

DAWN NEWS

Diabetes Attitudes Wishes & Needs

and initiatives
around the
world

Awareness | Empowerment | Education | Tools | Research | Partnerships | Policy change

Changing the future for young people with diabetes

Diabetes organisations around the world are ready to act on the alarming international DAWN Youth survey, revealing that young people with diabetes and their families experience low quality of life

Better times are ahead for young people with diabetes, and their families, around the world. DAWN Youth, a global Novo Nordisk initiative in partnership with the two leading international diabetes organisations, the International Society for Paediatric and Adolescent Diabetes (ISPAD) and the International Diabetes Federation (IDF) is ready to act on the alarming findings of the brand-new DAWN Youth Webtalk survey. It's the largest, international survey to date to focus on the lives of young people with diabetes and those who care for them.

DAWN Youth seeks to improve the health and quality of life of young people with diabetes by shedding new light on the opportunities for improving psychosocial support to them and their families.

The DAWN Youth Webtalk survey (Diabetes, Attitudes, Wishes and Needs), was conducted in eight countries and more than 6000 respondents participated.

Depression and anxiety is widespread

The survey shows that at least one-third of young people with diabetes, including their parents, experience low quality of life that create difficulties in managing diabetes. Depression and anxiety is common among young people with diabetes: twenty percent are referred to a psychologist. Particularly, it is diabetes self-management that is a serious challenge for the younger generation.

One-third of the young people believed their blood sugar was rarely, or never under control. Partly, this was attributed to difficulties in managing exercise, diet and monitoring blood-sugar as recommended. Healthcare professionals ascribed the problems with self-management to psychological issues and over- or under-involved parents. Young people especially feel a lack of support in school.

Read more on the DAWN Youth survey page 4



Diabetes is not just about blood sugar levels

Identification of psychological needs improves the treatment of people with diabetes

Monitoring the psychological wellbeing of people with diabetes can help patients cope with diabetes and improve treatment outcomes. Yet, the mental health needs of people with diabetes are often not recognized or systematically evaluated. The ground breaking multinational DAWN MIND study aims to change current practice, including wellbeing as integral part of ongoing diabetes care.

The DAWN MIND (Monitoring of Individual Needs in Diabetes) is a research initiative under the scientific supervision of Professor Frank J. Snoek, the Vrije Universiteit Medical Centre in Amsterdam. Through networking with leading diabetes clinics, DAWN MIND is aiming at

providing a common platform where clinics and practitioners can find innovative and effective ways to provide the psychosocial support patients need and to better implement the International Diabetes Federation's (IDF) Global standard guidelines for psychosocial support.

Implementing only what is agreed upon

According to Frank J. Snoek, healthcare teams generally recognise the importance of addressing patients' psychological needs, but in practice are struggling because they are under time pressure and lack psychological expertise...

Read more about DAWN MIND on page 3

International DAWN Award 2009

Make an impact. Submit your application!

The DAWN Youth Steering Committee is accepting submissions for the DAWN Award 2009. This year, it will commend the work of individuals, associations and non-profit organisations that stimulate and support promising projects and activities that can improve the lives of young people with diabetes and their families.

Do you have a project that addresses one of these 5 key priority areas of the international DAWN Youth initiative? If so, you have an opportunity to win 15,000 EURO to support large scale implementation of your project.

- Improving conditions for children with diabetes in schools
- Increasing psychosocial support for parents and families of young people with diabetes

- The promotion of age-appropriate family-based education and psychosocial support for all young people with diabetes
- Enhancing access to peer support and community-based activities for young people with diabetes
- Encouraging efforts to address the growth in obesity and type 2 diabetes in young people.

Members of the International DAWN Youth Steering Committee will select a winner and 3 top runners.

Entry deadline

Submissions must be received by the DAWN Award panel no later than January 31, 2009. For further information and submission forms, go to dawn youth.com

Page 2

Read about the new DAWN insulin dialogue tool recently launched at the FEND congress in Rome

Page 5

Read about the DAWN Youth web resource tool providing you with inspiration and tools to act on the key topics of DAWN Youth

Page 8

Read about the realism of living with diabetes in the review of 'Nora's Notes' by youth ambassador Dana Lewis



New DAWN insulin dialogue tool launched at 13th Annual FEND Congress

The audience of 185 nurses were alert. A satellite symposium on “New Tools for Changing Diabetes Therapy”, held at the 13th Annual FEND (Federation of European Nurses in Diabetes) Congress 2008 in Rome, was about to kick off.

The symposium was warmly opened with praise from the president for FEND, Anne Marie Felton, who noted that the “DAWN study and its significant findings will have major implications for all institutions providing accredited training programmes to healthcare professionals and policy makers in the speciality of diabetes.”

New patient-centred strategies and practical tools for addressing psychosocial barriers to effective therapy were introduced at the symposium. This included the exciting new DAWN Insulin dialogue tool. Soren Skovlund presented the tool, which is based on a scientifically validated patient questionnaire, developed by Professor Frank Snoek, in the Netherlands. The insulin dialogue tool helps the patient and the care team work together to identify and address the most common psychosocial barriers, preventing timely initiation of insulin therapy.

The insulin dialogue tool

The tool aims to enable patients to make confident treatment choices by minimizing anxiety. It is a practical guide developed to help professionals identify, explore and address patient concerns about starting insulin treatment. Rather than dictating to patients, it recommends an empathetic approach that involves asking open-ended questions and active listening.

With it, practitioners can probe deep-rooted patient concerns and attitudes towards starting insulin therapy; for example, the benefits of insulin, self-blame and health, daily life, social issues, injection issues and the risk of side-effects.

Three elements are included: there is an insulin perception questionnaire guide to help health professionals learn about a patient’s true feelings towards taking insulin; an illustrated guide to help professionals teach patients about the importance of blood sugar control—in a way that will actually make them receptive to the message; finally, there is a dialogue booklet for exploring attitudes towards starting insulin which goes to the heart of patient concerns. In short, it helps explore people’s unspoken fears about starting insulin, such as needle injections or sense of being alone with a disease that can create barriers to compliance.

