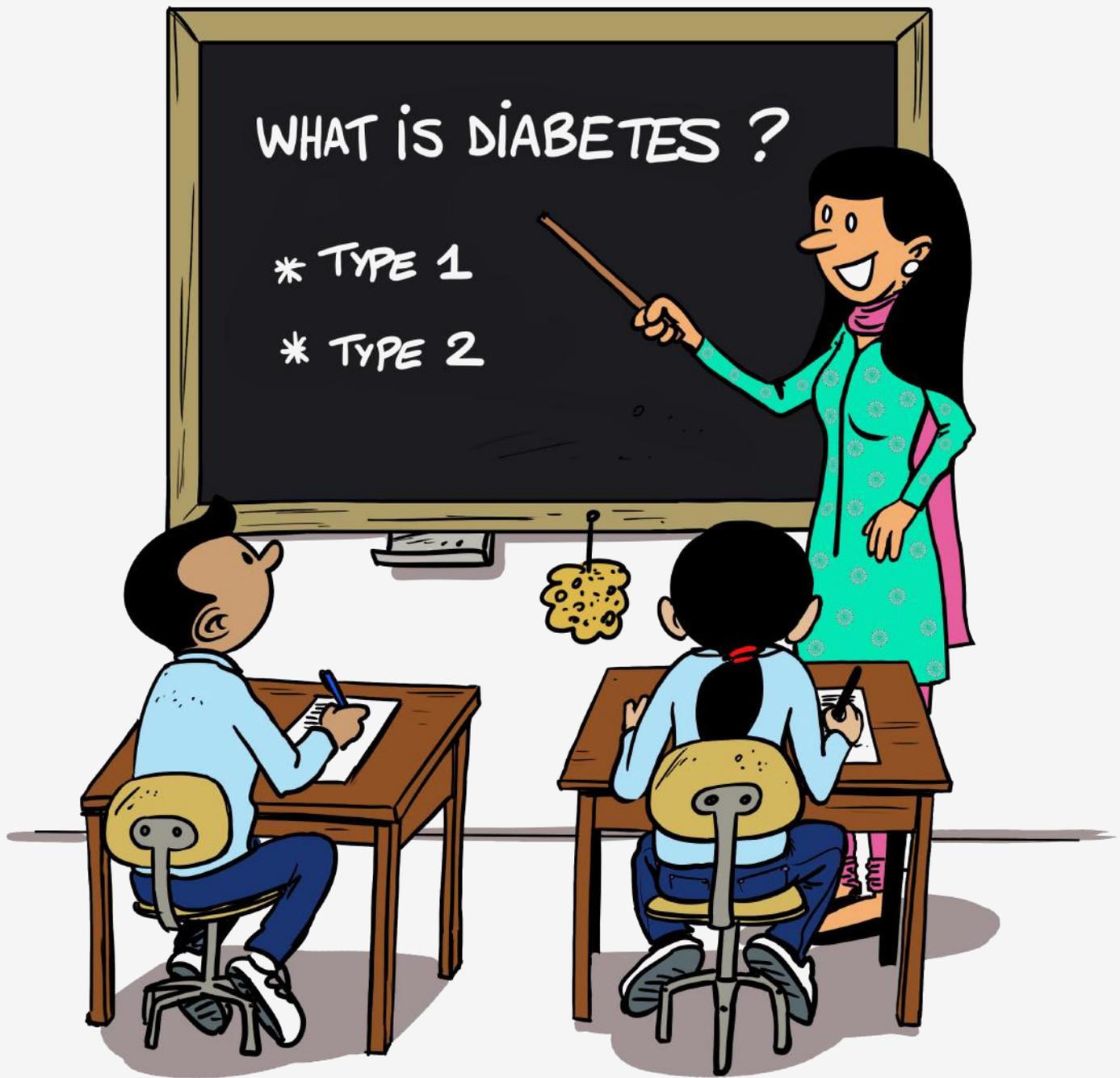




information pack
for CHILDREN



A diabetes information kit: India

Acknowledgements:

This material has been developed in collaboration with the members of the KiDS Advisory Committee: Monika Arora, Anne Belton, David Cavan, David Chaney, Stephen A. Greene, Agnès Magnen, Angie Middlehurst, Denise Reis Franco, Nikhil Tandon.

