



# 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, communities, 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, along with 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:

[www.diabeteslifecourse.org.au](http://www.diabeteslifecourse.org.au)

We have been working across four main regions: in the NT - the Top End and Central Australia, the Kimberley and Far North Queensland. In this fourth edition of our newsletter, we would like to introduce our team in the Top End. Top right: Jade Morris (Community Liaison Officer), left: Marylin Carino (Project Coordinator) and bottom right: Peggy Tom (Community Liaison Officer).



## DiaBEATz music program

The Central Australian team held a series of workshops with young people, led by hip hop artist *Karnage*, who together became known as the "DiaBEATz crew". This group created a song and music video to address diabetes stigma and promote the message that you can live well with type 2 diabetes.



Young people who attended filming of the 'Make a Change' music video at Claypans, July 2023



Make a Change music video is available here:  
[DiaBEATz - Make a Change](#)

Watch out for this music video on tv and radio over the coming weeks and months!

## Parliamentary Inquiry into Diabetes

The *Diabetes Across the Lifecourse: Northern Australia Partnership* recently made a submission to the Parliamentary Inquiry into Diabetes. Our submission focused on three priority areas: raising public and community awareness of diabetes; addressing the social determinants of health and a need for cross-sectoral collaboration; and access to high quality care. It included a video, aligning with the written submission. Both can be accessed on our website: [www.diabeteslifecourse.org.au/research-highlights](http://www.diabeteslifecourse.org.au/research-highlights)

## Findings from interviews with community members supporting young people with type 2 diabetes:

Across all regions, we have undertaken a total of 25 in-depth interviews with community members. The aim was to learn how they support and engage with young people with type 2 diabetes, as well as to draw on their own lived experiences with type 2 diabetes (where applicable). These findings have informed the development of resources (listed below) and will make important contributions to enhancing models of care and our ongoing advocacy work.

### What community members said to us:

"Always try to use their strengths to empower them, you know, to make them feel stronger and prouder, you know, and find out where they feel safe."

"Speaking to people who were diabetic and could identify with my situation. They're probably the best people you could speak with. People that have been dealing with this stuff for years."

"Young people also love seeing in terms of like videos or messages, love seeing themselves or people like them."

"You want to get to where the kids are and if you're looking specifically at Aboriginal and Torres Strait Islander boys, it's a pretty high participation rate in sport... I think with teenagers you just want to make it normal, don't you, because you don't want to be different."

## Educational resources developed in partnership with young people, community members and health professionals:

- ✓ **Video narratives from young people:** Many young people want to hear other young people's experiences of managing type 2 diabetes. We have developed a series of video narratives to share these stories and reduce diabetes shame and stigma. We recommend health professionals share these with youth and their families.
- ✓ **Video narratives from Aboriginal and Torres Strait health workers and practitioners:** The Aboriginal and Torres Strait Islander health workforce provide crucial support to young people on their diabetes journey. These videos capture their experiences and advice for supporting young people with type 2 diabetes.
- ✓ **Educational animations:** Many participants highlighted the need to develop youth-friendly and culturally appropriate resources to improve understandings of type 2 diabetes, how it affects the body and the different treatment options. Our Far-North Queensland team has worked with youth to co-design short animations to support young people newly diagnosed with type 2 diabetes.

These resources are available on our website: [Videos - Youth Type 2](#)

- ❖ Stay tuned for more educational videos to support health professionals, including diabetes analogy animations, coming soon!

## Project Summary Infographic

A summary of our project highlights, including our co-design outputs and key learnings, can be found in the one-page infographic coming soon.

## Diabetes Symposium – 3<sup>rd</sup> Nov 2023

This year's symposium will be held in Darwin with the theme: Diabetes and Mental Health: "Strong Minds & Healthy Futures"

## Health Professional Survey (NT only)

Watch your inbox for the next instalment of our health professional survey – looking at knowledge and confidence in managing youth type 2 diabetes.

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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