Validation of the toolkit

The first version of the toolkit has its origin in the DAWN Japan programme, involving more than 5000 diabetes professionals. Next, members of the DAWN international advisory board were involved in the development of the tool, and validation of the assessment instrument was published in international peer review journal in 2008. Studies have been made with the insulin attitude scale, and are included in toolkits in the US, Netherlands, Japan, Taiwan, Serbia, Turkey, Germany.

Were the participants persuaded?

Judging by the enthusiastic questions and comments of the audience after the presentation, people were certainly ready to learn more. And by the end of the FEND congress, 135 diabetes nurses from a variety of countries had signed up to help provide feedback on the tool at their clinic.

Read more and sign up for the tool here: dawnstudy.com



Taiwan takes decisive action to change diabetes

Taiwan is a country of do’ers. It is here that three associations joined forces to take action on changing diabetes care for the better.

The Chinese Taiwanese Diabetes Association (CTDA), Taiwanese Association of Diabetes Educators (TADE) and Formosan Diabetes Care Foundation (FDCF) formed a powerful coalition. They took their first step by conducting a national survey to identify areas of care that needed the greatest attention.

It wasn’t only people with diabetes that participated in the survey: healthcare professionals and policy makers were included as well. Unsurprisingly, the findings showed a clear need to address the psychosocial dimension of care.

Swift action

The group quickly developed a comprehensive plan of action. The goal: to change diabetes care — so that in the future people with diabetes can receive better medical care and enjoy a healthy life physically, psychologically, and socially.

They undertook several programs to accomplish this including a public awareness campaign and several programmes for enlisting the support of healthcare professionals and educators, preventing or delaying the onset of diabetes, reducing preventable diabetic complications and improving the quality of life of people with diabetes.

Overcoming barriers from the start

One of the most ambitious programmes they initiated was the START programme (Start Treating A1C > 9 to a Real-time Target). It was designed to help them to learn more about individuals’ perceptions of insulin therapy and what keeps them away from insulin treatment.

The new DAWN Insulin dialogue Tool was deployed to evaluate patient perceptions and attitudes towards starting insulin therapy. The tool will help practitioners explore patient deep concerns and attitudes towards treatment, such as fear of needles, which may prevent them from effectively managing their diabetes.

Sharing knowledge

Based on what they learned, lectures were held to clarify myths about the worsening state of diabetes care and to share experiences from peers, healthcare professionals and included education on ways to improve compliance.

Forums were held to educate health authorities and policy makers about the need for a more inclusive, psychosocial approach to diabetes care. There was also a drive on college campuses to generate awareness and involvement among young people. But this is only the beginning. Efforts will be monitored and progress measured to assure all goals are met.

Experience the enthusiasm and dedication of this group yourself. Visit their website, also in English, at changingdiabetes.tw

Putting People Centre-Stage

New tool can help teams improve their care for people with diabetes

Diabetes healthcare teams who are keen to improve their self-management support systems and service delivery now have a new tool to help them reach their goal. The PCRS tool helps benchmark the teams own results and facilitates the ongoing process of enhancing the team’s care for people with diabetes.

PCRS (Assessment of Primary Care Resources and Supports for Chronic Disease Self-management) has been developed by the Diabetes Initiative and is intended to inspire positive change. It can be downloaded with full instructions from the website of the Diabetes Initiative. An online PCRS is in development to facilitate use and dissemination.

Dual focus

The new tool has a dual focus. It addresses patient support at the “micro-level” and what can be

done to help patients better manage their diabetes. Secondly, it focuses on the organisational support at the “macro-level” and what characterises the organisation and its delivery of self-management services.

Positive results

PCRS takes a new approach to self-management education. Results from sites across the USA under the Quality Allies learning community show that the use of PCRS has improved scores (and, by inference, service delivery) over time. The DAWN programme is working together with the Diabetes Initiative aiming for the development of an international version of the tool.

Read more on the Diabetes Initiative Website: diabetesinitiative.org

Did you know that:

Majority of diabetes care providers say they lack the skills or resources to offer adequate psychosocial support

Source: DAWN study, 2001

Did you know that:

Poor wellbeing is twice as common in people with diabetes than in the general population

Source: DAWN study, 2001

Did you know that:

More than half of people with diabetes (57%) are very worried about starting on insulin

Source: DAWN study, 2001

Minority support programme highlighted with the DAWN Award

In 2006, the DAWN Award recognized the achievements of Dr Lubna Kerr, who has established a support programme in Scotland for ethnic minorities failing to manage their diabetes in a primary care setting.

Upon receiving the Award, she was congratulated for her persistence and the importance of taking a holistic approach to this issue.

Serving more people with diabetes

Since winning the award parts of the programme have been mainstreamed. The exercise classes have been mainstreamed by the local council exercise company Edinburgh Leisure. The outreach work has been given to the bilingual workers who work for NHS Lothian.

Today, more people than ever are served by the programme. "The cardiovascular clinics in hospital locations have extended to cover patients from all four sites in Edinburgh and," she noted, "other parts of Scotland such as Glasgow are following our example and are setting up similar outreach programmes for ethnic minority patients."

Spreading the word with DAWN

Not content to sit on her laurels, Dr Kerr is overseeing the extension of her model to the larger Scottish community. And she envisions it inspiring the world, which is why she is such a strong advocate for the DAWN initiative.

"The DAWN initiative is fantastic. It seeks out those projects and individuals who are making a difference in their communities. It gives others hope when they hear about what can be done in different parts of the world to reach those people who are at greatest risk of getting diabetes. It is a great effort to spread the word about best practice for people with diabetes", says Dr Kerr.



Diabetes is not just about blood sugar levels

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... "They feel that adding psychosocial care will come at a very high price. They believe they do not have the time, the skills or the financial resources to do it," he says. DAWN MIND helps teams to change that attitude and actually implement what everyone agrees on – that we address the whole person, not only the diabetes.