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International Society for Pediatric
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SOCIEDADE
BRASILEIRA DE
DIABETES



Associação
de Diabetes
Juvenil



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OF INDIA



HRIDAY
HEALTH RELATED INFORMATION
DISSEMINATION AMONGST YOUTH

IDF gratefully acknowledges the support of Sanofi in this project

SANOFI DIABETES 



Guidelines:

This pack should be used in tandem with an information session and is not intended to be distributed as a stand alone item. A programme on diabetes education should be organized at school around the pack.

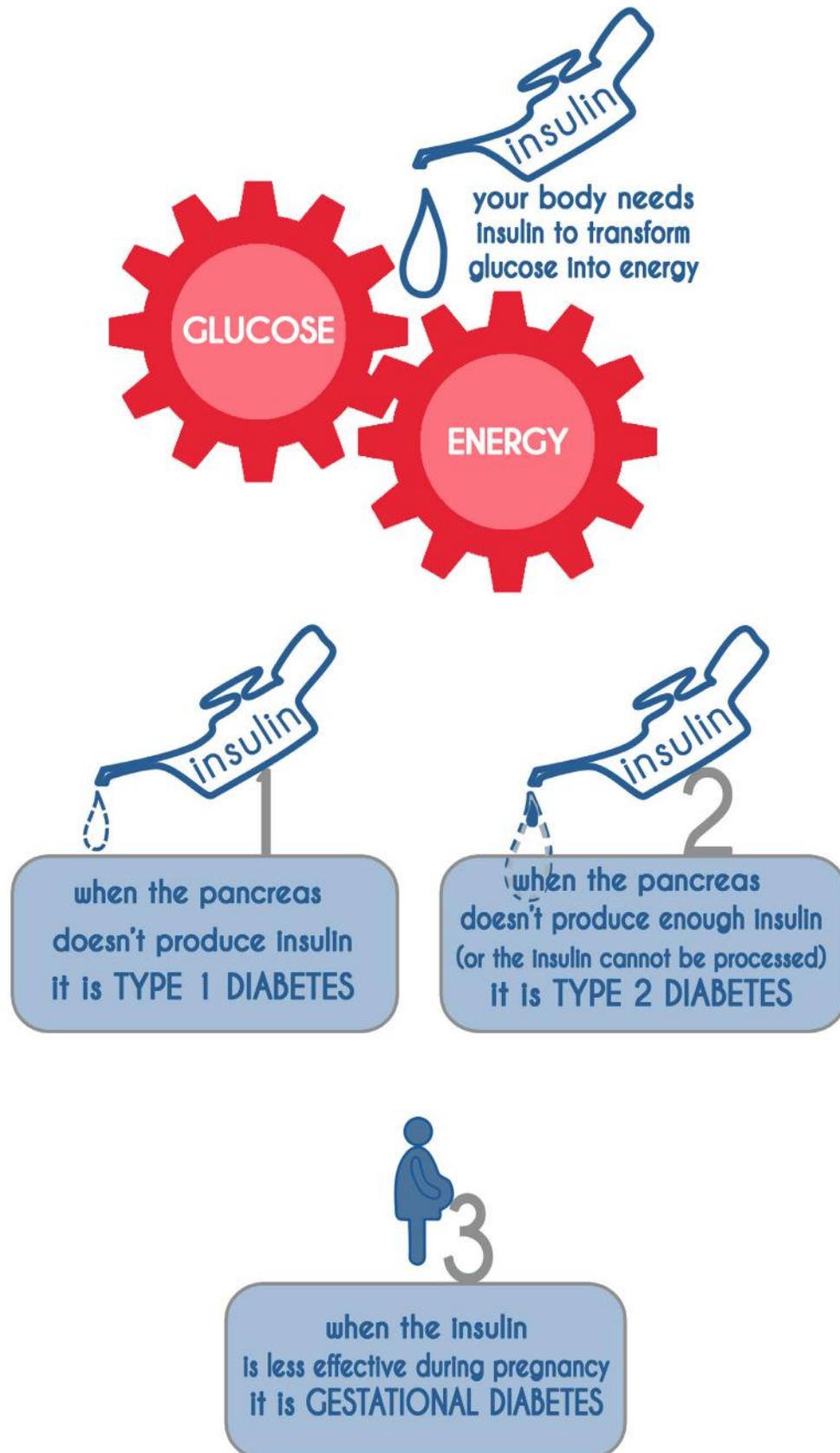
If you wish to translate the pack into further languages or make culturally specific adaptations, please notify PHFI, HRIDAY and IDF before any changes are made: communications@idf.org; info@ctchp.org; info@hriday-shan.org.

