



The Youth Type 2 Diabetes Advocate

Sharing news, events, and research about youth type 2 diabetes

This newsletter has been developed by our team who are working with young people, families, community and health professionals to improve models of care for Aboriginal and Torres Strait Islander young people with type 2 diabetes across northern Australia. It shares important findings and updates, including resources we are co-designing, education workshops and webinars we are offering and key events we are hosting or that are taking place in community. This work sits within the *Diabetes Across the Lifecourse: Northern Australia Partnership*. For more information visit our website: <https://diabeteslifecourse.org.au>

We are working across four main regions: in the NT - the Top End and Central Australia, along with the Kimberley and Far North Queensland. In this third edition of our newsletter, we would like to introduce our team in Far North Queensland. From left to right, Damian Kukulies (Project Coordinator), Namin Garling (Community Liaison Officer) and Masalgi Mills (Community Liaison Officer).



Our social media campaign

We launched our 12-week social media campaign on the 20th of February. This campaign is run for and with young Aboriginal & Torres Strait Islander people and provides information about living with type 2 diabetes. We share video stories from people with lived experiences of type 2 diabetes, youth friendly information about what type 2 diabetes is, healthy tucker recipes and community engagement activities happening across northern Australia.

To support this initiative, please follow, tag us, and like our posts on Facebook, Instagram, and YouTube: [@youth.t2d](https://www.facebook.com/youth.t2d)



Our health professional case study webinar series

Our third and final case study webinar is coming up on **Thursday 27th April @ 12:15-1:15pm ACST**. The topic for this session is "Managing T2D in young adults". For more details and to access our previous two case discussions please visit our website at: [Menzies Youth Type 2 Diabetes Case Study Series](https://www.menzies.edu.au/youth-type-2-diabetes-case-study-series)

We had a fantastic response to the first two case study webinars with:

- Over **315 registered participants** in Australia
- **>100 participants tuning in live** at each session
- Participants tuning in from **New Zealand and Canada**

If you have any questions or would like to be more involved in our project, please contact our relevant staff in your region:

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Findings from Aboriginal Health Workers (AHWs) and Aboriginal Health Practitioners (AHPs)

We have been doing in-depth interviews with AHPs & AHWs across all four regions to find out what works when engaging with & supporting young people who have type 2 diabetes. We're also interested in how AHPs & AHWs can be better supported in their roles.

You've got to build up the rapport with people and the community... you got to know how they live, how many people living in that house. If there's a lot of people there, you know that it's going to be hard to get the right kind of food in that house for them to follow a healthy diet, to have a healthy diet.

Just like sitting, yarning. Then maybe once a week, yarning and... slowly transition into trying to talk about, well because like you know if you go into it and jump into it, they go, no. And I think relationship building is a good thing cause they then become more open about it.

I mean, the more information they get from somebody around their age that they will probably relate to it. Because if you get somebody like me or us talking to them about it, they'll say "Well what's this got to do with me", that sort of thing. Yeah. If we could train younger people who can really explain it, talk to them and use the lingo they use, well I think it'll be more relatable to other kids.

What Aboriginal health practitioners said to us:

Project co-design activities - DiaBEATz music program

Our team in Central Australia have been running a series of workshops with young people, led by local hip hop artist **Karnage**. They have been creating a song and music video resource aimed at reducing diabetes stigma and promoting the message that you can live well with type 2 diabetes! Participants have been busy writing and recording song lyrics. The next step will be to film the music video. Stay tuned for this resource, which we will share on our social media pages and website in the coming weeks!



LJ, a participant from the Top End, shared his story and how long-term complications from diabetes can be a powerful motivator to make positive lifestyle changes and stay strong and healthy.

Resources for health professionals

Video narratives: Young people often tell us that they want to hear about the experiences of other youth in managing type 2 diabetes. To reduce the negative perceptions of a diabetes diagnosis and shift norms and expectations about living with this condition, we have developed a series of videos of young people and community members living with type 2 diabetes sharing their lived experience. These can be used by health professionals to support young people and are available on our website (<https://diabeteslifecourse.org.au/youth-diabetes/youth-diabetes-youth-resources/>). Videos from Aboriginal Health Workers sharing their experiences of supporting young people with type 2 diabetes are also coming soon.



Thanks for your ongoing support!

If you have any questions or would like to be more involved in our project, please contact our relevant staff in your region. (Contact details on the first page).

Opposite: Our team at a meeting in Darwin, March 2023.