Enthusiastic responses

DAWN MIND has received enthusiastic responses from both participating centres and patients. People with diabetes appreciate the recognition that living with diabetes can be challenging, especially so, when at the same time experiencing personal stresses. The DAWN MIND monitoring of their wellbeing is conducted every 12 months. Patients complete a computer based questionnaire, which automatically generates scores and summarizes the outcomes. This report is printed and is then used as the basis for a conversation between the patient and the healthcare provider in order to identify problems that need to be acted upon.

A personal DAWN MIND experience

Leonie, a young woman with type 1 diabetes from the Netherlands, participated in the international DAWN MIND project. Her experience confirms the positive impact of integrating psychological needs assessment in routine care. For three years, she avoided medical check-ups, because she felt that the specialist who treated her did not understand that her disease was not just about blood sugar levels. "It was an eye-opener when I started working with a new specialist who also cared about my wellbeing," she says. She is now feeling much better about her treatment and feels recognized and supported.

The future of DAWN MIND

The DAWN MIND project is going to continue. The next step is to launch a DAWN MIND Youth study which will focus on the psychological wellbeing of children and young people with diabetes, as well as their parents. Controlled studies have already demonstrated the positive impact of monitoring and discussing wellbeing with diabetes patients. The next step is implementation in real life.

References:

Pouwer et al, Diabetes Care 2001; 24:1929-35;
De Wit M et al, Diabetes Care 2008; 31: 1521-6
ADA Abstract 2008 on DAWN MIND (Diabetes June)

Read more at dawnmind.com



Does culture make a difference?

New tool works across cultures

A study has found the new DAWN psychosocial assessment tool to be culturally sensitive, making it reliable and relevant to be used by both primary and secondary care providers in different national and cultural settings.

Motivational interaction

The tool is supported by a questionnaire which is

intended to stimulate discussions between healthcare professionals and their patients to highlight problems that may interfere with effective diabetes management.

Real world improvements

The tool was tested across Greece on 400 persons with diabetes. The evaluation shows that the tool

easily can be adapted to different settings and languages and that it effectively identifies psychosocial barriers and improves interaction between patients and their healthcare professional.

The questionnaire has been developed by psychologist Sue Shea. Read more about the tool on dawnstudy.com

Indicators of patient-centred diabetes care?

"What doesn't get measured, doesn't get done", says Dr. Sanjay Kalra, member of the DAWN Youth Advisory board in India.

Many people are implementing excellent patient-centred diabetes care, but if it is not documented who does it well and who does it less well and what the benefits are, funding is unlikely to follow.

Measure – share – improve

This is the rationale behind a new global DAWN effort to develop global indicators and concrete measurement tools for the delivery of patient-centred diabetes care. The initiative targets the needs of patients, health professionals and

policy-makers and seeks to drive improvement in patient focus by measuring status and sharing results and better practices.

Involvement of patient associations

The first global indicator survey to capture national progress was completed in 2008. More than 80 countries provided new information about how their national diabetes strategies are being implemented with or without the involvement of patient associations. The results will be used to

create dialogue and define better practices for improvement where needed. Indicators of the health services and the individual patient level are also being developed and tested to provide concrete tools to drive improvement at these levels as well.

Learn more about the global indicator project for patient-centred care at dawnstudy.com

Did you know that:

Monitoring of wellbeing in outpatients with diabetes as part of the annual review proved feasible across countries, and well accepted by patients and healthcare professionals in the DAWN MIND study.

Source: DAWN Mind study, 2008

Did you know that:

77% of diabetes professionals agree there is a need for better communication in the care team

Source: DAWN study, 2001

Did you know that:

According to the DAWN MIND findings patients with poor glycaemic control had significantly poorer wellbeing and higher diabetes distress scores compared to the rest.

Source: DAWN Mind study, 2008

Changing the future for young people with diabetes

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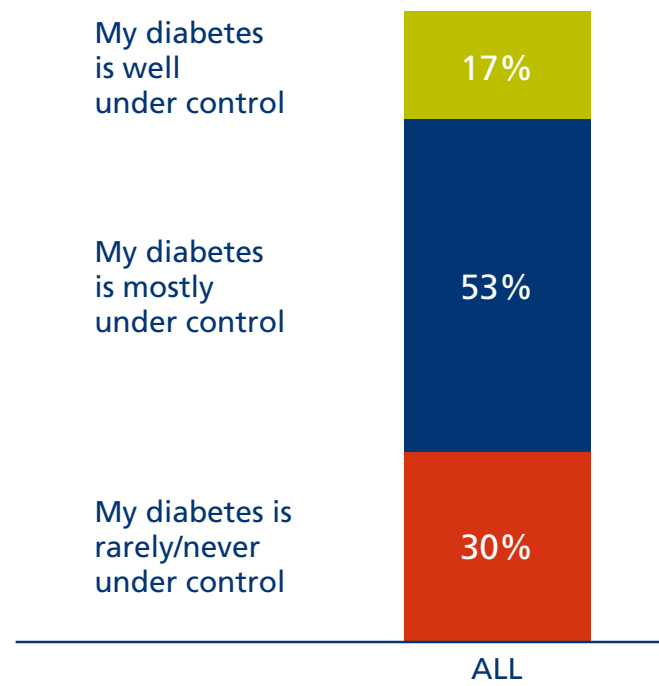
The psychosocial wellbeing of the family

It is important that healthcare professionals start to focus more on the whole person, not only on the diabetes. According to the survey, only one fifth of healthcare providers routinely evaluate the psychosocial needs of their patients and their families. The impact of a child's diabetes on the family should not be overlooked. More than 40 percent of parents had poor wellbeing, and more than 80 percent felt occasionally overwhelmed by their child's diabetes. Overall, providers estimate that they are only able to provide adequate psychosocial support for little more than half of their patients.