PHFI, HRIDAY, IDF, ISPAD and Sanofi Diabetes logos must remain visible on this material. If you have a new local partner that endorses the project, make sure to seek IDF permission before adding new logos on the pack.

We would appreciate your feedback on pack usage and photos from your information sessions.

No fees will be asked for using this pack.

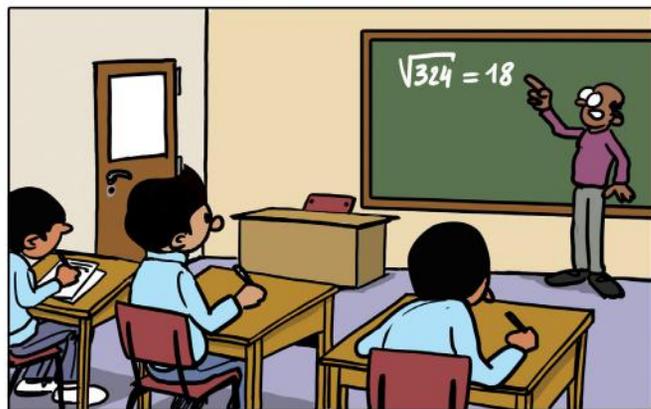
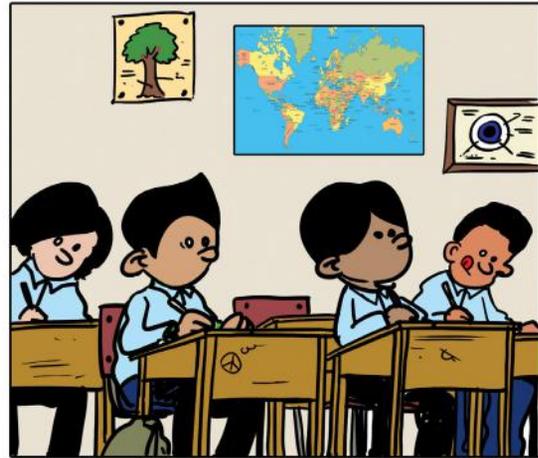
WHAT IS DIABETES?

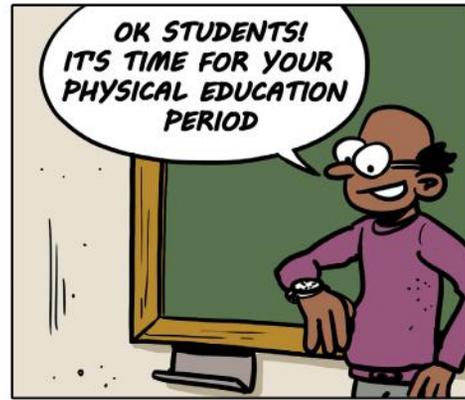
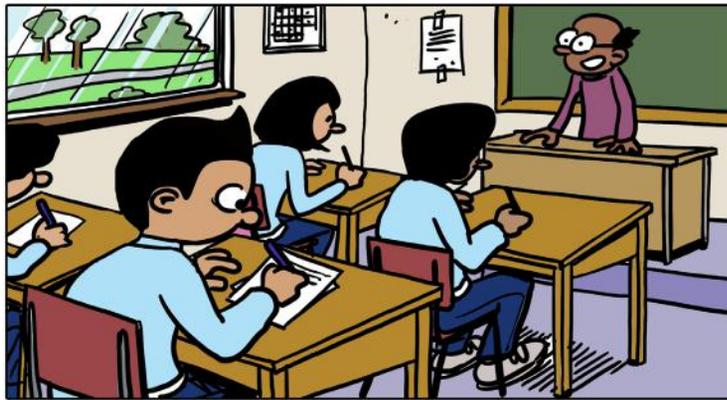


