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1. Introduction



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1. Introduction

The **DiaPS project** adopted a **strategic** and **flexible** approach to **events** and **stakeholder engagement**, combining internal coordination meetings, targeted dissemination activities, and participation in major international conferences in the fields of diabetes, sport, and digital innovation.

Unlike traditional dissemination models based primarily on standalone local conferences, DiaPS focused on integrating its activities into **existing high-level events** and **networks**. This approach enabled the project to reach **highly relevant audiences**, including **healthcare professionals, researchers, athletes, coaches**, and **representatives of sport and diabetes organisations**.

In parallel, the project implemented **online research** and **testing activities** through **focus groups**, ensuring that the development of the DiaPS platform remained **strongly user-centred and based on real-life needs**.



2. Overview of Project Implementation



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2. Project Meetings and Coordination Activities

Project meetings formed the foundation of the DiaPS implementation, ensuring alignment between partners, coordination of activities, and continuous progress monitoring.

A key characteristic of the DiaPS approach was the strategic alignment of project meetings with major European events and partner-led activities. This enabled the consortium to combine internal coordination with external dissemination and stakeholder engagement, while also supporting an efficient and iterative development process.

2.1 Pre Kick-off and Kick-off Meeting – Online & Brussels, Belgium

Prior to the official launch, partners held an **online pre kick-off meeting**, focusing on the final preparation of the initial research phase.

During this session, partners:

- aligned on the final structure of the survey
- agreed on key research questions
- coordinated the distribution strategy across partner countries

This ensured that the research phase could begin immediately after the project launch. The DiaPS project was then officially launched on **29 January 2024 during the EMCA General Assembly in Brussels.**



2. Project Meetings and Coordination Activities

The Kick-off Meeting brought together all project partners and provided an opportunity to present the project to a wider audience within the European multisport ecosystem.

The session focused on:

- introducing the project objectives
- outlining its digital approach to supporting people with Type 1 Diabetes in sport
- defining roles, responsibilities, and implementation timelines

The event also enabled early engagement with key stakeholders, including representatives of European multisport clubs, sport organisations, coaches, and sport professionals, as well as potential collaborators.



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2. Project Meetings and Coordination Activities

2.2 Working Group Meeting / Workshop – Barcelona, Spain

The second project meeting took place between **26–28 April 2024** in **Barcelona**, combining a working group meeting with a practical workshop format.

The meeting was organised in collaboration with AreaQ and included the participation of #dedoc°, contributing to both content development and the user-centred perspective of the project.

The sessions focused on:

- detailed project discussions and coordination
- analysis of survey results and identification of key user needs
- initial definition of the digital solution and its core functionalities
- development of educational content
- alignment on platform structure and user experience
- early planning of dissemination activities and event participation strategy
- initial discussions on long-term sustainability of the project

This workshop marked a key transition from research to concept development, shaping the direction of the DiaPS digital solution.



2. Project Meetings and Coordination Activities

2.3 Intermediate Meeting – Zagreb, Croatia

The Intermediate Meeting was held in Zagreb and strategically scheduled in connection with the EMCA General Assembly in Budapest.

During this phase, partners moved from concept development towards more concrete structuring of the platform.

Key discussions included:

- revision of the initial sitemap based on survey results
- further definition of platform structure and content organisation
- early identification of critical topics such as data protection, GDPR compliance, and the inclusion of minor users

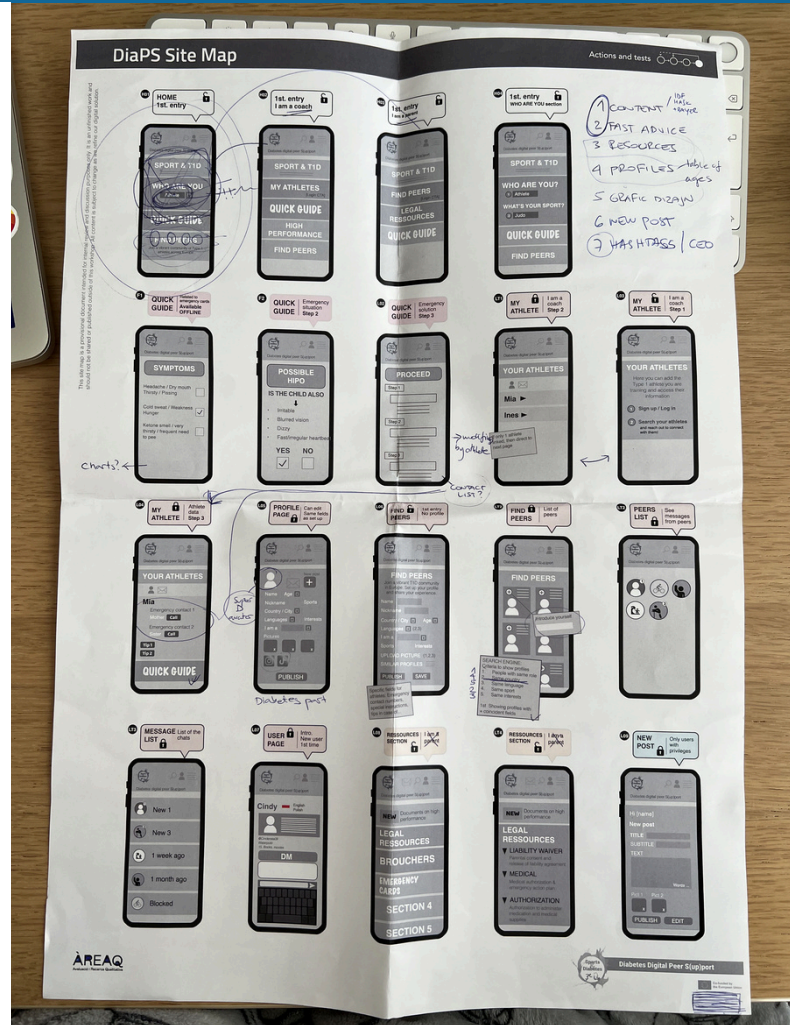
These aspects proved to be particularly important, as they continued to be addressed and refined throughout the later stages of the project.

In addition, partners reviewed overall project progress, assessed work across different work packages, and aligned on the next development and dissemination steps.

The timing of the meeting allowed the consortium to consolidate key messages and present project progress at the EMCA event shortly afterwards, strengthening the project's visibility within the European multisport network.



2. Project Meetings and Coordination Activities



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2. Project Meetings and Coordination Activities

2.4 Final Meeting – Barcelona, Spain

The Final Project Meeting took place on **15 March 2026 in Barcelona**, bringing together all project partners at a crucial stage of the project.

The meeting focused on reviewing the current status of the DiaPS application and finalising key development steps ahead of its official launch.