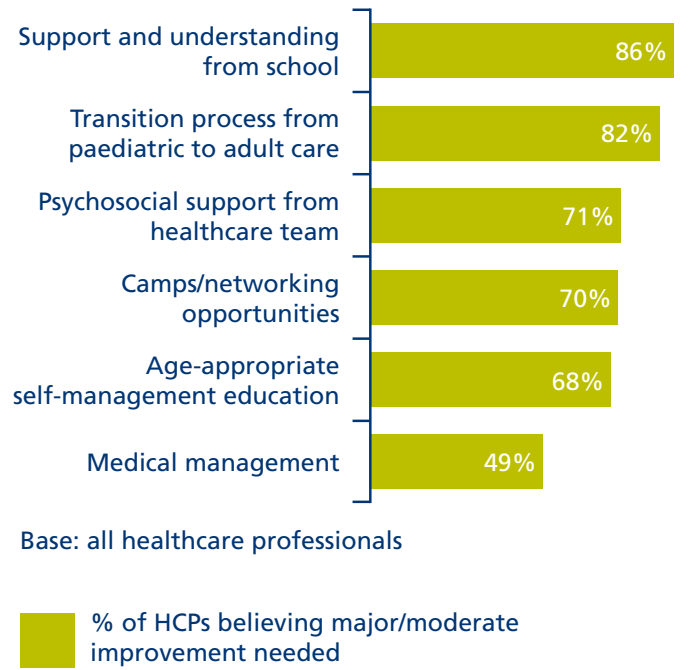
The message is getting through

Policy makers and decision takers are already beginning to pick up the surveys message. "We need to make laws aimed at supporting children with diabetes so that they can lead a life just as healthy children do," said senator Emanuela Baio, a policy-maker in Italy. Lise Kingo, executive vice president at Novo Nordisk stresses that, "Novo Nordisk will continue to raise awareness of childhood diabetes and to give children with diabetes and their parents a voice."

Approx. 30% of young adults felt their diabetes was rarely/never in control and had poor wellbeing



Areas of perceived need for improvement by HCPs



DAWN Youth Webtalk survey, 2007

Kids with diabetes unsafe at school

Nine out of 10 children with diabetes lack support at school

More than half of children with diabetes do not manage their diabetes successfully in school. The kids feel ill, lose their concentration or even suffer from an insulin shock, which can be fatal if not treated on the spot. Still, nine out of 10 children with diabetes cannot rely on a school nurse to assist them with their daily treatment. In case of a diabetes emergency, less than a third can rely on help from a school nurse.

The alarming findings of the DAWN Youth survey were presented at an international media roundtable hosted by Novo Nordisk in Rome in September 2008.

Some children with diabetes may not even make it to school. According to the survey, six out of ten under 18 sometimes missed school because of their disease; many seem to even drop out of school earlier than others.

Stakeholders agree on action

Present at the media roundtable in Rome were a unique host of stakeholders from policy makers, to young people with diabetes and their families, the industry and healthcare professionals.

Catrin Hurtig, Swedish mother of Love (6), described how her son was denied admission to daycare because of his diabetes. The experience

jump-started her efforts to improve the conditions for children with diabetes within the Swedish school system. The ministry has since confirmed that it is the school that carries the responsibility towards children and their need for education. "Because of this, my son now has a personal assistant in school and the school has a much better understanding of Love's condition," said Catrin Hurtig.

Italian senator, Emanuela Baio, gave her political support to strengthening the involvement of both schools and families. She promised to bring the issue to the European Parliament. Representing Novo Nordisk, executive vice president Lise Kingo stressed that she is committed to support the fight for securing equal access to education and a safe school environment for all children with diabetes.

Read more at dawn youth.com



Keeping children safe in Sweden

Before 2006, getting help from teachers was difficult for a child with diabetes in Sweden. Legally, it wasn't required. Since then, the rules have been revised. Changes in the Education Act have led to a redefinition of the responsibilities of schools. Today, if a child with diabetes is not able to take care of themselves while at school the school is obliged to ensure that the relevant resource person, or student assistant, is available. Teachers learn basic support care skills and have the legal protection required to provide it.

Call for change in Japan

Japanese Yogo teachers are responsible for promoting children's psychosocial and physical health. But they may not provide medical help to children with diabetes. Class and Yogo teachers receive limited instruction with regard to students living with diabetes, but they still face problems when supporting children with diabetes. There is a need for further education of Yogo and school teachers. The DAWN Youth survey showed that 50% of the young people surveyed in Japan had experienced being excluded from school activities due to their diabetes.

Did you know that:

4 of 5 healthcare professionals do not routinely evaluate the psychosocial needs of the children with diabetes and their families

Source: DAWN Youth Webtalk survey, 2007

Did you know that:

Only half of parents felt they received adequate information about diabetes when their child was diagnosed

Source: DAWN Youth Webtalk survey, 2007

Did you know that:

More than a third of children and young people with diabetes feel their diabetes limits their social relations and friendships

Source: DAWN Youth Webtalk survey, 2007

New DAWN Youth web resource tool to be launched online

When you want information about health, pretty much everyone goes online, even professionals. But even if you click onto Dr Google, it can be hard to find information that sheds light on the rapidly evolving psychosocial issues uncovered by the DAWN Youth Survey.

That problem is about to be resolved with the DAWN Youth Web Resource tool being launched in January 2009.

Five sources of inspiration

To make it easier for people to learn and take action on the findings from the survey, the internet-based forum will give professionals and people with diabetes and others interested in diabetes access to a unique knowledge base about young people with diabetes. It will provide a rich toolbox of resources of each of the key topics covered in the survey to help guide action and make it easy to change the future of diabetes. The areas will include: schools and community, healthcare system and professionals, family and parent support, peer support and networking and obesity and type 2 diabetes.

Schools and Community

Diabetes care in the school setting is necessary for a child's safety, long-term wellbeing, and academic performance. Yet schools often do not have staff or teachers knowledgeable about diabetes or trained to support children with diabetes. This section will raise awareness about the issue, and provide information and guidelines to help schools deliver qualified support to children. It will be an area for sharing best practices from around the world and promoting strong advocacy for change.

Healthcare System and Professionals

There is a compelling need to help healthcare professionals learn how they can improve diabetic care. After all, new research and improved ways to provide self-management education and family-centred support are constantly being developed so professionals need to review and update their knowledge. That's the intent of this section. Professionals will be able to access the latest research, training programmes, practices, tools – such as the dialogue tools (see back page) emerging around the world.

