

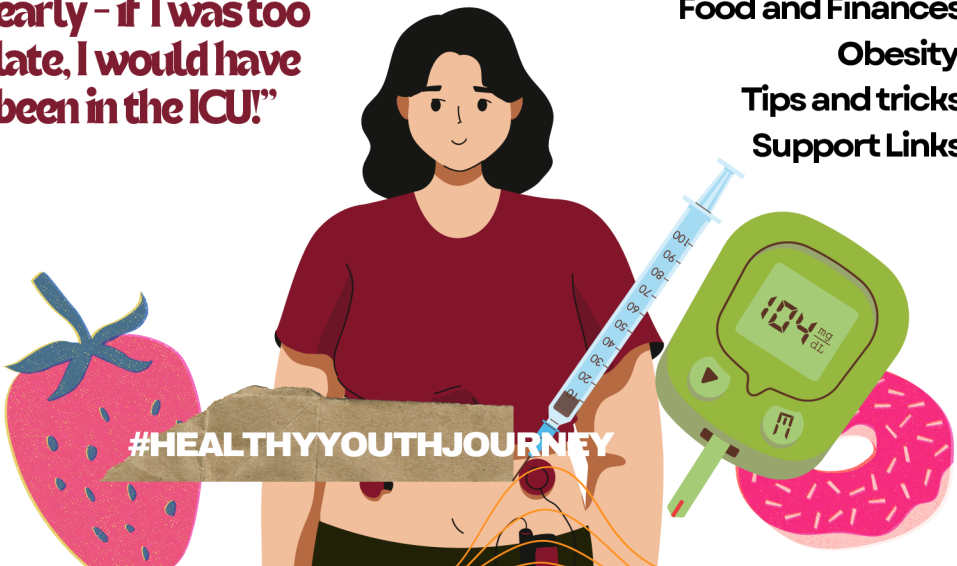
YOUR HEALTH, YOUR RULES

2021

Diabetes & Healthy Living

"I was very lucky I had it diagnosed early - if I was too late, I would have been in the ICU!"

Young People's Experiences
Understanding Diabetes
Food and Finances
Obesity
Tips and tricks
Support Links



**HOW TO BE THE HEALTHIEST
VERSION OF YOU...**

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**B Bromley
by Bow
Health**

About us

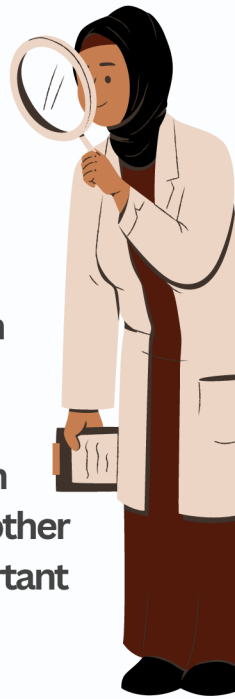
Hi!

We are Madiha, Abida, Anisa and Adam, students on summer placement at Bromley by Bow Health. The Bromley by Bow summer research project aims to empower young people to develop their own health campaigns aimed towards improving outcomes in other young people. It is also an opportunity to gain important skills useful in the working world!

As part of our summer placement we gathered data from young people to better understand their experiences and understandings of diabetes. We created this zine to:

- increase diabetes awareness, enhancing young peoples confidence making healthier choices and reducing the risk of Type 2 Diabetes.
- improve young peoples mental health and inclusivity. Managing diabetes daily can be challenging, and our goal is to provide the support young people need.

We hope you enjoy reading this and learn something useful to you. If you are interested in developing your own campaign contact Bromley by Bow Health! :)



Join the fight to raise awareness



While diabetes is a widespread condition, it often remains a hidden disability that isn't openly discussed. Many young people diagnosed with diabetes feel unsupported and navigate their challenges in isolation.

Raising awareness promotes early detection which could save lives. It also encourages young people to make better lifestyle choices - more on this in the next few pages.

We aim to raise awareness about the seriousness of diabetes. Too often, it is trivialized or made the subject of jokes, which is unfair to those who live with its challenges every day.

Lets break it down...

What is diabetes?

Diabetes is a condition that causes blood sugar levels to become higher than the target range. The most common types are Type 1 and Type 2.

Type 1 Diabetes (T1D)

The immune system mistakenly targets the pancreas, preventing it from making insulin. Without sufficient insulin, blood sugar levels can get dangerously high.

T1D can develop at any age, but is commonly diagnosed in children and young adults. People with T1D administer insulin with each meal to manage their blood sugar levels effectively. Although genetics play a role, the exact cause of T1D remains unclear, and research is ongoing.

