

**Table 1 GABRIC diabetes school model**

Course title	Target group	Number of sessions	Comments
<b>Elementary</b>			
Elementary (E)	*	1	Motivating diabetic patients in order to control diabetes, improving/modifying misconceptions, familiarization with factors affecting blood glucose, emphasizing continuous visits to the doctor.
Keepo Adventures (E-KA)	D	2	Motivating and educating diabetes self-management skills for children.
Gestational diabetes (E-GDM)	H	1	Healthy nutrition and physical activity recommendations, familiarization with misconceptions, promoting mother and baby health.
<b>Intermediate</b>			
Type 1 (I-T1)	A, E	3	Knowing diabetes, the importance of self-glucose monitoring, hypoglycaemia, principles of nutrition therapy, carbohydrates, the importance of weight loss, the ABC of diabetes management, prevention of complications and self-care, physical activity, insulin injection techniques and different types of insulin.
Type 2-Insulin (I-T21)	B	3	
Type 2-Oral Agents (I-T20)	C	2	
<b>Advanced</b>			
Type 1 (I-T1)	A, E	2	Meal planning in practice, practical carbohydrate counting, exercise programme, pattern management of SMBG results and insulin adjustment, questions and answers, travelling tips, hypoglycaemia prevention in exercise and sick day care.
Type 2-Insulin (I-T21)	B	2	
Type 2-Oral Agents (I-T20)	C	2	
<b>Complementary</b>			
Stress management (C-SM)	*	1	Familiarization with stress and its symptoms, methods of stress management, practical techniques of relaxation, practical techniques of relaxation.
Weight management (C-WM)	*	1	Motivating in order to achieve the desired weight, how to reduce the energy intake, physical activity principles.
ABC (A1C, blood pressure, cholesterol control in diabetes (C-ABC)	*	1	Modifying life style and nutrition in order to control blood pressure, lipids and glucose.
Parent discussion club	E	2	Familiarization with each other and sharing their experiences, presenting practical and psychological methods for effective management of children's diabetes.
GABRIC support session	A	2	Utilizing advanced carbohydrate counting skills, problem solving, individualized SMART goal setting, promoting self-assessment and informed decision-making.
<b>Special</b>			
Health nutrition and diabetes prevention (S-HNDP)	G	1	Introducing practical ways for health nutrition and increasing physical activity to prevent diabetes and promote healthy lifestyle.
Insulin my friend (S-IMF)	A, F	4	A creative educational campaign targeting T1 diabetics and diabetes educators.
Basics of diabetes education (S-BDE)	F	4	Training diabetes educators to get familiar with the educational challenges of diabetics, how to teach scientific concepts in plain language, how to teach necessary skills to patients.
Diabetes ambassadors workshop (S-DAW)	F	1	An educational course for nurses focused on diabetes emergencies (hypo- and hyperglycaemic), sick day management and communication skills.

\*Courses are free of charge due to support from donors and corporate sponsors.

A = People with Type 1 diabetes

B = People with Type 2 diabetes on insulin

C = People with Type 2 diabetes on oral therapy

D = Children with Type 1 diabetes

E = Parents of children with Type 1 diabetes

F = Health care professionals

G = General and risk population

H = Mothers diagnosed with GDM