Key topics included:

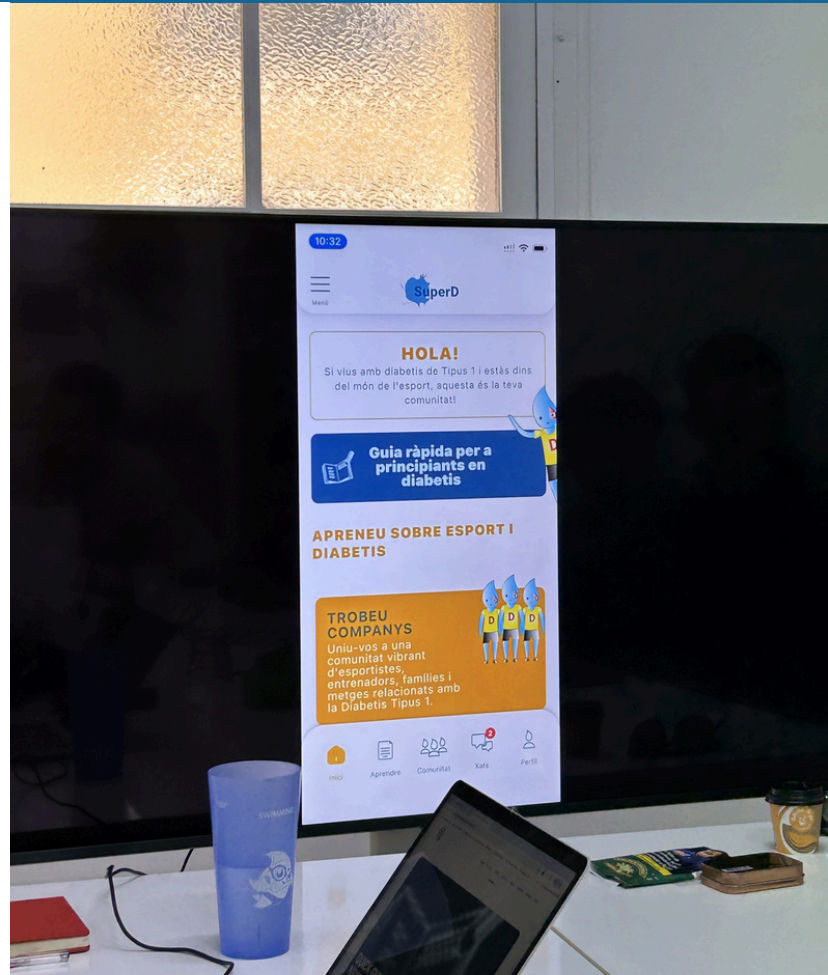
- final adjustments to the platform
- improvements to user experience and usability
- alignment of communication and dissemination activities
- preparation for the launch phase
- final discussions on sustainability and long-term ownership of the platform

A dedicated internal plan for **sustainability and ownership of the DiaPS application** was developed, outlining responsibilities, future development pathways, and post-project management.

The meeting was strategically aligned with the ATTD conference, enabling partners to combine final coordination activities with a major dissemination milestone, including the presentation and launch of the DiaPS application.



2. Project Meetings and Coordination Activities



3. Local Dissemination Events Organised by Partners

3. Local Dissemination Events Organised by Partners

In addition to international dissemination activities, DiaPS partners organised and participated in a wide range of local and regional events aimed at promoting the project, engaging stakeholders, and increasing awareness among relevant communities.

A particular strength of the project was its integration into established networks and recurring events organised by partner organisations, especially within the diabetes community.

3.1 HAŠK Mladost – Croatia

HAŠK Mladost implemented a wide range of dissemination and engagement activities throughout the project, combining events, educational initiatives, and collaborations with athlete communities.

These activities played a key role in connecting the DiaPS project with both the sport and diabetes communities at local, national, and international levels, with a particular focus on **coaches, clubs, and sport organisations**, which represent a core target group of the project.

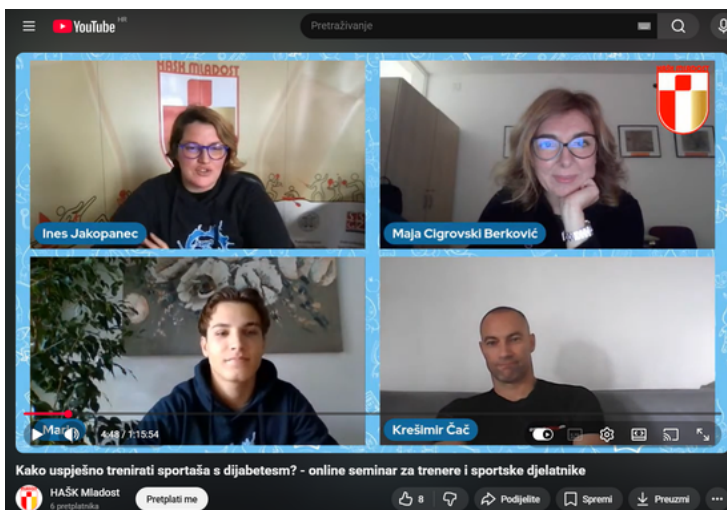


Early Awareness and Project Introduction (2023)

At the very beginning of the project, HAŠK Mladost focused on raising awareness and introducing the DiaPS initiative to relevant stakeholders.

In **November 2023**, the project was presented through:

- an **online seminar for coaches**, focused on training people with diabetes, where DiaPS was introduced as a new initiative
- activities marking **World Diabetes Day**, where awareness about diabetes in sport was promoted



3. Local Dissemination Events Organised by Partners

In the same period, HAŠK established a strategic collaboration with **DiaEuroCro**, part of the **DiaEuro initiative (European Futsal Championship for People with Diabetes)**.

This partnership enabled:

- direct access to athletes with diabetes
- support in organising sport-related activities
- stronger integration of real user perspectives into the project

Engagement with Athlete Community (2024–2025)

A series of sport-related activities were organised in collaboration with the DiaEuroCro community, including:

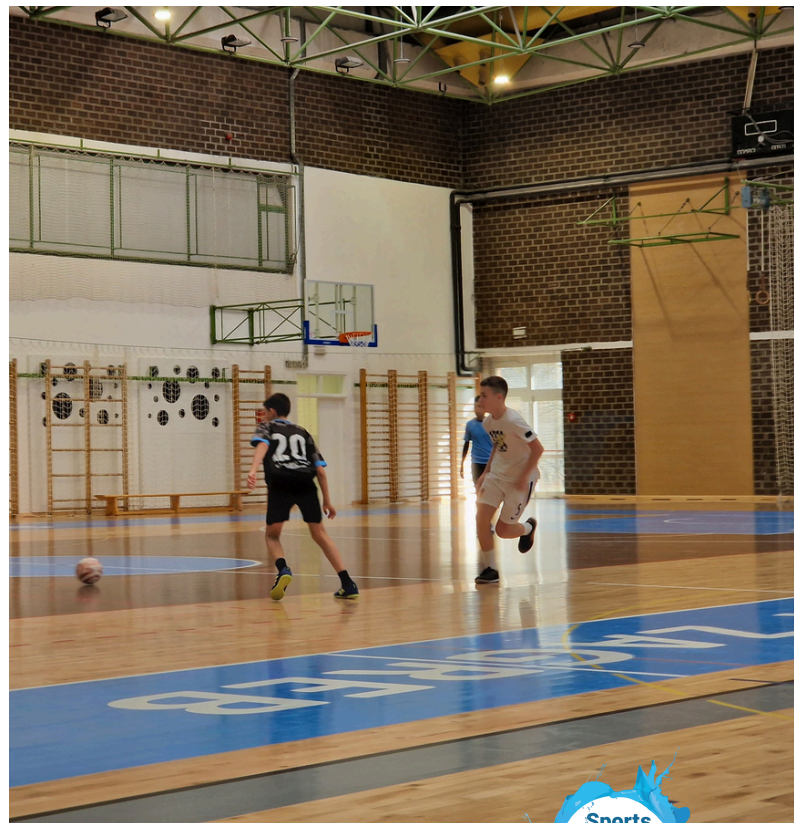
- **DiaEuro Cro tournament in Cestica (28 January 2024 & 18 January 2025)**
- **Training sessions of DiaEuroCro junior team (February and March 2024)**, including joint sessions with senior athletes
- **DiaEuro Cro gathering and education activities (20-21 June 2025)**
- **Participation at DiaEuro international event in Portugal (17-20 July 2024) and in Bulgaria (5-11 July 2025)**, including a presentation of the DiaPS project

