



The Youth Type 2 Diabetes Advocate

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

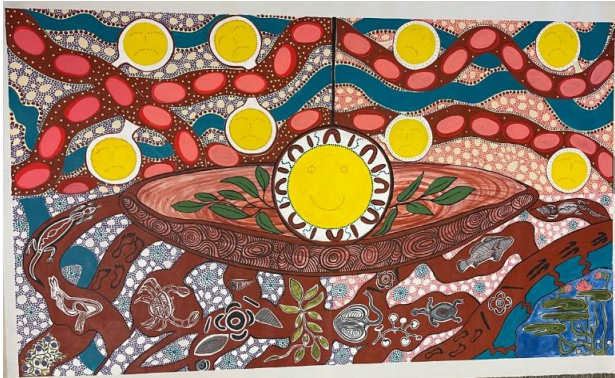
This newsletter has been developed by our team who are working with young people, families, community and health professionals to improve models of care for Aboriginal and Torres Strait Islander young people with type 2 diabetes across northern Australia. It shares important findings and updates, including 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 second edition of our newsletter, we would like to introduce our team in the Kimberley (left to right):

Sheryl Carter (Community Liaison Officer) and Sue Piggott (Project Coordinator).



The story behind our project logo



Musurie Kutie by Norma Bengher

Our project logo features artwork by Norma Bengher, entitled 'Musurie Kutie'. This painting represents inner health and wellbeing and the importance of balance in life.

Norma explains: "Diabetes is a condition of imbalance and is the opposite to Musurie Kutie for Aboriginal people. The sad faces in the sugar story shows too much glucose in the blood or too little- its imbalance. The center is the happy face that depicts a balanced cycle and is where we should all be. The coolamon represents the work, the research and information transfer. Below is the knowledge we hold as Aboriginal people to maintain Musurie Kutie. It's the answer to good inner health and wellbeing. Lifestyle, exercise healthy eating and our traditional food must come first."

Norma Bengher Chidanpee:

Local Darwin Aboriginal woman Ms. Norma Chidanpee Bengher, born to stolen generation parents Marathiel/Keytej/Murinpatha, and specialises in creating images, in her unique personal style, which enable the translation of information and transfer of biomedical knowledge into stories and cultural messages.



Social media campaign

We are launching a 12-week social media campaign from the 20th of February 2023! This campaign aims to raise awareness about youth type 2 diabetes and develop a peer support-based approach to educating and supporting young people to manage their type 2 diabetes. You can find out more or refer your clients to:



facebook.com/youth.t2d



instagram.com/youth.t2d



youtube.com/@youth.t2d

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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The Kimberley

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NT Diabetes Summit in Alice Springs

In November 2022, the NT Diabetes Summit was held in Alice Springs. This event was a collaborative event between Menzies, NT Health, the NT Primary Health Network, Aboriginal Medical Service Alliance Northern Territory (AMSANT) and the Australian Government's Department of Health and Aged Care. The Summit aimed to develop a roadmap to address the diabetes epidemic in the Territory, with valuable input from key stakeholders including diabetes experts, health professionals and Aboriginal community members. The voices of Aboriginal and Torres Strait Islander people with lived experiences of diabetes was a highlight and included three young people sharing their stories.

"I have a family history of type 2 diabetes; I first saw it in my mum where I had to go to all her appointments that were diabetes related illness. And with that she had four toes' amputated and was put on dialysis four years ago."

"When I was first diagnosed in Term 2 year 7, I was doing well with managing my diabetes. But it was hard when all I could think about was school and making sure I finish my assignments and homework on time making me sometimes forget to take my medications."

What young people said at the Summit:

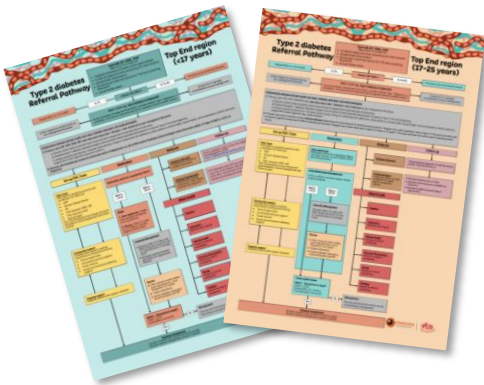
"I will be making changes to my eating routine and making those become healthy habits... I am dedicated and will strongly encourage other young Indigenous women to get out of those unhealthy cycles that they grew up in and help them become the younger generation in their family to break the cycle as well."

Community Day

Prior to the 2-day NT Diabetes Summit our Central Australian team collaborated with local health service, Congress, to organise a community event as an opportunity to give back to community. Community members, health professionals and researchers came together in Alice Springs' town centre to talk about diabetes, reduce feelings of shame and share information about the condition, while also participating in art and craft activities and sharing a BBQ lunch. It was great to have such a strong turn out from school kids!



Shiree Mack (Menzies), Sabella Turner (Congress), and Mark Lockyer (Congress) at the Community Day



Resources for Health Professionals

In collaboration with health professionals across the NT, the NT Diabetes Clinical Network and Menzies School of Health Research have developed screening, management and referral pathways tools. These tools support health professionals working with young people at risk of type 2 diabetes. Find these resources and more on our website at:

<https://diabeteslifecourse.org.au/youth-diabetes/health-professional-resources/>. Our teams are working with health professionals in FNQ and the Kimberley to adapt these tools to local contexts. We anticipate they will be complete and ready for distribution later in the year.

Our health professional webinar series

Our 10-part webinar series on youth type 2 diabetes has finished up. Don't worry if you missed out, recordings of these are still all available on our website at: <https://diabeteslifecourse.org.au/webinar-series> We had an incredible response to this webinar series with:

- **880 registered participants**
- Most viewed webinar: 'What is Youth Onset Type 2 Diabetes' by Dr Titmuss
- Participants tuning in from: **across Australia, as well as from Timor Leste, New Zealand, Canada, Fiji, Indonesia, and Malaysia**

Case study series: Join us for a 3-part case discussion about type 2

diabetes in children, adolescents & young adults with a panel of clinicians and experts. Starting Thurs, 23rd Feb. Register to receive further information and updates at: <https://www.stickytickets.com.au/GIMHY>

"I thought the format of the presentation, questions and case studies was fantastic."

"New knowledge! Speakers were informative and the data used was relevant and useful to understand the complexity of T2D in children."

Feedback from health professionals: