Feel4Diabetes (F4D)

Horizon 2020 project: Cost-effective interventions for preventing type 2 diabetes in socially vulnerable groups in 6 European countries

The project

Feel4Diabetes stands for “Families across Europe following a hEalthy Lifestyle 4 Diabetes prevention” and is an EU-funded project (2014-2019) aiming to develop, implement and evaluate an evidence-based and potentially cost-effective and scalable intervention program to prevent type 2 diabetes across Europe, primarily focusing on families from vulnerable groups.

The project is led by Prof. Yannis Manios of the Harokopio University of Athens (Greece) and includes another 9 partners. The intervention will be carried out in 6 countries divided into 3 groups: 1) High-income countries (Belgium, Finland), 2) Countries in economic crisis (Greece, Spain) and 3) Countries with low/middle income (Hungary and Bulgaria).

Study Partners

Harokopio University, Greece – Coordinator
National Institute for Health and Welfare, Finland
Ghent University, Belgium
Dresden University of Technology, Germany
University of Athens, Greece
International Diabetes Federation Europe, Belgium
University of Zaragoza, Spain
Medical University of Varna, Bulgaria
University of Debrecen, Hungary
Extensive Life Oy, Finland

Steps and Expected Outcomes

- Prevalence of Type 2 diabetes is higher in low and middle income countries and among low socio-economic groups in high income countries
  - Communities of vulnerable groups in the 6 countries will be identified

- To create a supportive social and physical environment for promoting healthy lifestyles among children and their families
  - Cost-effective, community-based interventions applicable in low resources settings will be tested
  - Adult members of the families will be invited to attend counselling sessions to further support uptake of healthy lifestyles in the families

- Results of the project will be disseminated and
  - A broad Stakeholder Advisory Board (SAB) will be established for disseminating the research findings at the local, national and international level

IDF Europe

IDF Europe is the leader of WP8 International SAB and dissemination activities. Its office in Brussels will work with project partners in finalising the composition of the SAB and disseminate the project results as soon as they become available.

For more information, please visit http://feel4diabetes-study.eu/ or contact Winne Ko at winne.ko@idf-europe.org

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