These activities enabled direct engagement with athletes living with diabetes, ensuring that the project remained closely connected to real-life sport environments.

As a result of this continuous collaboration and engagement, HAŠK Mladost actively contributed to the **establishment of a formal Croatian association for athletes with diabetes (DiaCRO Sport)**, representing one of the key long-term outcomes of the project.



3. Local Dissemination Events Organised by Partners



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3. Local Dissemination Events Organised by Partners

Internal Dissemination and Organisational Integration

DiaPS was also presented within the internal structures of HAŠK Mladost, ensuring strong organisational support and awareness.

The project was presented at:

- **HAŠK General Assembly (8 May 2024)**
- **HAŠK General Assembly (20 May 2025)**

These assemblies primarily target coaches, clubs, and sport sections within the organisation, making them a highly relevant platform for dissemination and knowledge transfer.

These presentations informed members about project progress, activities, and results, and supported internal dissemination within the multisport organisation.



3. Local Dissemination Events Organised by Partners

Public Events and Awareness Campaigns

HAŠK Mladost participated in and contributed to various public events aimed at raising awareness and promoting the project:

- **World Sport Day (25 May 2024)**, organised in collaboration with Oktal Pharma, where DiaPS was presented and educational materials were distributed
- **World Diabetes Awareness Month campaigns (November 2024 and 2025)** in collaboration with Oktal Pharma, where DiaPS informational leaflets were distributed through pharmacy networks on multiple occasions during the project

Naš projekt se nastavlja >
Razvijamo digitalnu zajednicu!

Digital Peer Support će biti mjesto gdje ćeš moći pronaći i podijeliti znanja, iskustva, savjete i trikove, postaviti pitanja vezana za bavljenje sportom s dijabetesom i mnogo više.

Ukoliko želiš biti dio procesa razvoja i testiranja digitalnog rješenja prijavi se na:

Tko može sudjelovati u projektu?

- osobe s dijabetesom tipa 1 koje se bave sportom
- stručnjaci iz područja dijabetesa, sporta, medicine, prehrane...
- roditelji osobe s dijabetesom tipa 1
- treneri koji treniraju i/ili žele trenirati osobe s dijabetesom tipa 1

Diabetes Digital Peer S(up)port

Zanima te kako se baviti sportskim aktivnostima s dijabetesom tipa 1?

Odgovor pronađi na QR kodu!

besplatno preuzmi i/ili naruči tiskanu verziju

U priručniku možete saznati:

- što je dijabetes i kako se regulira
- kako različite sportske aktivnosti utječu na šećer u krvi te kako upravljati dijabetesom tipa 1 za vrijeme sportske aktivnosti
- kako se boriti sa svime što dijabetes tipa 1 donosi

Tackling Diabetes with Sport



3. Local Dissemination Events Organised by Partners

Public Events and Awareness Campaigns

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3. Local Dissemination Events Organised by Partners

- **Abbott webinar: Technology in the service of physical activity and better glucose control (18 June 2025)**, where the project and the upcoming application were promoted to a wider audience
- **World Diabetes Day activities (November 2024 i 2025)**, including events organised at the Faculty of Kinesiology and community-based initiatives
- **DiaCro Sport tournament in Velika Gorica (15 November 2025)**, further promoting the project within the diabetes sport community



FreeStyle Libre 2 PLUS

ABBOTT DIABETES CARE TIM POZIVA VAS NA WEBINAR

Tehnologija u službi tjelesne aktivnosti i bolje kontrole glukoze

Srijeda, Lipanj 18 at 6:00pm (CEST)

Tehnologija u službi tjelesne aktivnosti i bolje kontrole glukoze

Webinar se bavi ulogom moderne tehnologije, osobito sustava za kontinuirano mjerenje glukoze (CGM), u unapređenju tjelesne aktivnosti i regulaciji glukoze u krvi. Kroz pregled fiziologije vježbanja...

Abbott diabetes care tim



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3. Local Dissemination Events Organised by Partners

Participation in Conferences and Knowledge-sharing Events

HAŠK representatives also contributed to conferences and knowledge-sharing events:

- **Faculty of Kinesiology Conference „10th International Scientific Conference in Kinesiology“** in Opatija (12-15 September 2024), where DiaPS was presented within an academic context by presenter Felice Strollo and Maja Cigrovski Berković
- **DiaEuro Conference in Budapest (21-22 September 2024)**, where the project was presented and opportunities for expanding DiaEuro to other sports were discussed



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3. Local Dissemination Events Organised by Partners

Additional Community Engagement Activities

Further activities included:

- promotion of sport initiatives such as **DiaCro Sport (volleyball introduction)**
- continuous communication through news, outreach, and stakeholder engagement

Impact

Through this wide range of activities, HAŠK Mladost:

- ensured continuous visibility of the DiaPS project throughout its duration
- established strong connections with athletes living with diabetes
- actively engaged coaches, clubs, and sport organisations as key target groups
- supported the integration of user perspectives into the project
- contributed to the creation of a structured national network of athletes with diabetes

The combination of grassroots activities, organisational dissemination, and participation in international and community-based initiatives positioned HAŠK Mladost as a key driver of community engagement within the DiaPS project.



