

Guidelines for using the KiDS nutrition guide

The following guidelines provide information on how to use the KiDS nutrition guide to inform diverse audiences (please see below target groups) about diabetes management and prevention in schools.

The KiDS nutrition guide is divided in four sections, targeting different groups:

- ▶ Teachers (grades 1-9), school nurses and school staff
- ▶ School students (aged 6-14 years)
- ▶ Parents
- ▶ Parents of children with diabetes

In addition to the above-mentioned target groups, the KiDS project is an education program designed also for Policy Makers and Government Officials, for wider implementation at the regional or country level.

The nutrition guide is available for download for free on the IDF website (<http://www.idf.org/education/kids>) in 7 languages (English, French, Greek, Hindi, Spanish, Hungarian and Polish).

Section I: Introduction to the guidelines

Why should you use these guidelines?

These guidelines contain examples and explanations of how to use the KiDS nutrition guide in front of diverse audiences. They also include suggestions of materials and resources necessary when introducing the pack.

Who should use the guidelines?

The guidelines should be used by people who play a key role in school environments including:

- School staff in particular teachers, school nurses, nutritionists and school principals
- Diabetes associations and their network including healthcare professionals
- Parents and children with diabetes
- Teacher associations and their network
- Policy Makers and Government Officials

Section II: Using the KiDS nutrition guide

Before using the KiDS pack in the school, it is important to introduce the main content by organising an informative presentation and planning the sessions in advance.

For this purpose, it can be useful to introduce first diabetes through the KiDS information pack, and then focus on the importance of nutrition and/or healthy lifestyles as a preventive action to Type 2 Diabetes and obesity.

The KiDS NutriQuiz:

In support to the presentation, an online NutriQuiz is available in English, French, Spanish and Portuguese.

It aims at testing and consolidating the audience's knowledge about diabetes and nutrition in an interactive and fun way, with the support of an internet connection and an IT device (computer, tablet or smartphone).

Multiple-choice questions, "true or false" questions and "fill-in the sentence" exercises are combined to make the quiz as user-friendly and entertaining as possible, targeting mainly primary school students.

The quiz can be found at:

<https://idschoolofdiabetes.typeform.com/to/Tf7FXw> (In English)

<https://idschoolofdiabetes.typeform.com/to/n1xu6E> (In French)

<https://idschoolofdiabetes.typeform.com/to/bgsnFd> (In Spanish)

<https://idschoolofdiabetes.typeform.com/to/sUHMvH> (in Portuguese)

Section III: Examples

i: School team and parents training

Training duration: one hour

Location: schools

No. of participants: no more than 30

Training content

- Diabetes Mellitus: concepts, physiopathology, signs and symptoms, monitoring and treatment
- Why is prevention important: nutrition and healthy lifestyle
- Nutrition in the school: balanced diet, how to prepare healthy meals, how to drink healthy, EatWell plate
- Healthy lifestyle: physical activities, the importance of a good night rest, how to read food labels
- Frequently occurring situations referring to diabetes and nutrition
- Questions and answers

Suggested material

- KiDS PowerPoint presentation
- Information pack
- Nutrition Guide
- NutriQuiz

ii: Student training (6 to 14 years – elementary school)

Training duration: 1.5 hours

Location: classroom

No. of participants: 60 students and teachers

Hint: make this session as interactive as possible (e.g. support of NutriQuiz)

Training/workshop content

- Who is Thomas?
- Basic notions on Diabetes
- Healthy eating
- Physical Activity
- Importance of healthy eating and physical activity for the prevention of illness

Suggested material:

- KiDS PowerPoint presentation (Lecture)
- Sound system

At the end of the training make sure you do a short evaluation using the form in annex 1.

If you want to take action and influence change in school policies, please visit:
<http://kids.idf.org/> and download the toolkit “**Advocacy in action**”

Annex 1: Evaluation form post trainings

Dear Participants,

Thank you for your participation in the KiDS training. Please fill out this short feedback form. This will help us in improving our program in future.

Thanks,
KiDS team

		Very satisfied	Satisfied	Neither satisfied or unsatisfied	Unsatisfied	Very unsatisfied
1	Satisfactions with the drawings/cartoons					
2	Satisfaction with the content					
3	Satisfaction with the information					
4	Relevance of the information					
5	Clarity of the information					
6	Satisfaction with the course					
7	Interaction with educators					
8	Application of the information obtained					
9	Educators knowledge of workshop content					
10	Overall mission/purpose of educators					
11	Strategies utilized by the educators to administer the workshop content					
12	Relevance of the content administered					
13	Themes of the workshop					
14	Clarity of the information offered by the workshop educators					