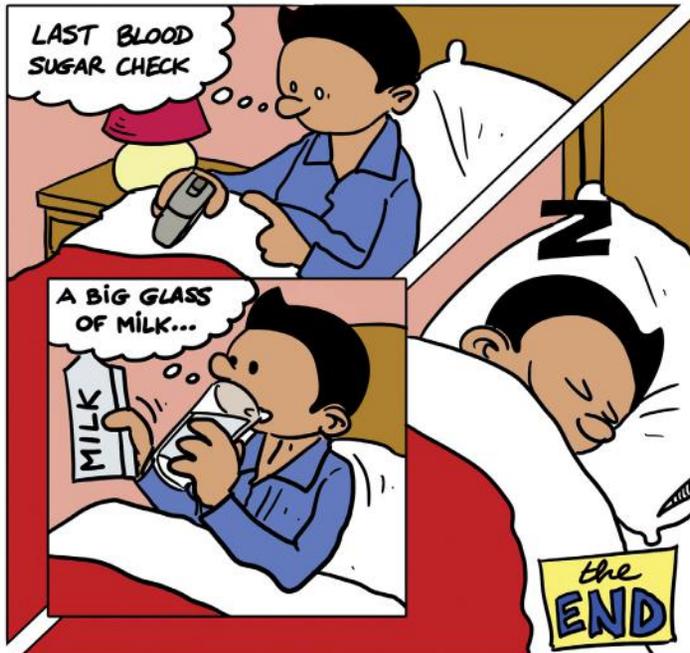
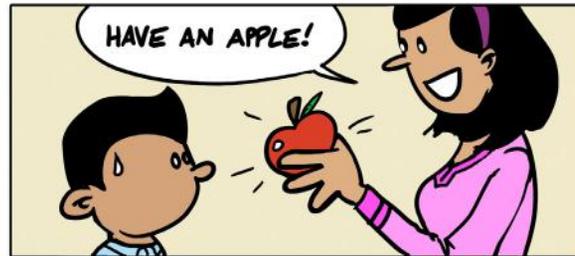
(Source: International Diabetes Federation, 2014; <http://www.idf.org/about-diabetes>)

