

Supplementary file 1: Educational materials

The educational materials were focused on the symptoms and complications of diabetes, control ways, how to prevent complications, physical activity, proper nutrition, when to do tests and take medicine, as well as how to properly perform self-care tasks prepared by them (Supplementary data file 1), which were prepared based on the clear communication strategies. These materials were prepared in a booklet format and delivered to all participants of intervention and control groups, after the implementation of the program.



Poster no. 1: Poster of early diagnosis and treatment of diabetes. This poster shows the importance of measuring blood sugar as well as the times and places of the test in a visual way, and also points out the consequences and risks of not doing the test.



Poster no. 2. Diabetes self-care poster. This poster includes recommendations regarding physical activity, maintaining a proper weight, consuming fruits and vegetables, and not using tobacco and high-fat foods, and it also emphasizes regular use of medicines and tests.



Poster no. 3. Poster of choosing the right drink. This poster advises in simple words and images that if a diabetic person is thirsty, water is the best option and emphasizes that other drinks, including soft drinks, are harmful for diabetic patients due to their sugar content.



Pamphlet no. 1. Blood sugar test pamphlet. In this pictorial pamphlet, the diabetic patients were taught when to go for blood sugar test and it also specifies the place where the patient should go for the test. At the same time, it states that the patient should fast for the test. In the last pages, the stages of measuring blood sugar at home are presented in pictures.



Pamphlet no. 2. Physical activity pamphlet. This material contains pictures of exercise and physical activity of the elderly and simple sentences that complement the pictures, and on the first pages, it states consulting a doctor before exercising, choosing clothes and shoes, and the appropriate place for exercise, then the appropriate distance between eating and It teaches exercise as well as the correct conditions and duration of exercise.

<p>دیسمہ تعالیٰ</p>  <p>دیابت و مصرف دارو</p> 	<p>در صورتی که دارو برای یک وعده فراموش کردی وعده بعدی را دو برابر مصرف نکن</p>  <p>درست غلط</p>	<p>تداخل دارو با الکل و سیگار باعث حالت اغما یا مرگ فرد میشود</p> 
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<p>دارو را همیشه سر وقت مصرف کن</p>  <p>درست غلط</p>	<p>اگر حالت خوب بود سرخود دارویت را قطع نکن.</p> <p>اگر حالت بد شد سرخود مصرف دارو را زیاد نکن</p> <p>در صورتی که از انسولین استفاده میکنید به عکس زیر توجه کنید:</p> 	<p>نحوه مصرف دارو</p> 
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Pamphlet no. 3. Medication use pamphlet. In this pictorial pamphlet, the correct way to take the medicine is explained, and it is emphasized that the patient should not stop taking the medicine on his own, depending on whether the general condition is good or bad. Also, the way to take the medicine according to the doctor's order is illustrated in a picture for the patient's use and understanding.

1. Educational video. In this educational video, a movie of how a patient goes for a blood sugar test from the moment of entering the rural health center to the time of going to the diabetes unit are prepared, which are also shown in spoken form (in local language) at the same time as the movie is played, and the aim is to help the diabetic patient so that in case of referral from the village to the rural health center, the patient to be fully familiar with the process and procedures for conducting tests.