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3. Local Dissemination Events Organised by Partners

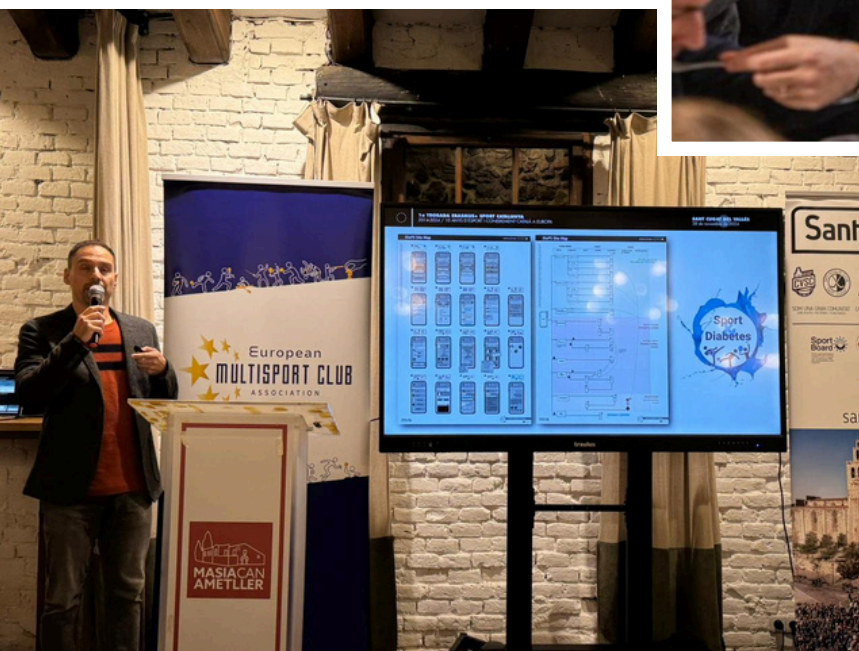
3.2 AreaQ – Spain

At the **1st Erasmus+ Sport Catalunya Meeting (28 November 2024)**, AreaQ presented the DiaPS project to more than 80 participants from over 40 organisations.

The event brought together representatives from public institutions, sport organisations, and European networks, providing a platform for networking and knowledge exchange.

DiaPS was introduced as a digital solution supporting athletes, coaches, and families living with Type 1 Diabetes, highlighting its role in connecting sport participation with diabetes management.

Participation in this event strengthened the project's visibility within the Erasmus+ Sport ecosystem and contributed to expanding its network of stakeholders.



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3. Local Dissemination Events Organised by Partners

3.3 #dedoc° & TSV Bayer 04 – Community Events in Germany

In Germany, DiaPS dissemination activities were implemented through a joint collaboration between #dedoc° and TSV Bayer 04, combining community engagement with the use of educational materials developed in a previous project phase.

These local and community-driven events were designed to engage people living with diabetes, their families, and the wider public through accessible, interactive, and educational formats.

Key events included:

- **10 May 2025 – Essen:** #dedoc° Diabetes zum Anfassen
- **4–5 July 2025 – Baierbrunn:** #dedoc° Diabetes zum Anfassen (hosted at Wort & Bild Verlag)
- **10–11 October 2025 – Mainz:** #dedoc° Diabetes zum Anfassen
- **14 November 2025 – Frankfurt (F.A.Z. Tower):** World Diabetes Day event
- **11 September 2025 – Leverkusen:** Bayer Health & Safety Day

At these events, DiaPS materials were presented and shared with participants, alongside educational resources developed in earlier project phases. This approach ensured both the promotion of the DiaPS digital solution and the continued use of existing project outputs in real-life settings.



#docday

Ein großes Dankeschön an alle Gäste, die am 31. Juli 2024 an unserem #docday° teilgenommen haben.

Scrollt durch und seht euch einige der Highlights vom #docday° an.

NOCHMAL ANSCHAUEN:
FINDET DIE AUFZEICHNUNG AUF FACEBOOK, YOUTUBE & DEDOC.DE/DOCDAY

#dedoc

Danke!

Diabetes zum Anfassen 2024.

#docday

UNSERE SPEAKER!

Menschen & Themen, auf die ihr euch beim #docday° Community Event am 31. Juli 2024 freuen könnt.

Habt ihr Fragen an unsere Speaker? Teilt sie mit uns in den Kommentaren!

Der #docday° wird am 31. Juli 2024 ab 17:00 Uhr CEST auf Facebook, YouTube und unserer Website dedoc.de live gestreamt.



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3. Local Dissemination Events Organised by Partners

Impact

These activities enabled DiaPS to:

- directly reach people living with diabetes and their families
- engage with community-based audiences outside formal conference settings
- ensure continuity and reuse of previously developed educational materials
- strengthen trust and awareness through peer-driven environments

This type of engagement is strongly aligned with the DiaPS concept, which is built on peer support and real-life experience sharing, while also contributing to the long-term sustainability of project results.



3. Local Dissemination Events Organised by Partners

3.4 International Diabetes Federation Europe (IDFE) – European Activities

Within the DiaPS project, IDFE played a key role in disseminating the project across European diabetes networks.



Key events included:

- **12 October 2024 – IDF Europe Regional Council 2024 in Rome**
 - Presentation of IDFE research projects, including DiaPS, to national diabetes associations
- **6 April 2025 – IDF Europe Regional Council 2025 in Bangkok**
 - Continued presentation of DiaPS within the IDFE research and project portfolio
- **6 April 2026 – IDF Europe Regional Council 2025 in Ljubljana**
 - DiaPS was presented supporting networking and visibility within the European diabetes community.

In addition, the project was represented at the **IDF webinar “The Power of Movement to Tackle Diabetes” (25 July 2024), organised by IDF Global**, where a project collaborator participated as a panelist. This webinar provided an opportunity to discuss the role of physical activity in managing diabetes and further elevated the DiaPS project within global diabetes-related initiatives.

A screenshot of a webinar slide. The top section has a green background with the title "THE POWER OF MOVEMENT TO TACKLE DIABETES" and a small image of people exercising. Below this is a white section titled "WELCOME TO THE PANNELISTS" (sic). It features four circular profile pictures of the panelists, each with their name and role below. A grey silhouette of a person's head and shoulders is visible in the top right corner of the slide.

THE POWER OF MOVEMENT TO TACKLE DIABETES

WELCOME TO THE PANNELISTS

 EDGAR GARCIA Blue Circle Voice Mexico	 JELISAVETA FOTIC Young Leaders in Diabetes mentor Serbia	 JYOTSANA RANGEEN Young Leaders in Diabetes mentor and South-East Asia Representative India	 ROB HOWE Founder of Diabetics Doing Things USA
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A row of four video call windows showing the participants in a virtual meeting. From left to right: Gavin Griffiths, @robhowe21, Jyotsana Rangeen, and Jelisaveta Fotic. Each window has a name label at the bottom.