A DAY IN THE LIFE OF ARJUN, LIVING WITH TYPE 1 DIABETES









WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



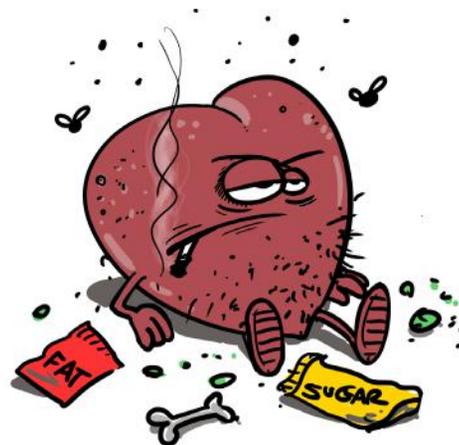
OVERWEIGHT



TIREDDNESS



FEELING SICK

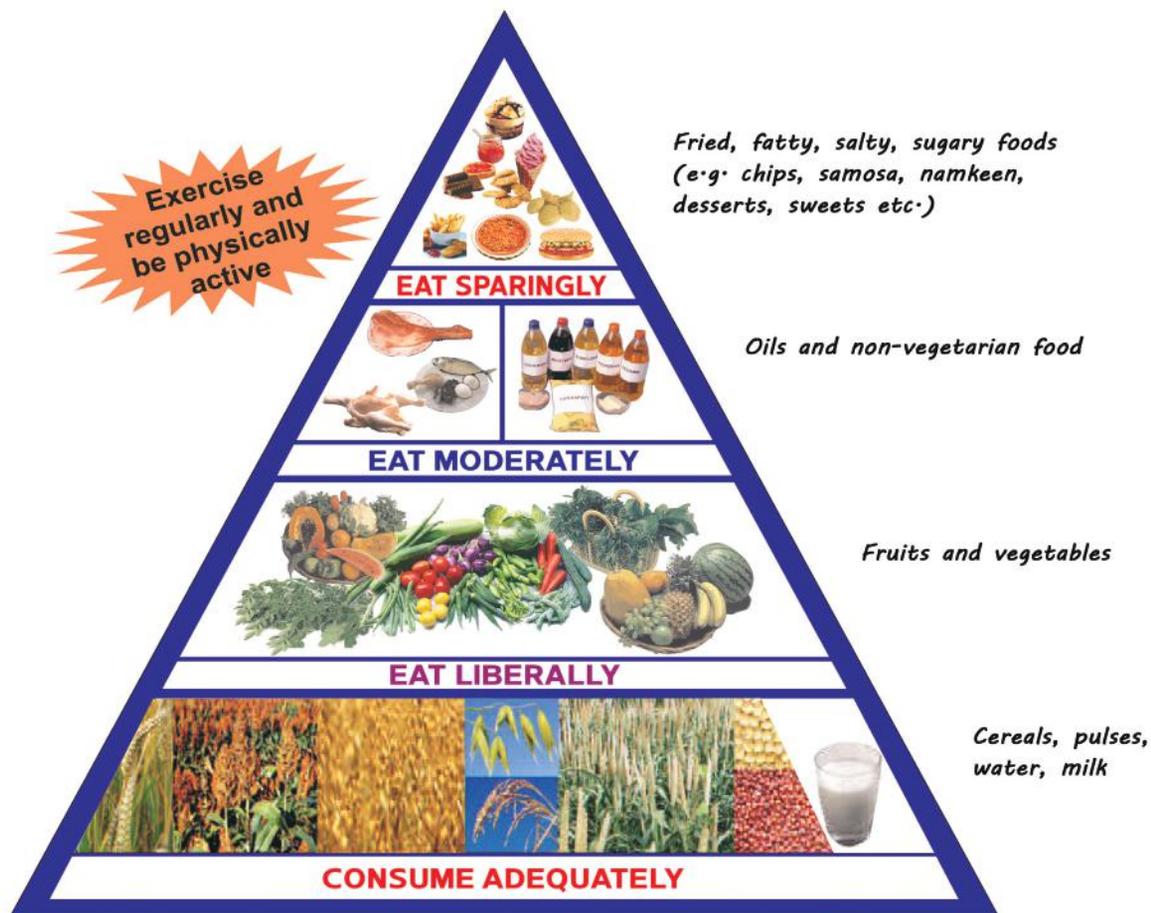


UNHEALTHY HEART

HOW TO STAY HEALTHY? EAT WELL!

There is a lot of evidence that lifestyle changes can help prevent the development of type 2 diabetes.

THE FOOD PYRAMID



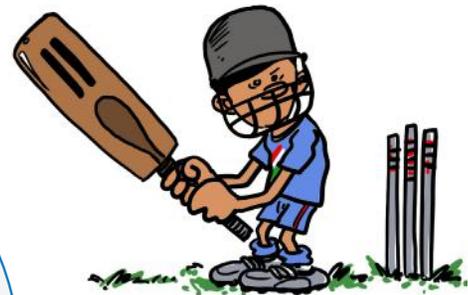
(Source: National Institute of Nutrition, Indian Council of Medical Research. 2011. Dietary Guidelines for Indians - A Manual. Hyderabad: NIN. pp. 12)

HOW TO STAY HEALTHY? MOVE WELL!

