



**International
Diabetes
Federation**



ISPAD
International Society for Pediatric
and Adolescent Diabetes



Dr. Faisal Sultan

Special Assistant to Prime Minister on Health
Ministry of Health
Local government and
rural development complex,
G-5, Islamabad,
Islamabad Capital Territory.
Pakistan

January 21, 2021

Re: Call to implement the Kids and Diabetes in Schools (KiDS) project in Pakistan

Dear, Mr. Shafqat Mahmood,

On occasion of the [International Day of Education](#) on January 24, the [International Diabetes Federation](#) (IDF), the [International Society for Pediatric and Adolescent Diabetes](#) (ISPAD) and Baqai Institute of Diabetology and Endocrinology (BIDE), Health Promotion Foundation (HPF), the National Association of Diabetes Educators of Pakistan (NADEP) and the Diabetic Association of Pakistan (DAP) are calling on you and your fellow Ministers of Education and Minister of Health around the world to implement the Kids and Diabetes in Schools (KiDS) project in your respective countries. Implementation of this project is particularly important at a time when school attendance has been disrupted in many countries and when education on healthy lifestyles is essential.

According to IDF estimates, **type 1 diabetes affects over 1.1 million children, adolescents and young adults under the age of 20 – including an estimated 1,700 in Pakistan.** People with type 1 diabetes need to inject insulin to survive. This can be a source of stigma – especially in the school environment. The general lack of awareness and understanding about the condition often leads to discrimination, which can be particularly difficult for children and adolescents with type 1 diabetes. In addition to the challenges posed by type 1 diabetes, type 2 diabetes – a condition which is often preventable and was until recently diagnosed mainly in adults – is on the rise among children and adolescents due to increasingly sedentary lifestyles.

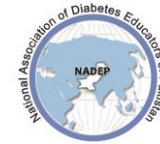
IDF and ISPAD created the KiDS project in 2013 to respond to the need to improve diabetes understanding in schools. The ultimate objectives of this project are to improve the school experience of children living with type 1 diabetes, fight diabetes-related stigma and promote healthy lifestyles to tackle type 2 diabetes. The KiDS resources – developed with the input of international experts and a multi-disciplinary committee – have been translated into multiple languages and adapted to suit different cultures and environments.

To date, the KiDS project has been implemented through different models in at least nine countries¹, engaging more than 189,000 children and 13,500 teachers. An assessment of the project's impact has been conducted based on the KiDS pilot experiences in India and Brazil. The introduction of the KiDS information package resulted in an improved knowledge of diabetes management among teachers and parents. In addition, it led to healthier food choices and encouraged increased physical activity in the school environment^{2,3}.

¹ Argentina, Brazil, Egypt, Hungary, India, Japan, Pakistan, Poland and UAE

² Improving the school experience of children with diabetes: Evaluation of the KiDS project. Chinnici et al., Journal of Clinical & Translational Endocrinology 15 (2019) 70–75.

³ "KiDS and Diabetes in Schools" project: Experience with an international educational intervention among parents and school professionals. Bechara GM, et al. Pediatr Diabetes. 2018 Jun;19(4):756-760.



In the run-up to the International Day of Education, IDF, ISPAD, BIDE, HPF, NADEP and DAP are requesting Ministries of Health to implement the KiDS project at the national level to:

- Improve the knowledge of diabetes in the school environment among students and school staff;
- Improve understanding about the needs of students living with type 1 diabetes, in order to foster a safe and supportive school environment;
- Protect children and adolescents living with type 1 diabetes from stigma;
- Support efforts to prevent type 2 diabetes by including education on nutrition and healthy lifestyles in national school curricula;
- Accessibility to a national INSULIN BANK for free and regular supply of insulin for non-affording children with type 1 diabetes;
- Ensuring the entries in Diabetes Registry of Pakistan (DROP).

We encourage you to visit the [KiDS project website](#) to learn more and access our resources, including the information packs for teachers, parents and children, and the Nutriquiz designed to help students improve and test their knowledge of nutrition and healthy lifestyle choices. We also invite you to read the [IDF Recommendations to Stakeholders for the Prevention of Obesity and Type 2 Diabetes in the School Environment](#) and the [ISPAD Guidelines for Type 1 Diabetes](#).

We count on your leadership and that of the government of Pakistan to support children and adolescents with type 1 diabetes and address the growing issue of type 2 diabetes. IDF, ISPAD, BIDE, HPF, NADEP and DAP stand ready to work with you and your team to ensure the health of future generations and support the sustainable development of our societies.

Yours sincerely,

Professor Andrew Boulton
IDF President

Professor Carine de Beaufort
ISPAD President

Prof. Abdul Basit
Director **BIDE**,
Vice Chairman **HPF**
Chairman Supreme Board, **NADEP**
Secretary General **DAP**