Gavin Griffiths @robhowe21 Jyotsana Rangeen Jelisaveta Fotic



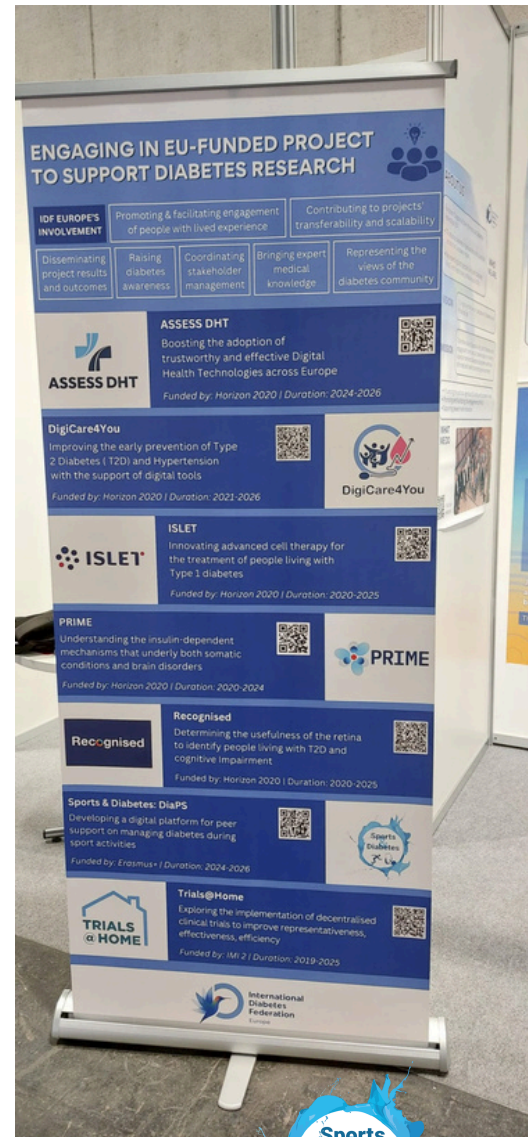
3. Local Dissemination Events Organised by Partners

Impact

Through these activities, DiaPS:

- reached national diabetes associations across Europe
- gained visibility within structured European diabetes networks
- strengthened its credibility among healthcare and policy-related stakeholders

IDFE's involvement ensured that the project was not only visible within sport environments but also embedded within the broader diabetes policy and advocacy landscape.



4. Participation in External Conferences and Events



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4. Participation in External Conferences and Events

A central element of the DiaPS dissemination strategy was active participation in major international conferences in the fields of diabetes, healthcare, and sport.

These events enabled the project to reach highly specialised audiences, including healthcare professionals, researchers, patient organisations, and industry stakeholders, positioning DiaPS within the broader international dialogue on diabetes management and physical activity.

A key strength of the project was its presence across several of the most relevant global conferences in diabetes.

4. Participation in External Conferences and Events

4.1 Major International Diabetes Conferences

ATTD – Advanced Technologies & Treatments for Diabetes

ATTD 2024 +4000 participants in 70+, ATTD 2025 gathered over 5,000 participants, while the 2026 edition is expected to bring together more than 4,000 attendees from over 80 countries.

ATTD is one of the leading global conferences focused on diabetes technology, innovation, and treatment.

DiaPS was presented at ATTD, including participation in **ATTD 2024 in Florence, ATTD 2025 in Amsterdam and ATTD 2026 in Barcelona**, where project materials (flyers and guidebooks) were distributed at the conference booth.

In addition, project-related activities linked to ATTD included the **final project meeting and app launch phase in Barcelona (March 2026)**, further strengthening the connection between development and dissemination.

Impact

Participation in ATTD enabled DiaPS to:

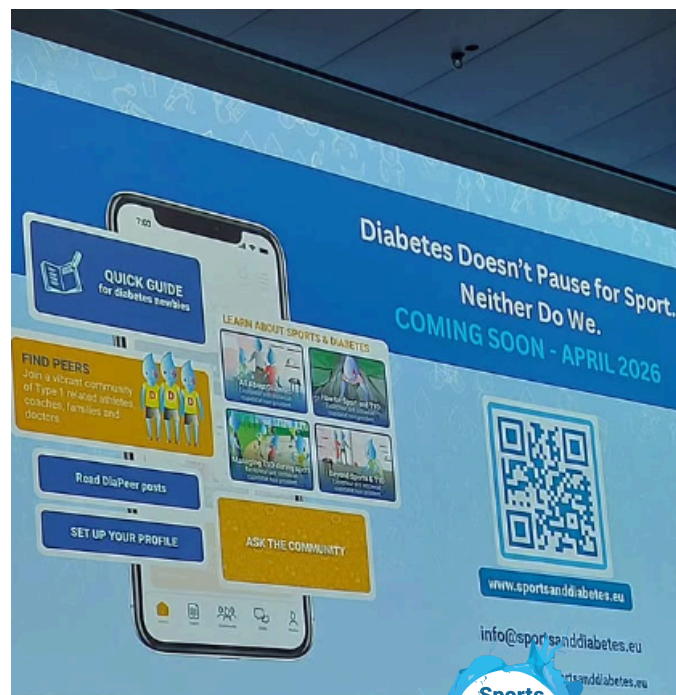
- reach healthcare professionals, researchers, and industry experts
- present its digital approach to diabetes management in sport
- increase visibility within the medical and innovation community



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4. Participation in External Conferences and Events



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4. Participation in External Conferences and Events

ISPAD – International Society for Pediatric and Adolescent Diabetes

over 2,000 participants from more than 70 countries

ISPAD is a leading international conference focused on diabetes in children and adolescents, bringing together clinicians, researchers, and experts in paediatric diabetes care.

DiaPS was presented at **ISPAD 2024 in Lisbon**, where the project introduced its digital platform and approach to supporting people with Type 1 Diabetes in sport.

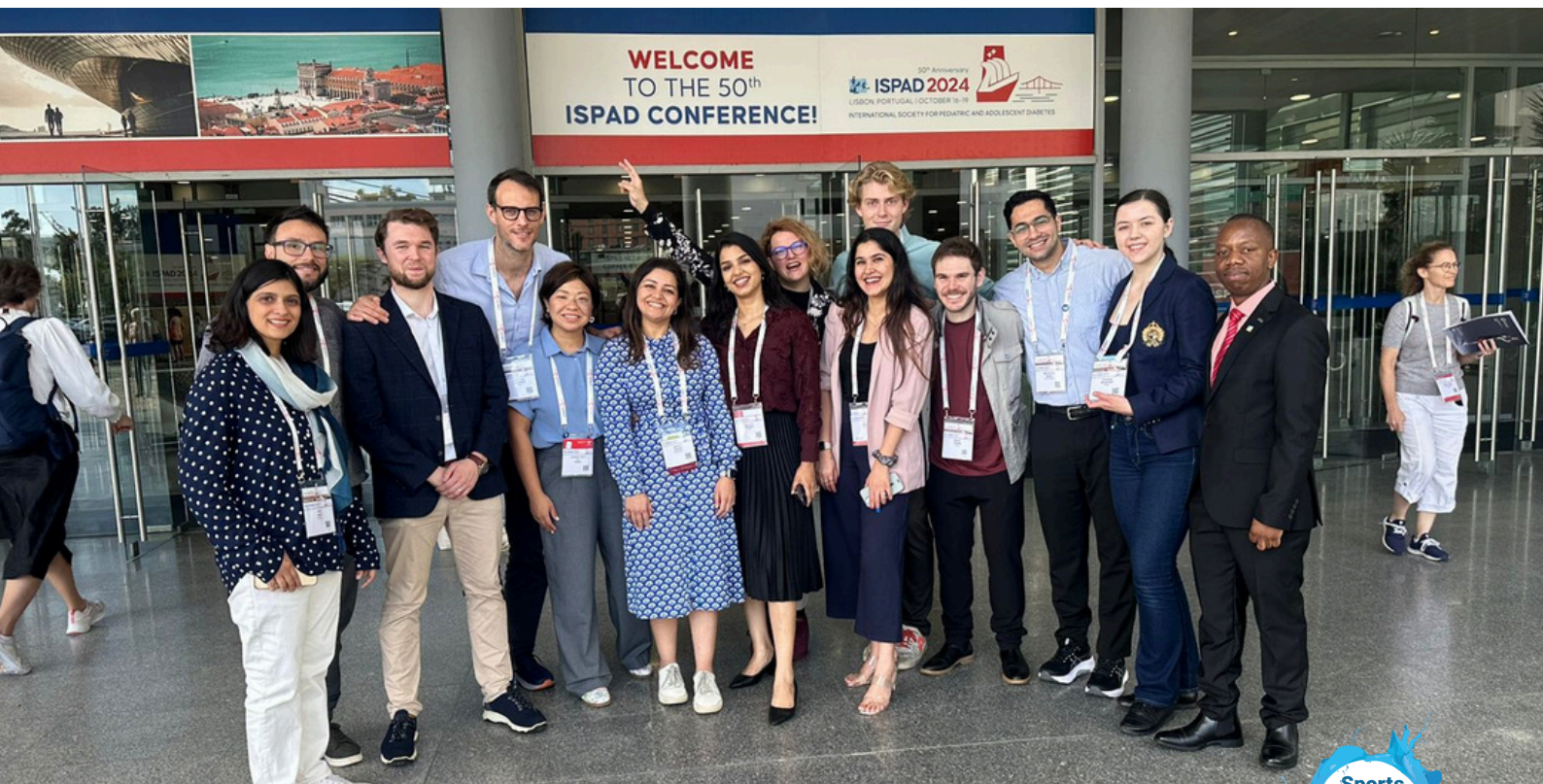
The project was also featured within the **#dedoc° symposium at ISPAD 2024 (18 October 2024)**, where a DiaPS representative participated as a speaker, further strengthening its visibility within the expert community.