Type 2 Diabetes (T2D)

T2D occurs when the body becomes resistant to insulin, even though the pancreas continues to produce it. This leads to high blood sugar levels.

While T2D is more common in older adults, it can also affect younger people, particularly those who are sedentary, have unhealthy eating habits, and are overweight. As obesity rates rise among young people, so too does their risk of developing T2D.



**What is diabetes?
2 minute video guide
by Diabetes UK**



Early detection

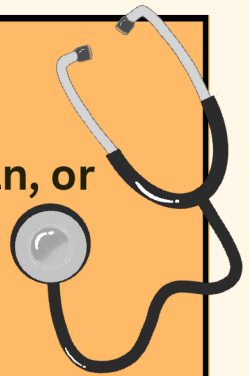
Recognizing symptoms early and reaching out to your GP can help you begin the appropriate treatment promptly.

According to Diabetes UK, 1.2 million people are living with undiagnosed Type 2 diabetes, which can lead to serious health complications over time.

By promoting early detection, we can help more people receive the necessary treatment sooner, leading to healthier, happier lives.

High risk groups:

- **Overweight**
- **South Asian, African-Caribbean, or Black African descent**
- **Men**
- **Family history of diabetes**
- **High blood pressure**



Remember: Be Sugar

**KNOW
THE
SYMPTOMS**

Many people have diabetes without realising because they do not recognise the symptoms.

B - **Blurry vision**

E - **Excessive Thirst**

S - **Slow healing**

U - **Unexplained weight loss**

G - **Going to the toilet often**

A - **Always tired**

R - **Recurrent Infections**



Tips for early detection:

- Routine check ups
- Know family history
- Watch lifestyle
- Use apps or tools to monitor symptoms and risk factors

NHS T1D
Symptoms



NHS T2D
Symptoms



MADIHAS STORY

How early detection saved my life

"I am currently 16 years old, I have been living with Type 1 Diabetes for almost two years now and I wouldn't have been diagnosed if my mum didn't alert the GP about my symptoms.

For a couple of months, I started becoming more thirsty, lost 10kg just by doing nothing as well as going to the toilet more frequently. My mum having Type 2 Diabetes herself noticed these symptoms and she checked my glucose levels on her glucose meter, and they were much higher than the usual range.

I did an emergency blood test and that was when I got diagnosed with Type 1 Diabetes. I was told by the nurses and doctors themselves that I was very lucky I had it diagnosed early - **otherwise if I was too late, I would have been in the ICU!"**



Diabetes and Mental Health

According to Diabetes UK, 40% of people with diabetes struggle with their mental health. Living with diabetes can feel overwhelming, and it's not just about managing blood sugar levels.

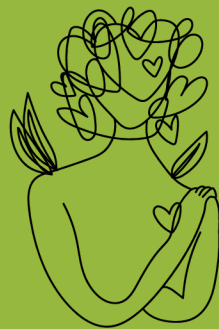
It's important to talk about these challenges, so we can support each other.

Jokes about diabetes can be hurtful. For someone managing the condition, hearing it treated lightly can feel invalidating and isolating. This can take a toll on their mental health, making it even harder to cope with the daily challenges of diabetes. It's important to foster understanding and compassion so everyone can feel supported in their journey.

Supporting loved ones...

Encouraging people living with diabetes to share their experiences, can help reduce anxiety about their condition. When they open up, it fosters a sense of connection and support, making them feel less isolated. This sense of community can empower them to embrace their journey and face challenges more positively.

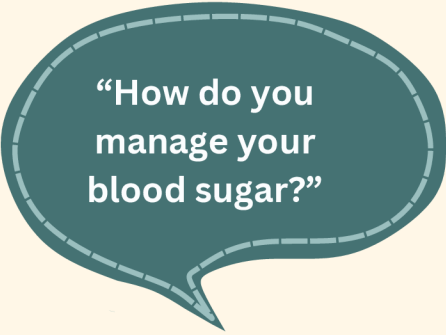
Make sure that they know you are there for them!
People with Diabetes generally feel alone so with the assurance that someone is there for them, they can be put at ease.



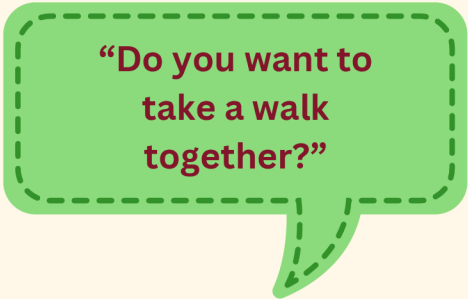
...key tip: always LISTEN!

Remind them to take their insulin/medication. It would be important to learn how to deal with their sugar levels dropping (by giving them some apple juice, jelly babies, a glucose shot, etc.)

