



International
Diabetes
Federation



ISPAD
International Society for Pediatric
and Adolescent Diabetes

Diabetes
Brasil

ANAD
ASSOCIAÇÃO
NACIONAL DE
ATENÇÃO AO
DIABETES
SUA SAÚDE É A NOSSA META



Minister Marcelo Antônio Cartaxo Queiroga Lopes
Minister of Health
Esplanada dos Ministérios - Bloco G - Edifício Sede - 70058-900 - Brasília/DF
Brazil
chefia.gm@saude.gov.br

Brasília, October 4, 2021

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

Dear Minister of Health,

On the occasion of [World Teacher's Day](#) on October 5, the [International Diabetes Federation](#) (IDF), the [International Society for Pediatric and Adolescent Diabetes](#) (ISPAD), ADJ – Diabetes Brasil, Associação Nacional de Atenção ao Diabetes (ANAD, Federação Nacional das Associações e Entidades de Diabetes (FENAD) and Sociedade Brasileira de Diabetes (SBD) are calling on you and your fellow Ministers of Education and Ministers of Health around the world to implement the [Kids and Diabetes in Schools](#) (KiDS) project in your respective countries.

We would like to thank you for answering the message that we sent in January on the occasion of the International Education Day. We are grateful for the time dedicated to recognize the urgency of acting on diabetes, to share the valuable work that your country has been conducting and to acknowledge the value of IDF KiDS programme.

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 96,000 in your country.** 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.

We are proud to inform you that, to date, the KiDS project has reached almost a quarter of a million students and 20,000 teachers in at least ten countries¹. We have seen that the implementation of KiDS results in an improved knowledge about diabetes management among teachers and parents, leads to healthier food choices and encourages increased physical activity in the school environment^{2,3}.

¹ Argentina, Brazil, Egypt, Hungary, India, Japan, Pakistan, Philippines, 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.



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IDF, ISPAD, ADJ, ANAD, FENAD and SBD are requesting Ministries of Education and 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.

We encourage you to visit the [KiDS project website](#) to learn more and access our recently updated resources, including the Information pack, the NutriQuiz and the Nutritional guide.

We count on your commitment and that of the government of Brazil to support children and adolescents with type 1 diabetes and address the growing issue of type 2 diabetes.

IDF, ISPAD, ADJ, ANAD, FENAD and SBD 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,

Prof. Andrew Boulton
IDF President

Prof. Carine de Beaufort
ISPAD President

Dr. Gilberto Soares Casanova
ADJ President

Prof. Dr Fadlo Fraige Filho
FENAD and ANAD President

Prof. Dr. Domingos Malerbi
SBD President