In addition, DiaPS materials were disseminated at **ISPAD 2025 in Montreal**, ensuring continued presence within this important professional network.

Impact

Participation in ISPAD enabled:

- direct engagement with paediatric diabetes experts
- valuable feedback on the platform and its applicability
- positioning of DiaPS within clinical and research discussions



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4. Participation in External Conferences and Events

#dedoc°
symposium

Join our #dedoc° symposium at ISPAD 2024:
"What we wish you knew – and why"

Friday, 18th October, 16:30 - 18:00 CEST
ISPAD Lisbon, Session Hall 3

If you're not attending ISPAD in person, then make sure to join us virtually. The symposium will be freely accessible via livestream on Facebook, YouTube and www.dedoc.org/symposium

YouTube

Pretraživanje

Sports Diabetes Diabetes Digital Peer S(up)port

Ines Jakopanec

Co-funded by the European Union

ISPAD 2024 LISBON, PORTUGAL | OCTOBER 14-19

#dedoc°

#dedoc° symposium at ISPAD 2024 | What we wish you knew – and why: the patient perspective

#dedoc° Diabetes Online Community 534 pretplatnika

Pretplati me 8 Podijelite Spremi Preuzmi

Sports Diabetes



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4. Participation in External Conferences and Events

IDF World Diabetes Congress

over 7,000 participants from more than 160 countries

The DiaPS project was presented at the **IDF World Diabetes Congress 2025 in Bangkok (7-10 April 2025)**, one of the largest global events in the field of diabetes, gathering healthcare professionals, researchers, organisations, and policymakers from around the world.

The project was showcased at the IDF Europe booth, where DiaPS was included as part of IDF Europe's portfolio of research and innovation activities.

This presentation marked an important continuation of previous work, as DiaPS was introduced as a follow-up project building on earlier results. In particular, it built on the presentation of the Sports & Diabetes Guidebook, which had been introduced during the IDFE symposium at the previous IDF World Diabetes Congress in Lisbon (December 2021), when the first project was still ongoing.

As a result of the impact of the Sports & Diabetes Guidebook, DiaPS was invited to contribute to the **IDF Kids' Well-being Guide**, where our guidebook was highlighted as a quality resource for supporting children and young people living with diabetes. This inclusion further reinforced the project's credibility and demonstrated its importance as a valuable educational tool in the diabetes community.

During the Congress the Comic Book and the new KiDS initiative was launched highlighted the ongoing collaboration between IDF and partners, further promoting the integration of DiaPS within IDF's global initiatives.

Impact

Participation in the IDF World Diabetes Congress:

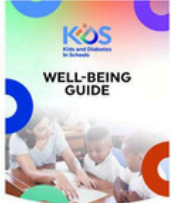
- reinforced the continuity between project phases
- demonstrated the evolution from educational materials to a digital solution
- strengthened the project's visibility within the global diabetes community
- positioned DiaPS within long-term international initiatives in the field of sport and diabetes



4. Participation in External Conferences and Events

KiDS Well-being Guide

Last updated 18 Apr 2025



(PDF 6.2 MB)

Description

Awareness and information tool for teachers, parents and students on the importance of nutrition and a healthy and balanced lifestyle in the management and prevention of diabetes.

Published

06 April 2025

Author

International Diabetes Federation

Languages

Select a language ▾

English



Physical activity and diabetes

Students, their families and healthcare teams should discuss the best strategy for each situation.

However, sometimes, even with a planned strategy, something unexpected can happen. The following recommendations are for students with diabetes DURING exercise:

- Make sure to have fast glucose readily available, such as glucose tablets, hard candies, fruit juices and carbohydrate gels.
- Monitor blood sugar levels every 30 minutes or check for symptoms of low and high blood sugar.
- Drink water – especially on hot days and during long practices.
- If feeling unwell, tell an adult immediately, stop moving and sit down.

Physical activity can impact blood sugar up to 72 hours after it ends, so continue to monitor blood sugar and check for signs of hypoglycaemia.

IDF recommends the website sportsanddiabetes.eu. At this website, you can find and download educational resources for managing diabetes during sports activities.

Acknowledgements:

This resource was developed as part of the Kids and Diabetes in Schools (KiDS) programme. KiDS is an International Diabetes Federation (IDF) programme undertaken in partnership with the International Society of Pediatric and Adolescent Diabetes (ISPAD) and supported by an educational grant from Sanofi.