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

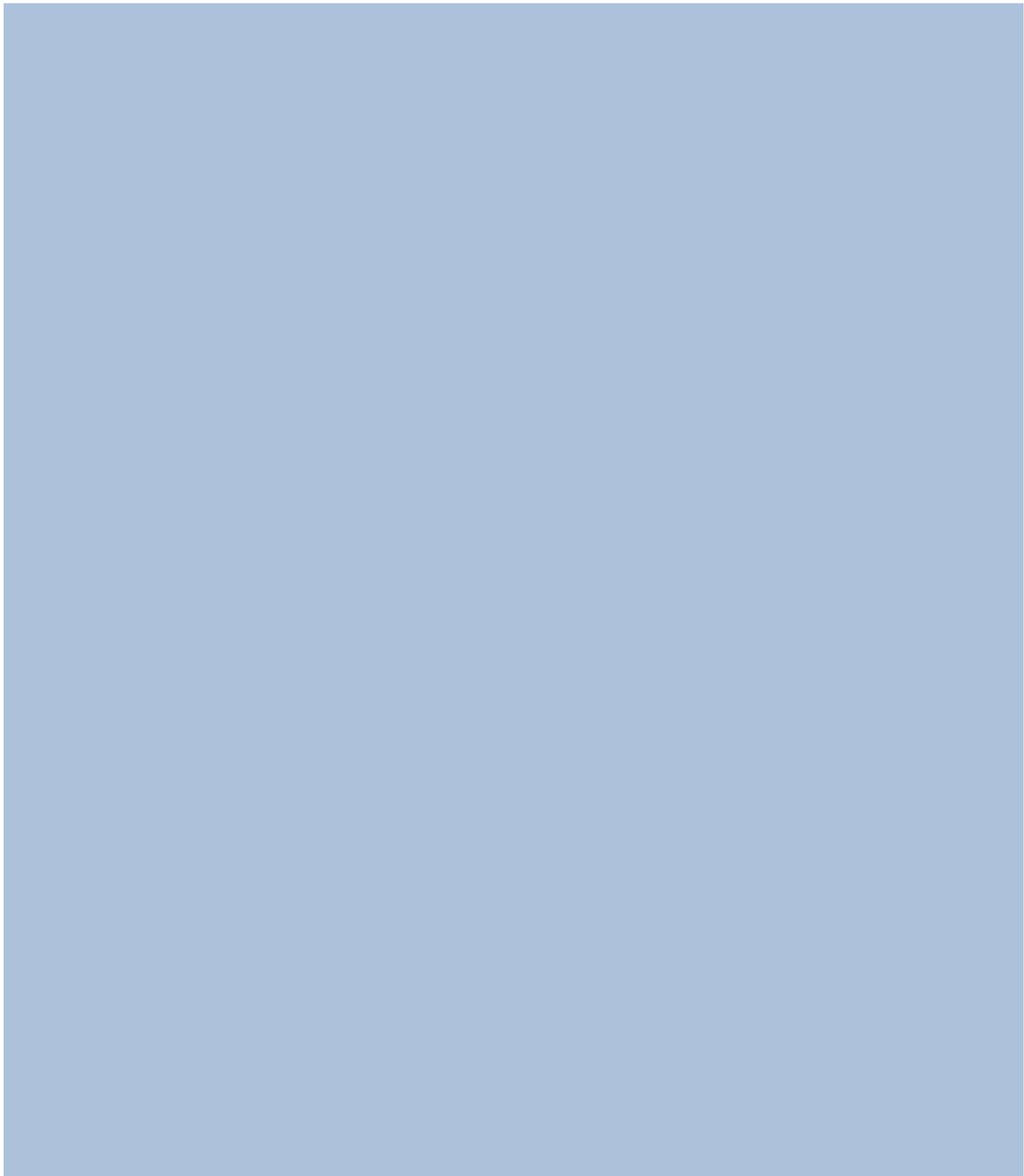
TIPS TO GET ACTIVE:

- Try sports and choose a sport you like
- Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc..) and play with friends
- Walk to school (if possible)
- Take the stairs instead of an elevator
- Learn to cycle, the bike or run instead of using vehicles
- Go for walk with your parents



- Turn off your TV, mobile or computer and spend some time playing with your friends
- Stay active: do a minimum of **30 minutes of exercise per day**
- Exercise with a friend





For further information, please contact:



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