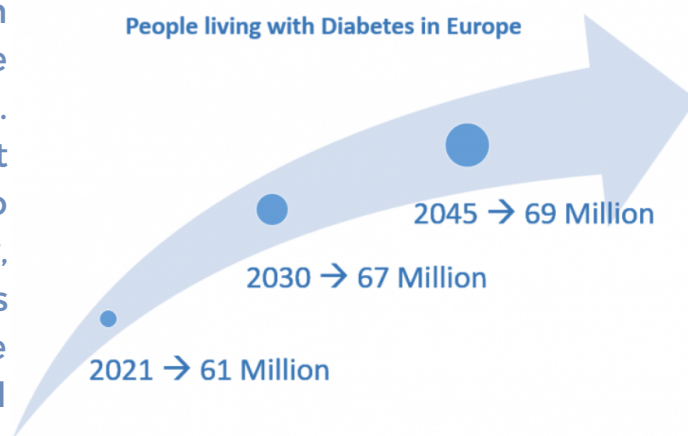


DigiCare4You is a Horizon2020 project which aims to improve the early prevention and management of Type 2 Diabetes (T2D) and hypertension (HTN) via a community-based, person-centred solution, integrating both social and healthcare systems, supported by the use of digital tools. The project will also develop a roadmap to help policymakers assess the transferability, feasibility and effectiveness of the solution in their countries.

## Why DigiCare4You?

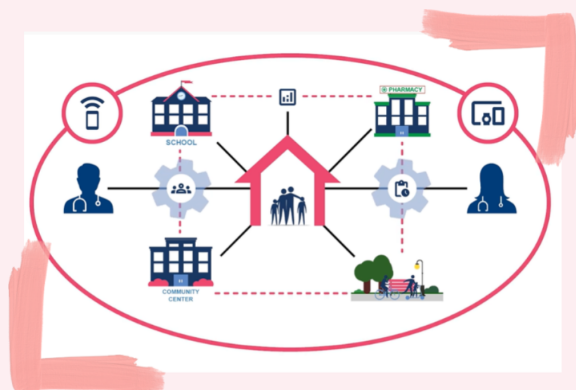
T2D and HTN represent a major burden on individuals and society. Currently **537 m** people worldwide live with diabetes (**61m in Europe**). Without urgent action, this number is forecast to rise to **643 m** by 2030 (**67m in Europe**) and so will the cost burden on society. Additionally, 1.23 billion people live with hypertension. HTN is approximately twice as prevalent in people living with diabetes compared to the general population.

People living with Diabetes in Europe



A staggering 75% of diabetes costs relate to often-preventable complications. Early screening and a focus on preventative measures is key to tackling these conditions.

## What is the aim of the project?



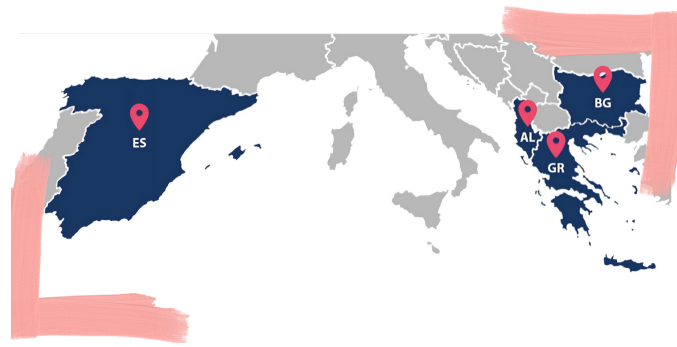
The goal of this intervention is not only to improve the health status of the users, but also to empower the entire family in adopting a healthy lifestyle. To this end, schools and communities will also be actively engaged to promote health literacy, well-being and support lifestyle changes creating a more supportive social and

physical environment for the entire community. As a large part of the healthcare costs associated to T2D and HTN complications can be preventable, early screening will benefit and alleviate saturated healthcare systems.

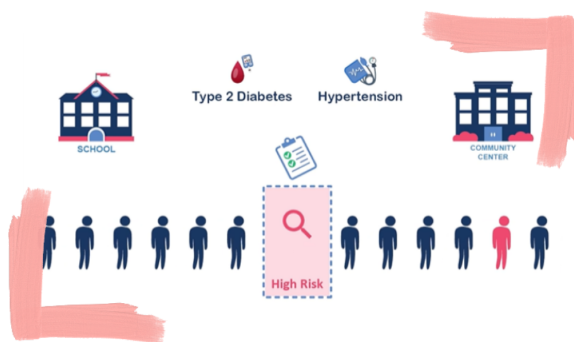


# How will the project be conducted?

An implementation study will be conducted, targeting more than 10,000 families in two middle-income countries (**Albania** and **Bulgaria**) and two high-income countries (**Greece** and **Spain**). Schools will be used as an entry point to the community and, building on an existing procedure for children's periodic growth assessment (conducted via school nurses or in collaboration with local community health centres), parents/caregivers will be screened via a non-invasive self-reported digital screening tool.



Those identified at high risk for T2D/HTN will be referred for glycaemia testing and blood pressure (BP) measurements at local community health centres. Parents/caregivers confirmed to have pre-diabetes or diabetes (and possibly high BP) will be invited to join a **mHealth** self-management intervention coordinated by the community healthcare workforce.



## DigiCare4You Consortium Partners

An international and multidisciplinary team from 16 entities (from Europe, USA and Australia) has joined forces to adapt, implement and evaluate the DigiCare4You intersectoral innovative solution.

The DigiCare4You consortium is also committed to participatory research and will engage key stakeholders, including end-users, early in the development and implementation process and later during the evaluation and dissemination phase to ensure that the research is being carried out 'with' and 'by' members of the communities not just 'for' them.



Scan here to find out more



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 945246