If you are interested in translating this resource into your language, please check the conditions on: kids.idf.org/resources

IDF thanks the following experts for their contribution to this resource:

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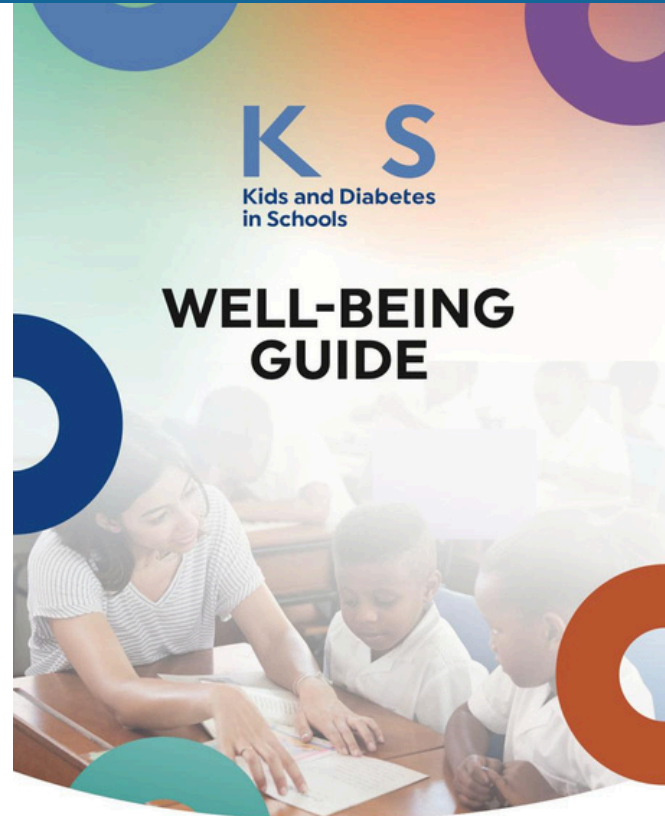
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Illustrations and layout:

Olivier Jacquain (layout)
Sergio R Ceron (illustrations)

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KiDS
Kids and Diabetes
in Schools

WELL-BEING GUIDE



Physical activity and diabetes

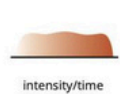
Impact of types of physical exercise on blood sugar levels

For students living with diabetes, each type of activity can impact blood sugar differently and understanding them ensures a safe workout. Learn more below:

Aerobic exercise

RUNNING, JOGGING, SWIMMING AND CYCLING

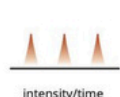
Aerobic exercise usually consists of steady, moderately intense physical activity that generally lowers blood sugar levels.



Anaerobic exercise

STRENGTH TRAINING, SPRINTING AND HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Anaerobic exercise consists of shorter spurts of high-intensity exercise, generally increasing blood sugar levels.



Mixed exercise

FOOTBALL, BASKETBALL AND OTHER TEAM SPORTS

Most school or club training sessions and team sports involve aerobic and anaerobic exercise. Intensity often changes throughout a training session or match. This means blood sugar can increase and decrease.



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4. Participation in External Conferences and Events

EASD – European Association for the Study of Diabetes

with over 14,000 participants from more than 120 countries at the 2025 Annual Meeting in Vienna.

EASD is one of the largest and most influential diabetes research conferences in Europe, focusing on scientific advancements, clinical practice, and policy.

DiaPS was presented at the **EASD 2025 Annual Meeting in Vienna** through:

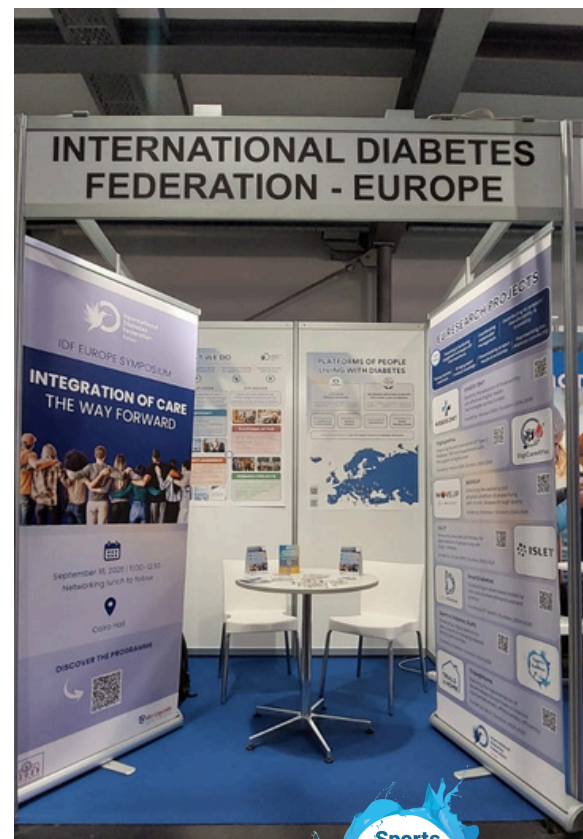
- **IDF Europe booth activities**, where the project was included in the research portfolio presentation
- **#dedoc° dissemination activities**, where project materials were distributed to conference participants

The booth reached approximately **300 visitors**, primarily healthcare professionals and researchers.

Impact

Participation in EASD:

- increased project visibility within the European research community
- connected DiaPS with scientific and clinical stakeholders
- strengthened its positioning within evidence-based diabetes initiatives



4. Participation in External Conferences and Events

T1D Festival in London 2023

The DiaPS project also joined forces with other diabetes communities at the T1D Festival in London, organised by DiAthlete and League of Diabetes (LOD). This event brought together passionate advocates living with Type 1 Diabetes, as well as a global network of diabetes organisations focused on advancing education and practical approaches to managing Type 1 Diabetes.

The DiaPS team participated in promoting the Sports & Diabetes Handbook, an initiative that supports physical activity and diabetes management, and shared information about the new DiaPS project on the horizon.

Their participation of Bastian Hauck (from #dedoc^o) and Ines Jakopanec (from EMCA) helped extend the project's reach by connecting with like-minded organisations and stakeholders committed to improving the lives of people living with Type 1 Diabetes.



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4. Participation in External Conferences and Events

Diabetes UK Professional Conference 2025 (UK)

DiaPS was represented at the Diabetes UK Professional Conference 2025, where #dedoc° contributed by presenting the project alongside distribution of project materials at the conference booth.

This event brought together healthcare professionals and researchers, providing an opportunity to showcase the DiaPS digital solution and raise awareness about its potential to support people with Type 1 Diabetes in sport.

4. Participation in External Conferences and Events

4.2 EMCA Events and Sport Network Integration

DiaPS was regularly presented within the European Multisport Club Association (EMCA) network, including General Assemblies and networking events.



Key EMCA events included:

- **EMCA General Assembly and 10th Anniversary Conference 2023 - Piraeus, Greece (29–30 September 2023)** - The DiaPS project was officially announced and introduced to the EMCA network during this milestone event
- **EMCA General Assembly 2024 - Brussels, Belgium (29 January 2024)** – During this assembly, the DiaPS project was presented for the first time, marking its official kick-off in conjunction with the EMCA event.
- **EMCA General Assembly 2024 – Budapest, Hungary (5–6 October 2024)** – The DiaPS project progress was presented, with discussions focusing on ongoing activities and next steps.
- **EMCA General Assembly 2025 - Piraeus, Greece (7–8 March 2025)** – Continued presentation of the project, with further updates and engagement with stakeholders.
- **EMCA General Assembly 2025 - Istanbul, Turkey (28 September – 1 October 2025)** – The DiaPS project was showcased through a poster presentation, further increasing visibility and engagement.
- **EMCA General Assembly 2026 – Sant Cugat, Spain (19–21 March 2026)** – The official presentation of the DiaPS application, marking a key milestone in the project's final phase.

