

# NEWSLETTER

The DIABETES across the LIFECOURSE: Northern Australia Partnership



## Updates from the Diabetes in Pregnancy team

The Diabetes in Pregnancy team is working in three regions (Central Australia, Far North Queensland, and in the Top End). Our current work is focused on reducing diabetes related risks for Aboriginal and Torres Strait Islander women before, during and after pregnancy. This work has a strong emphasis on working in collaboration with women, communities and health professionals.

Our team in Far North Queensland are engaging with local agencies and health services. They have attended family and community celebrations and events, have organised diabetes education sessions for community members (pictured below), and continue to recruit study participants.



## Diabetes in Pregnancy videos now on our website

Looking after diabetes before, during and after pregnancy can be hard work. Videos have been created to help support women living with GDM or type 2 diabetes to have a healthy pregnancy. These were developed with Aboriginal women across the NT and Torres Strait Islander women in Cairns and the Torres Strait. This work has been led by Dr Matthew Hare, Senior Research Fellow with the Partnership. View the videos at: <https://diabeteslifecourse.org.au/dip-videos>

The Top End team are working with health/community stakeholders to implement activities to support healthier lifestyles. The activities were identified through a year of interviews and workshops; implementation activities include water exercise and health education sessions.

Since the beginning of the year, our Central Australian team have been working to enhance an existing women's group. The team have designed and facilitated interactive sessions (pictured below) related to diabetes, pregnancy, and nutrition.



## Youth Type 2 Diabetes videos also on our website

As part of the Youth Type 2 Diabetes Co-design project, our team worked with young people, families, community, and health professionals to develop a suite of resources that support young people in living well with type 2 diabetes. Check out the videos here: <https://diabeteslifecourse.org.au/resources/videos/videos-youth-type-2/>

## Katherine Youth Team gears up in Darwin

Our enthusiastic Katherine team spent an exciting week in Darwin in February for a comprehensive training session to prepare for their roles as peer facilitators in the 'Doing it Together' project. This project is being led by Dr Angela Titmuss and aims to co-design and pilot peer-support and peer-led diabetes education for youth living with type 2 diabetes in the Big Rivers Region. This is in partnership with Wurli-Wurlinjang Health Service, Katherine West Health Board and NT Health. The training was led by Natasha Freeman, with invaluable support from Sam Moore and Jayde Hopkins of the Menzies-Ramaciotti Centre.

Waylon Murphy, Edwina Murphy, and Jaimee Anderson from Wurli-Wurlinjang also presented at the Preventive Health Conference Australia on 1<sup>st</sup> May, "Building connection and support among young Aboriginal people living with type 2 diabetes". We now also have a Project Coordinator in Katherine, Aiden McDowell, who has already been busy travelling across the region.

Check out the pictures below, featuring (from left to right) Edwina Murphy, Natasha Freeman, Samyia Shark, Waylon Murphy, Sam Moore, and Jayde Hopkins. And Edwina Murphy, Jaimee Anderson, and Waylon Murphy at the conference.



The first peer-led diabetes education session was held in June, with the content and format evolving from co-design.



## Sian Graham speaks at the Baker Heart and Diabetes Institute

On May 30, 2024, Sian Graham, Chair of the Aboriginal and Torres Strait Islander Advisory Group, delivered a powerful presentation at the Baker Heart and Diabetes Institute in Melbourne. Sian shared her personal story about the impacts of the recent referendum, emphasizing the crucial importance of reconciliation now and in the future. She also highlighted her journey in research and discussed ways to create platforms for Aboriginal and Torres Strait Islander people and communities to lead and set priorities in research.

## Recent Publications

Titmuss, A., Korula, S., Wicklow, B. *et al.* Youth-onset Type 2 Diabetes: An Overview of Pathophysiology, Prognosis, Prevention and Management. *Curr Diab Rep.* 2024. 24, 183–195

McLean, A., Maple-Brown, L. & Murphy, H.R. Technology advances in diabetes pregnancy: right technology, right person, right time. *Diabetologia.* 2024

Hawke K, Soong Zheng N, Anderson J, Dharmaputra R, Hogg P, Titmuss A, Sinha A, McLean, and McLean A. Diabetes Complications among Inpatients with Childhood and Young Adult–Onset Type 1 and 2 Diabetes. *Pediatric Diabetes.* 2024, 9926090

Dias T, et al. (2024) Supporting healthy lifestyles for First Nations women and communities through co-design: Lessons and early findings from remote Northern Australia. *Frontiers in Clinical Diabetes and Healthcare.* 24 Apr 2024; 5