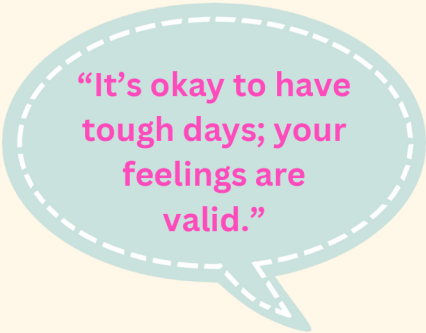
Here are some helpful questions, affirmations and conversation starters:



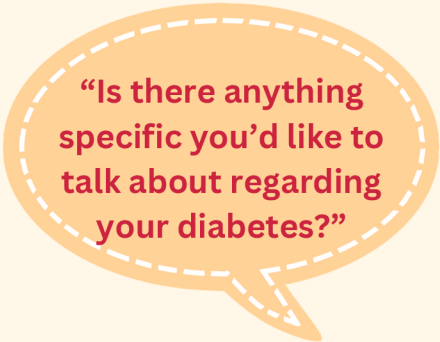
“How do you manage your blood sugar?”



“Do you want to take a walk together?”



“It’s okay to have tough days; your feelings are valid.”



“Is there anything specific you’d like to talk about regarding your diabetes?”

Self-care Tips

Helps lower stress levels, blood pressure and blood sugar levels.

Get active



Relaxation exercises



Do something fun to recharge



Keep a journal or use an app for goals



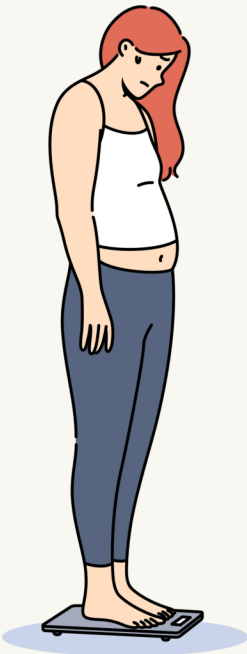
Speak to others & pay attention to your feelings



T2D & Obesity

Did you know that obesity makes you 7 times more likely to get diabetes than the average person?

In the UK, 90% of the population aged 16-54 with type 2 diabetes are obese. This shows that your choices have a significant impact on your life.



If you are significantly overweight, your body cells may become resistant to insulin, leading to higher blood glucose levels. This can result in diabetes if your body struggles to regulate these levels effectively.

Cost of Food



Our survey revealed that 65.9% of young people struggle to maintain a healthy diet due to the time required for meal preparation, which may lead them to opt for junk food. This type of food is often high in calories and can contribute to obesity, increasing the risk of developing type 2 diabetes. According to ResearchGate, 11% of people aged 15-19 in Tower Hamlets consume fast food at least once a week.

Cost, taste, nutritional value. Which one do YOU care about?

People living in disadvantaged areas tend to consume more fast food. This is likely due to the affordability and convenience of fast food—it requires no cooking time and is typically easier to find than healthier options. Our recent survey in Bromley by Bow supports this trend, indicating that 60% of respondents prefer fast food for its cost and taste.

Have you noticed this in your own community?
Observe the number of fast food outlets compared to healthy restaurants in your area.

Healthy Eating

Some of the reasons young people skip meals, can you relate?

Feeling stressed or anxious

Financial constraints

Dietary restrictions or preferences

Skipping meals as a habit

Lack of time

Not feeling hungry

Trying to lose weight

Forgetting to eat

Tips

- **Plan Ahead:** Meal prep at start of week to avoid impulse purchases. Allows you to buy what you need in bulk, minimizing food costs.
- **Stay Hydrated:** Sometimes dehydration can suppress appetite. Drink plenty of water throughout the day.
- **Mindful Eating:** Practice mindful eating, slowing down to savor your meals and recognize when you're satisfied to avoid overeating.
- **Start Small:** If you're used to skipping meals, try introducing one meal or snack at a time.

Support Tips



Couch to 5K

A running programme for absolute beginners.



Active 10

Did you know walking briskly, even for 1 minute, counts as exercise?



Digital self-management support for children and young people with T1D

Quick & Delicious: The Perfect Almond and Berry Oats for Busy Mornings! - GoodFood



1. Heat oven to gas 5. Tip 150g oats into heatproof bowl, then pour over 450ml boiling water. Stir well, then stir in 2tsp vanilla and 225ml almond milk.
2. Mash 1 banana, then spread over base of baking dish and stir 185g frozen fruit. Pour over oat mixture and scatter with almonds. Bake for 30-40 mins until fruit juices bubble.