These events brought together representatives of multisport organisations across Europe and provided opportunities to:

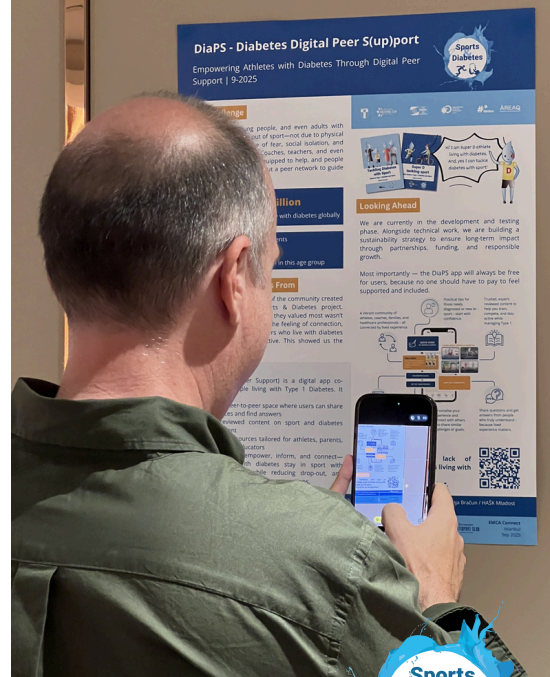
- present project progress and results
- connect with potential users and implementing organisations
- explore practical application of the platform within sport environments

Impact

EMCA events ensured that DiaPS:

- remained strongly connected to the sport sector
- reached multisport organisations as key target users
- supported future implementation and sustainability

4. Participation in External Conferences and Events



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4. Participation in External Conferences and Events

4.3 Networking and Stakeholder Engagement Activities

In addition to formal conferences, partners conducted numerous:

- one-on-one stakeholder meetings
- informal networking discussions
- side meetings during conferences

Impact

These interactions were essential for:

- building partnerships
- collecting feedback from experts and users
- identifying opportunities for future collaboration and scaling

5. Digital and Online Activities, User Engagement and Community Building



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5. Digital and Online Activities, User Engagement and Community Building

A key component of the DiaPS project was its strong focus on digital and online activities, which supported both the development of the platform and the engagement of its target users.

5.1 Research and Testing Activities (Online Focus Groups)

A series of focus groups were conducted across partner countries as part of the DiaPS development process. These activities were primarily organised online, allowing for flexible participation and a wider reach.

The research phase focused on identifying user needs, challenges, and expectations related to sport participation with diabetes. Participants included athletes, parents, coaches, and experts.

In the testing phase, users interacted with the platform and provided feedback on functionalities, usability, and content relevance. This feedback directly contributed to refining the digital solution.

Although not traditional events, these activities played a crucial role in ensuring that the DiaPS platform is user-driven and aligned with real-life experiences.

5.2 Online and Hybrid Dissemination Activities

In addition to physical events, DiaPS leveraged online and hybrid formats to extend its reach and ensure continuous visibility throughout the project duration.

These activities included:

- webinars and online presentations
- livestream participation at major events
- digital dissemination through partner channels

This approach enabled the project to engage a wider audience beyond geographical limitations and ensured consistent communication with stakeholders.

5.3 Community Engagement and Ambassador Activities

A key innovative aspect of the DiaPS project was its focus on community-driven dissemination and user involvement.

Ambassadors and early users played an important role in:

- testing the platform
- providing feedback on user experience and content
- promoting the project within their own networks

At the same time, the platform fostered peer-to-peer engagement, enabling users to:

- share experiences
- ask questions
- support each other

This community-based approach reflects the core concept of DiaPS as a digital solution built on real-life experiences and peer support.



6. Key Outcomes and Impact



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6. Key Outcomes and Impact

The DiaPS dissemination and engagement activities resulted in a broad range of outcomes, reflecting the project's strong integration within both the sport and diabetes ecosystems.

A key achievement of the project was its ability to combine **local community engagement, international conference participation,** and **digital interaction,** creating a comprehensive and multi-layered dissemination approach.

Key outcomes include:

- **Increased visibility at European and global level**
 - DiaPS was successfully positioned within major international platforms, including **ATTD, ISPAD, EASD, IDF, and EMCA** events, reaching both professional and community audiences.
- **Recognition by experts and stakeholders**
 - In addition to recognition of the project's educational materials, the DiaPS initiative received significant recognition through IDF webinar, Comic Book, and Letters of Support from various organisations and experts within the diabetes and sport sectors. This further validated the project's impact and relevance in the field of diabetes management and sport.
- **Engagement with highly specialised and diverse target groups**
 - The project reached **healthcare professionals, researchers, sport organisations, coaches, athletes,** and **people living with diabetes,** ensuring relevance across multiple sectors.
- **Strong integration within established networks**
 - Through collaboration with organisations such as **IDF Europe, #dedoc°, EMCA,** and **DiaEuro,** DiaPS became embedded within both **European and global ecosystems.**
- **Continuous user involvement and feedback loops**
 - Online focus groups, ambassador activities, and direct interaction with users ensured that the platform was continuously shaped by real-life needs and experiences.
- **Effective combination of physical and digital dissemination**
 - The use of hybrid formats, webinars, community events, and digital outreach enabled the project to extend its reach beyond traditional event settings.
- **Reuse and sustainability of project outputs**
 - Educational materials developed in earlier project phases were actively reused (e.g., through **Bayer** and **#dedoc° activities**), contributing to long-term sustainability and impact.
- **Strengthened partnerships and collaboration opportunities**
 - Numerous stakeholder interactions, including conferences, local events, and one-on-one meetings, resulted in new connections and opportunities for future cooperation and scaling.

6. Key Outcomes and Impact

Summary of Participation and Reach

The DiaPS project achieved a broad dissemination reach through a combination of local, international, and digital activities.

- **Total number of dissemination events and activities: 30+**
 - (including local events, conferences, workshops, and online activities)
- **Countries reached: 10+**
 - (including Croatia, Germany, Spain, Belgium, Hungary, Austria, Portugal, Netherlands, Canada, United Kingdom and others)
- **Major international conferences participated in: 14**
 - (including **ATTD, ISPAD, EASD, IDF World Diabetes Congress, Diabetes UK Professional Conference, EMCA events**)
- **Estimated direct reach (on-site participants): 800+**
 - (including conferences, local events, and stakeholder meetings)
- **Estimated extended reach (online and hybrid activities): 5,000+**
 - (including webinars, livestreams, and digital dissemination)
- **Stakeholder groups engaged:**
 - healthcare professionals and researchers
 - sport organisations and multisport clubs
 - coaches and trainers
 - athletes and people living with diabetes
 - policy and advocacy stakeholders

Overall Impact

The combination of targeted local engagement, high-level conference participation, and digital dissemination ensured that DiaPS reached both specialised professional audiences and end users.

This multi-layered approach significantly increased the **visibility, relevance, and long-term** impact of the project. By fostering collaborations with key stakeholders and embedding the platform within both **sport** and **healthcare sectors**, DiaPS has created a **sustainable foundation** for continued success beyond the project duration.

Sports & Diabetes



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