Family and Parent Support

As the DAWN Youth survey has shown, diabetes does not only affect the child. The whole family has to be considered. Parents are hungry for information about how to treat, for example, a rebellious teenager who isn't following his regimen. How do you deal with siblings who may be feeling like they aren't getting enough attention? This section is dedicated to addressing these concerns and sharing the experience of others.

Peer Support and Networking

People will also be able to visit the site to share experiences and submit articles or descriptions of projects to inspire others. To encourage networking, links to the local Novo Nordisk

affiliates will be included so that contact with contributors can be made. Also, information about organizing psychosocial support activities at camps for young people with diabetes and their families will be available here, with practical examples of how to take action.

Obesity and Type 2 Diabetes

Because more and more young people eat too much and move too little, the world is now in the throes of a type 2 diabetes pandemic that has spilled over into the childhood years. Unknown to many, being overweight and especially the accumulation of fat around the waist can cause insulin resistance and is the primary risk factor for type 2 diabetes. This section of the site will provide a resource of materials and tools to improve awareness about this growing problem.

As Lene Povlsen, a contributor to the site and Senior Lecturer at the Nordic School of Public Health in Sweden and consultant to the DAWN Youth programme, said, "while the forum is mostly intended for healthcare professionals, it will also be a knowledge sharing resource for young people with diabetes and their families, policy makers, teachers and just about anyone interested in making a change for the better."

Read more on dawn youth.com



Pernille Christoffersen, Denmark

Being diagnosed at the age of 11 Pernille felt she became an adult from one day to another. "It was my disease and my life. I might as well take responsibility," she says. So from day one she has been managing her diabetes herself – with some help from her parents in the beginning, of course.

But it has not always been that easy for her. "I have had times where the thought of having to measure blood sugar, take insulin and always take good care of myself the rest of my life almost seemed unbearable. No matter how hard I tried, my tests just weren't good enough. There is more to effectively managing diabetes than taking your insulin on time," Pernille says.

Today she is studying to become a nurse, and in her capacity as DAWN Youth ambassador for Denmark, Pernille hopes that further light will be drawn to the knowledge and understanding of diabetes among young people with diabetes.

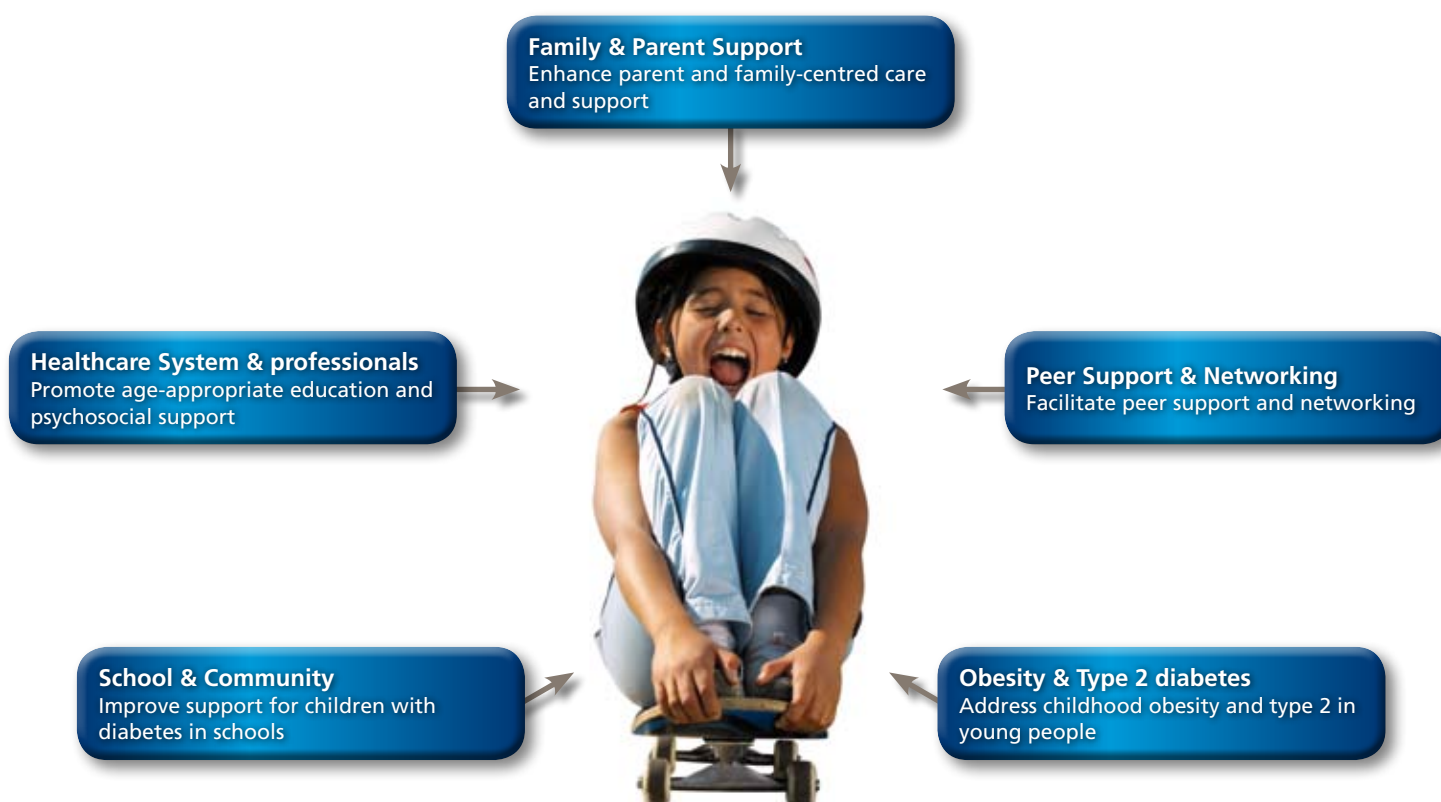


Martin Salkow, South Africa

Do not tell Martin that there is anything he cannot do because of his diabetes. Because he can even climb mountains. But things were a little different when he was a child – he felt angry and embarrassed about his diabetes. Nobody seemed to understand him.

