

1. Project Title:

Furthering public knowledge on Type 2 diabetes through education of children

2. Problem (delimitation):

Diabetes is an expanding problem in the entire world, especially in areas of low income.

It has come to our attention that diabetes is an expanding problem in Brazil, and it is estimated, that before 2045 the number of incidents will rise from 12 to 42 mio. With the prevalence of diabetes and a growing number of patients in Brazil there is a huge financial cost to the country, and therefore we thought that this project might be of interest to you, both economically and to reduce social inequality.

3. Background/Context:

This project aims to develop a learning game for the education of children in Brazil on the topic of type 2 diabetes. This is done because of growing evidence that knowledge about the disease is not being communicated to low income communities, even though these communities are the ones affected the hardest.

In Aalborg we created a game and tested it at a school in a high diabetes risk area. We did two workshops with children to have them help us adjust the game to their liking. Next step is translation and "synchronization" of the game to a Brazilian context.

4. Target group, needs assessment, benefits plan

Eating and exercise habits develop early in people's lives, so targeting children through education seems to be the best possible way to combat the prevalence of type 2 diabetes.

5. In which of the 17 SDGs the project fits the most (prioritize):

17 - Partnership for the goals

Global partnership and coordination is essential for the continuous success of the project, as the translating of not just the words but the pictures to the specific cultures and environments.

3 - Good Health And well-being

The purpose of the game is to promote Health and well being

6. Problem fronts:

- a. Validation of the game with Brazilian children
- b. Creation of a virtual platform that can carry up the game and the educational videos
- c. Popularization of the game

7. Project Objectives:

a. Requirements -> Must:

- i. Validate the game with Brazilian children
- ii. Translate the game
- iii. Validate the game with Brazilian Health Students

b. Desire -> Can

- i. Create a template of the board so the teachers can make it and play if the children
- ii. Create a virtual version of the game

c. Optional -> May

- i. Have a platform to carry the game

8. First solution ideas and possible deliverables/results:

The **game** about diabetes has already been created, is a big board game so children can play and learn about the subject

An **App** can be created so the teachers can play the game with their students more easily, without having to make the board

One **educational video** was made about the subject so the children could learn and later apply what they have learned in the board game

9. Contact / Key Stakeholders:

- a. contactsdgchallenge@gmail.com
- b. You are free to contact Gustav Ebbesen and Victor Kragh if you have any questions regarding the game or the research we have done in developing it.
 - gebbes17@student.aau.dk
 - vkragh17@student.aau.dk

10. Hard Skills required in the project:

- a. Translating (Danish to Portuguese and further to other languages)
- b. Health information (To Create, validate and update the educational videos and health informations)
- c. Programming (To make it into an app)
- d. Branding (Get it to the schools and the teachers)

11. Other information:

How the game works

Diabetes Card Placement Game

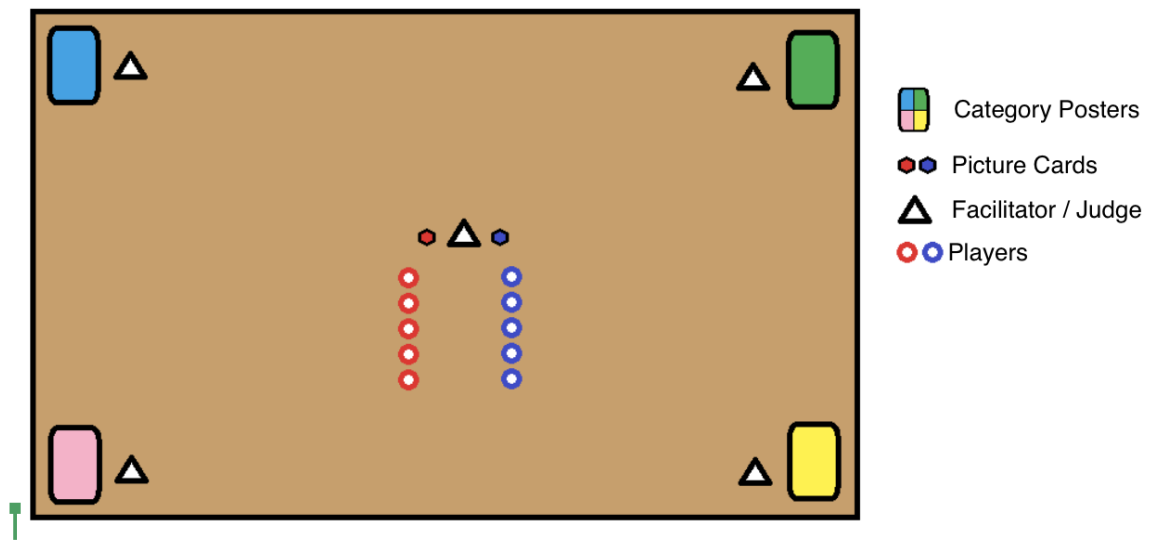





Illustration of game

Set up the Game:

- The game is for 8-10 people but can be played with more.
- It's played in two teams - with a teacher or supervisor as judge/facilitator.
- Every team gets 25 cards.
- The *Picture Cards*  are placed in a pile in the middle of the court opposite of each others.
- Every *Picture Card* belongs in one of the four categories (on the posters); *Healthy diet*, *Bad habits*, *Exercise* and *Symptoms*.
- The game is played in a sports hall or similar sized area to make it possible to run to the posters, but can be played in whatever size is possible.
- The four *Category Posters*  are placed in the four corners of the court.
- The Judge  is placed in between the two stacks of *Picture Cards* in the middle of the room. If needed it is possible to place extra Facilitators at every *Category Poster* to better facilitate the game.

How to play the game:

- The game starts when the judge says GO!
- Every game lasts until one team has placed all their cards.
- One participant from each team will take a *Picture Card* from the pile and then run to the corresponding *Category Poster* and place the card.
- When the card is placed the participant runs back to His/Her team and then it's the next teammates turn.
- This is continued until all the cards are placed.

How to win:

- The game is won by placing the most right cards.

After the game is over: Education of the students.

- Discuss the placement of the cards and explain why the cards are wrong (if any) and why they are right.

The Picture cards

Picture Cards for the categories for the two teams

Team 1	Team 2
<p>Diabetes</p> 	<p>Diabetes</p> 
<p>Exercise</p> 	<p>Exercise</p> 
<p>Healthy Diet</p> 	<p>Healthy Diet</p> 
<p>Bad Habits</p> 	<p>Bad Habits</p> 



12. References