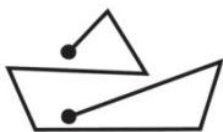




ΕΛΛΗΝΙΚΗ ΔΙΑΒΗΤΟΛΟΓΙΚΗ ΕΤΑΙΡΕΙΑ  
HELLENIC DIABETES ASSOCIATION



ΠΑΝΕΛΛΗΝΙΑ ΟΜΟΣΠΟΝΔΙΑ  
ΣΩΜΑΤΕΙΩΝ - ΣΥΛΛΟΓΩΝ ΑΤΟΜΩΝ  
ΜΕ ΣΑΚΧΑΡΩΔΗ ΔΙΑΒΗΤΗ  
«Π.Ο.Σ.Σ.Α.Σ.ΔΙΑ.»



ΑΓΟΝΗ  
ΓΡΑΜΜΗ  
ΓΟΝΙΜΗ



## PRESS RELEASE

### **“Mission: Diabetes. You are part of the solution. Be a member of the Team!” travels to Crete**

*Mr. Andreas Zissimos, one of the top Greek swimmers, visited the Primary School of Fourfouras, helping disseminate a message about the need for systematic exercise and balanced nutrition*

*Through a specifically designed educational game, entitled «Discovering the treasures of good health. Exercise and healthy nutrition», students found out about the treasures of good health*

*Thursday, December 17th, 2015. On **Thursday, December 17th**, led by **Mr. Andreas Zissimos**, one of the top Greek swimmers, «**Mission: Diabetes**» visited the **Primary School of Fourfouras**, a mountain village in Rethymno, Crete. Mr. Zissimos supports the act of informing children about the **importance of exercise and good nutrition**, as well as the role they play in **preventing Diabetes**.*

The visit was realized within the context of the panhellenic information campaign «**Mission: Diabetes. You are part of the solution. Be a member of the Team!**», which runs under the auspices of the **Ministry of Education, Research & Religious Affairs**, the **Hellenic Diabetes Association**, and the **Panhellenic Federation of People with Diabetes**, and is organized by **Agoni Grammi Gonimi**, with the **kind support** of **ELPEN**. **Informing** the public about the prevention and management of Diabetes constitutes a **primary goal for the scientific community**, given that this disease is currently taking on **epidemic proportions**, counting approximately 1.200.000 patients in Greece and 350.000.000 worldwide, with 90% suffering from Type 2 Diabetes. Type 2 Diabetes is more common in developed countries, as it is **directly linked** to the «western lifestyle», that is, **lack of exercise, sedentary routine and unhealthy nutrition**, and is one of the major causes of death globally.

**Students from the 5th and 6th Primary Grades** enthusiastically welcomed champion Andreas Zissimos, who **delivered sports equipment**, such as soccer balls, hand balls, volley balls, track & field hurdles, skipping ropes, etc., as requested by the school. Mr. Zissimos referred to the **health benefits resulting from the engagement in sports**, stressing that «*sports must be a **way of life**. Exercise followed by healthy nutrition can only offer benefits to the health of both children and adults. When we exercise, we feel and we are strong, healthy and full of energy. It is in our hands to win over obesity, which is caused by sedentary lifestyle and poor nutrition, and – as scientifically proven – contributes to the appearance of chronic diseases, like Diabetes.*»

Aiming at **enhancing the understanding of children** on the importance of **maintaining a normal weight**, through exercise and balanced nutrition, so as to manage Diabetes, during the «Mission: Diabetes» program, an **experiential educational game**, entitled «Discovering the treasures of good health. Exercise and healthy nutrition» was carried out. This game has been specifically designed for the needs of the program by Playroom, with the scientific support of HDA. Through art and games, students learned how the human body functions, how Diabetes appears and in what ways we can protect our organism from serious diseases that are associated with nutrition and lack of exercise. With the information collected while engaging in this game, **the students, as a team**, created their own healthy human organism.

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