"As a child it felt like nobody was taking the psychological impact that the diabetes was having on me into account," Martin says. Today, Martin chooses not to see himself as a victim of his condition. "I think one should take responsibility for one's own condition, and be pro-active and enthusiastic about managing it," he says, unequivocally.

As a DAWN Youth Ambassador, he has formed the organisation "For Youth With Diabetes" in South Africa in response to the needs of children and young people with diabetes, and to assist in preventing diabetes through a healthier lifestyle.



The figure will act as the main page when entering the web resource tool addressing the five key focus areas of DAWN Youth. Reading about each of the five key topics can help you identify the areas in which your centre is doing well and areas where you may have gaps and could benefit from additional knowledge and inspiration. The aim of the web resource tool is to facilitate that paediatric diabetes centres worldwide can provide high quality psychosocial support for children and young people with diabetes and their families according to local resources and needs worldwide.

Did you know that:

Specific legislation and national policies to secure equal rights and adequate support for children and young people with diabetes is critically needed

Source: DAWN Youth Webtalk survey, 2007

Did you know that:

One in 6 young people with diabetes have nobody to turn to in school if they needed help to manage their diabetes

Source: DAWN Youth Webtalk survey, 2007

Did you know that:

Diabetes is different for children – it is time for change.... Join us in changing the future of diabetes

DAWN in action around the world



The DAWN philosophy is being brought into action worldwide and this visual will allow you to grasp some of the global activities focusing on psychosocial issues faced by people with diabetes. It is important to get the word out globally in order to inspire and share the knowledge each initiative has developed.

Spain

The "Fundación para la Diabetes" has designed teaching materials on diabetes and the management of emergency situations at home and at school. It also runs psychology and diabetes workshops in order to provide support to the parents of young people with diabetes, many of whom have difficulties coping with their child's condition. Parents also have access to a Spanish-language website which includes sections that deal with psychological wellbeing and school-related issues.
fundaciondiabetes.org



USA

The DAWN Youth team is working to complement a number of existing programs in the US. Among other projects supported "Safe at School", an initiative by the American Diabetes Association (ADA). The project offers advocacy training for school nurses, school policy makers, educators, parents and other advocates on the challenges and strategies in school diabetes care.

Mexico

DAWN is mobilizing communities in diabetes via grass root peer education. The peer approach encourages communication between people with diabetes, their families, and communities. It also validates the expertise that people can share. Peer education identifies community resources. Participants find peer education empowering and motivating.

Brazil

As a response to the data of the DAWN Youth survey, a series of initiatives are being taken: educational materials targeted at schools and health are being developed, network creation amongst young people with diabetes is being stimulated and a knowledge base of psychosocial issues is being expanded in an upcoming national survey.



The Netherlands

In the Netherlands, Young Voices are young people with diabetes who are engaged in sharing their own experiences and learning from others with the same condition. Young Voices has 16 members, aged between 15 and 30 years, who have undertaken a range of activities aimed at inspiring their peers with diabetes – publishing articles, undergoing media training, and giving talks and interviews about living with diabetes and how they have learnt to cope. The Young Voices website is a forum for information and advice, and a source of emotional support for others.
changingdiabetes.nl/youngvoices

Germany

On July 3, 2008, 700 young people with diabetes aged 16 to 25 from Austria, Switzerland and Germany rolled into My Camp-D. Surrounded by friends at the camp young people with diabetes met others like themselves. Workshops were held on subjects like managing diabetes and sex education. The camp rocked with disco and dancing, beach volley and kick-boxing for those who dared. Even a panel of German athletes with diabetes shared their experiences. What an unforgettable way to bolster the self-confidence of so many young stars.
my-campd.de



Africa

A project investigated how people in urban Tanzania with type 2 diabetes cope with the illness in a poor environment where access to and availability of the means to control diabetes are limited. It showed that the advice offered at public diabetes clinics on stable diabetes management was not possible for most people with diabetes to live up to.

South Africa

DAWN Youth in South Africa has addressed the daily problems of children and adolescents by surveying 27 young people with type 1 diabetes aged between 12 and 18 years. The survey revealed a series of psychosocial challenges – from lack of sensitivity to the problems faced by young people with diabetes to problems with self-management and conflicts within families.



Italy

According to a historic agreement between DAWN and Italy's Ministry of Health, DAWN and MAKNO (Market research on the needs of people with diabetes) will map the quality of life of people with diabetes. The information will be gathered via interviewing people with diabetes, doctors and medical specialists. Another element in the agreement is the education of patient association members.

dawnstudyitaly.com

Poland

An evaluation shows that doctors are appreciating the Polish DAWN "Psychodiabetological Kit". The kit consists of several short self-evaluation methods to be used during routine medical appointments. Doctors find the kit supplements the clinical diagnosis well and helps inform and educate people with diabetes about psychological mechanisms.

Ukraine

Ukraine is changing diabetes with positive psychology. In the Ukraine, NovoClubs for diabetes doctors and nurses are applying the principles of positive psychology to achieve the DAWN vision and improve psychosocial support for people with diabetes. Positive psychology gives people with diabetes and their families powerful skills for resolving conflicts. Taking a positive approach can be life-saving.

Turkey

A published DAWN Study in Turkey, Istanbul, using the ITAS questionnaire (Barriers to Insulin Therapy) shows that psychological barriers to starting insulin therapy are common in people with diabetes in Turkey and are greater in people with depressive symptoms. The study also shows that patient's concerns about insulin in Turkey have many commonalities with those in other countries, such as Germany, US and Japan.

Japan

Through the DAWN Youth survey, the process of searching for a job was revealed as a source of anxiety for young people with diabetes, particularly relating to the perceptions of diabetes among potential employers. Young people also reported concerns and uncertainty over their eligibility for health insurance in future years.

dawnstudy.jp

China

As part of the NovoCare initiatives in China, the key role of the NovoCare Patient Education Programme is to increase the awareness and knowledge of diabetes prevention and give patients opportunities to attend systematic and free of charge education lectures on diabetes. Upon knowing about their own disease conditions, patients' life quality will be improved through better cooperation with doctors.

Israel

In order to remove barriers for taking insulin among people with type 2 diabetes, the DAWN team recruited the very popular actor Dudu Topaz. Topaz himself has had diabetes for 20 years and has been injecting for the last 10 years. The campaign resonated in the media and the response from doctors and patients has been very positive. One person even said that Dudu Topaz made it "macho" to inject insulin.

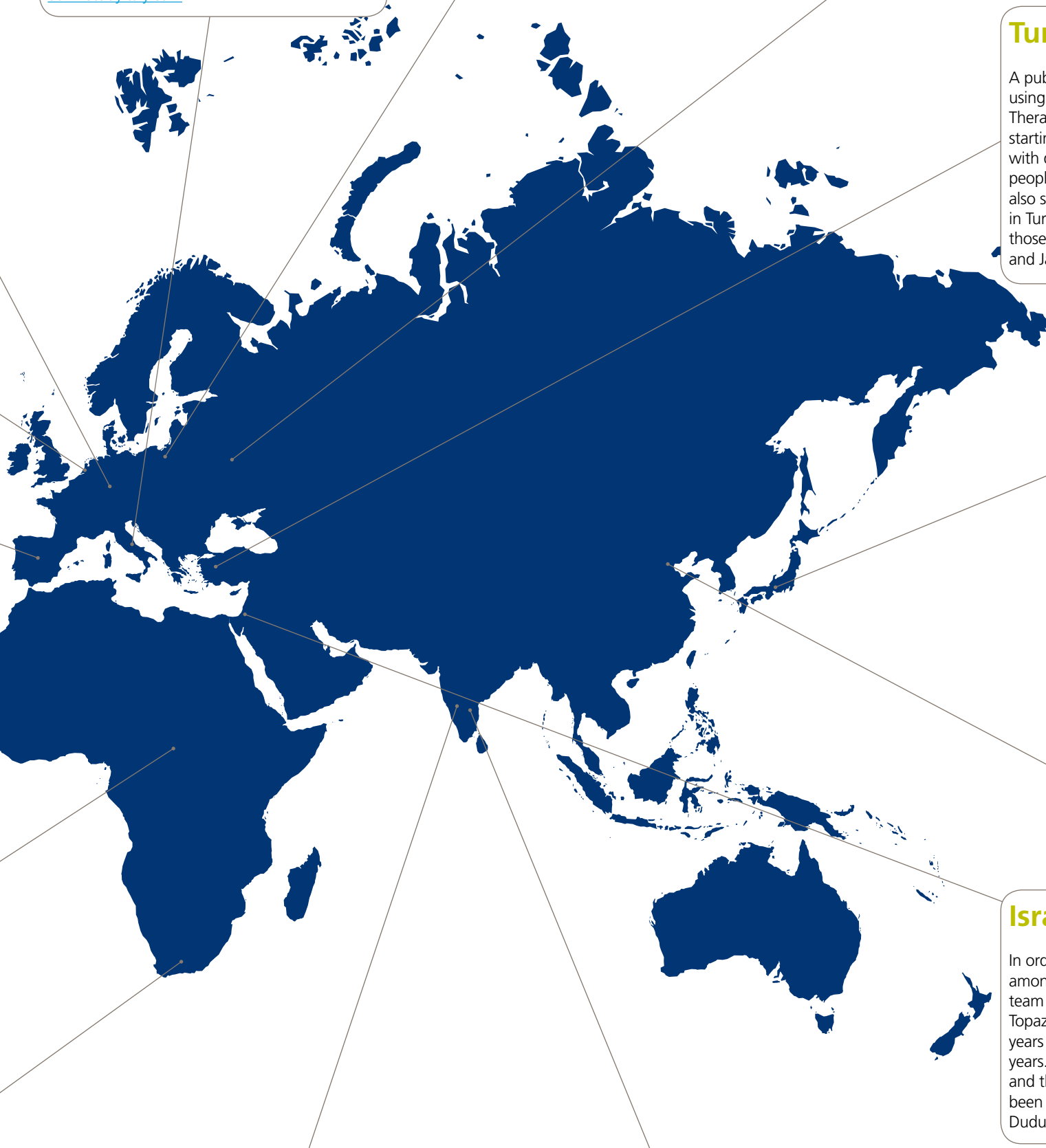


India

The ambition of the DAWN team in India is to turn India into the diabetes care capital of the world. Initiatives range from the "Changing Diabetes bus" to mobile diabetes clinics, diabetes camps and fairs. DAWN has also reached the public through TV, radio and a series of news articles and advertorials in leading magazines. The IMPROVE™ trial is raising awareness about HbA1c testing.

India

DAWN Youth in India was initiated earlier this year. Focus will be on investigating and addressing key issues, challenging myths and misconceptions that hinder positive health behaviour, and promoting improved psychological and medical support for young people with diabetes throughout the country. An upcoming survey will focus on school-related issues and psychosocial challenges.



What is DAWN?

In 2001, Novo Nordisk initiated the DAWN programme, in cooperation with the IDF (International Diabetes Federation). DAWN was founded to improve the health and quality of life of people with diabetes by identifying and overcoming the psychosocial barriers that can prevent people with diabetes from effectively managing their condition.

DAWN began with a study involving 13 countries, 3,800 healthcare professionals and over 5,400 people with diabetes. It was the first and largest study of its kind. The study confirmed that for people with diabetes, the human burden of the condition can erode their ability to accept and manage treatments.

Today, DAWN promotes a patient-centred approach to diabetes care by involving people with diabetes, healthcare professionals, patient organisations, policy- and decision-makers, and other key stakeholders. Better practices are

shared and tangible initiatives are implemented at local, national and international levels in more than 30 countries worldwide.

DAWN Call to action

To improve the health and the quality of life for people with diabetes, we must:

1. Enhance communications between people with diabetes and healthcare providers
2. Promote communication and coordination between healthcare professionals
3. Promote active self-management
4. Reduce barriers to effective therapy
5. Enable better psychological care for people with diabetes

For more information, please go to: dawnstudy.com



What is DAWN Youth?

DAWN Youth is a major global leadership initiative undertaken by Novo Nordisk to understand the attitudes, wishes and needs of young people with or at risk of diabetes, and their families.

The primary objective of this initiative is to facilitate concerted international advocacy, awareness, research and best practice sharing to improve psychosocial support for young people with diabetes and their families in both poor and rich societies.

DAWN Youth is a global partnership developed in collaboration with the IDF and the International Society for Paediatric and Adolescent Diabetes (ISPAD). Its launch coincides with the IDF 'Year of the Child with Diabetes'.

The five key focus areas of DAWN Youth

To improve the health and the quality of life for young people with diabetes, we must:

1. Increase awareness of age-appropriate education and psychosocial diabetes care
2. Support parents and families of children and young people with diabetes
3. Improve support for children with diabetes in schools
4. Facilitate peer support and networking for young people with diabetes
5. Help address childhood obesity and type 2 diabetes in young people

For more information, please go to: dawn youth.com



My generation

A review of Nora's Notes by the DAWN Youth ambassador Dana Lewis



"You just don't understand!" Every adolescent on the planet can relate to that statement.

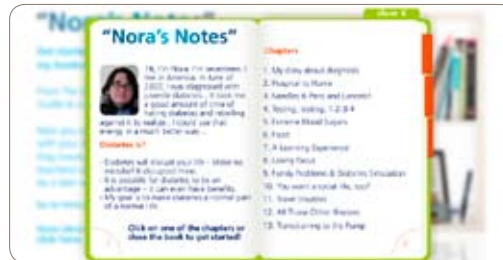
One thing is immediately evident: adults, doctors and others do not really know what it is like to live with diabetes as an adolescent. Where can parents and others go to find a non-medical, young person's point of view? The answer is Nora's Notes, an interactive guide written by a seventeen year old. Nora's Notes is probably the most comprehensive quick introduction to daily life with diabetes. Nora kicks off her Notes with words so gripping you must, literally, flip the page.

Hi, I'm Nora

Nora's Notes are written by a teenager with diabetes who understands daily life with the disease. The Notes are genuine, honest, and frank – which is what any young person or those who care for someone with diabetes should understand. Her writing made me stop and recognize some of the challenges about diabetes I may grumble about but can not clearly verbalize.

Filling a void

The Notes made me realize the large amounts of "gray" for a person with diabetes. It's the most complicated aspect of the disease. The diagnosis is black, your mantra of test, count carbs, give insulin, and repeat is white; everything else is gray and in between. There is no "blame" or "fault" for a high or low blood sugar, but it does need to be dealt with.



This is the point to hammer home. Nora explains the different situations you can face after a new diagnosis: talking to friends and teachers, learning to drive, alcohol and diabetes, and diabetes burnout. She is honest, too. She doesn't use platitudes because they won't help you deal daily with diabetes.

The Diabetes Simulation

When learning to "partner with parents," for example, Nora advises them to try being diabetic themselves for a week or two with the "Diabetes Simulation".

"Your parents should do everything you do: testing and recording their blood sugar, calculating and taking saline injections and so on," she writes.

Hear me

The message to everyone is the same: there is no simple solution – diabetes is not a simple disease.

Parents should especially acknowledge not only the burdens of diabetes care but also the cycle of burnout that can occur.

Nora says it best in the last chapter of the notes: "I'm not going to lie and say that living with diabetes is easy. It's not." Diabetes may kill, but understanding how it affects all parts of your life may prevent it from killing you. Consider the number of seemingly useless facts you learn about your body that will later help you out in a science class.

As Nora writes, diabetes is not a death sentence. It's just a word.

"Nora's Notes" is based on the book by Nora Coon "The Diabetes Game" from Rewarding Health.

Read about the book "The Diabetes Game" on rewardinghealth.net

Access Nora's Notes and read more reviews on dawn youth.com

Quality of Life Dialogue Tool

A new questionnaire can help healthcare professionals better assess the quality of life (QOL) of young people with diabetes during routine consultations. Focus is on symptoms, treatment, social life, leisure, parents and worries and health perceptions, which may be negatively affecting the QOL.

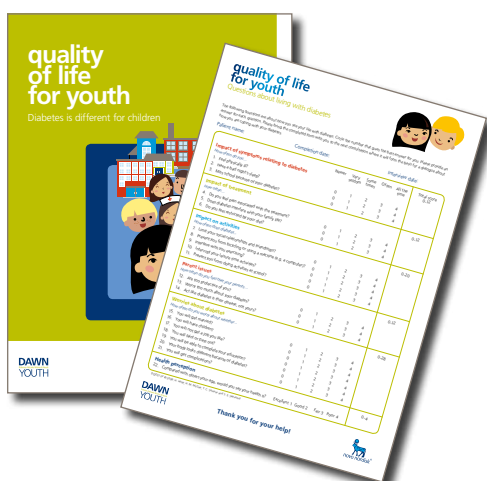
It is vital that clinicians are able to identify such personal issues, which may not be obvious during the clinical consultation. It provides an opportunity for enhanced communication between the patient, family and diabetes care team, and also an opportunity to resolve these negative issues.

The QOL dialogue tool is quick and easy to score and allows for comparisons across countries. Over time, it can monitor changes and individual responses to changes in therapy.

The questionnaire, which is available in many languages, is developed by the Hvidøre Study Group on Childhood Diabetes. It is being used to

implement the evaluation of QOL in diabetes treatment as part of DAWN Youth.

For more information, please go to: dawn youth.com



Children's Circle Dialogue Tool

Focusing on the non-medical issues in the life of a young person with diabetes, the Children's Circle Tool is a new tool made available to healthcare professionals. It is designed to stimulate dialogue between the diabetes support team, young people with diabetes and their families.

Six circles illustrate how the interaction of main areas in the life of a young person with diabetes (the child, their family, their diabetes support team, their school, their local community, their friends and leisure activities and their cultural or local traditions) influence the treatment and wellbeing of the child and the family. Based on this a conversation can reveal potential barriers to effective diabetes management and provide a platform for a discussion of possible measures and available support structure.

The children's circle tool has been developed by Dr Barbara Anderson, a member of the international DAWN Youth Steering Committee as part of the DAWN Youth initiative.

For more information, please go dawn youth.com

