



DPAC DIGEST

2019 FALL ISSUE



dpacMI.org

Have you visited the DPAC website recently? Take a look for updated resources!

SAVE THE DATE

2020 DPAC Forum



Thursday
April 30

*The MTG
Space at
GLAR in
Lansing*

WATCH

Type 1 Diabetes Stigma

Watch this short [video](#) about diabetes stigma produced by My T1D Hero at MSU



RESOURCES

Take Diabetes to Heart

November is National Diabetes Awareness Month. Download the [National Institutes of Health Flyer](#) or use the [Toolkit](#) for ready-made Social Media graphics and posts.



GOVERNOR WHITMER PROCLAIMS NOVEMBER DIABETES AWARENESS MONTH

To recognize the Governor's proclamation, increase awareness of the diabetes and prediabetes burden in Michigan and advocate for best practice guidelines, DPAC has created a *Voices of Michigan* video. This video has DPAC advocacy partners, people living with type 1 or type 2 diabetes and family members impacted by the disease reading the Governor's Proclamation. A link to the *Voices of Michigan* video will be sent to all DPAC members and stakeholders. What can you do to increase awareness? Please be sure to share the video with your partners and the communities you serve.



**Release Date:
Tuesday November 5**

Having Type 1 Diabetes as an Adolescent is Hard

Bree Holtz, PhD, Director, Health and Risk Communication Master Program, Assistant Professor, Department of Advertising & Public Relations and Katharine Mitchell, MA, Doctoral Student, Information & Media, College of Communication Arts & Sciences at Michigan State University

I think that we can all agree that adolescents with type 1 diabetes have it hard. There is a lot to manage, not only their health, but also their normal social and school demands, and not to mention their parents. Many of the adolescents have been diagnosed as children, and because of that, their parents have had to manage the disease for them every day (and every night). As a health communication scholar, I have found that positive communication is key to managing these relationships. With funding from the American Diabetes Association, I, with my team, have developed an app called MyT1DHero, to help bridge those conversations between the adolescent and the parent. Here are some of the lessons learned from the app and my interactions with families that can help us think about changing the communication between adolescents and their parents.

1. The parents will have to trust and talk to their child and help them learn good decision-making skills.
2. While many kids have a pump or CGM that automatically reports blood glucose and trends to the parents' mobile phones, they don't provide tips on how to better communicate with their child.
3. I have been surprised about how many health interventions are out there for children and adolescents, but these don't include the parent in a meaningful way. Much of the research that I have conducted suggests that this is an extremely powerful way to extend the outcomes of an intervention.
4. Parents also need help. They are feeling the stress, burden, and stigma of their child's diagnosis as well. Make sure that they know that self-care is just as important for them as it is for their child.

To read the full article, including links to additional resources, please [click here](#).

2019 National Diabetes Month Resources



#DiabetesMonth

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI), this year's focus is on the link between diabetes and cardiovascular disease. [Download toolkit resources now!](#)

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Meet with a Diabetes Educator and enroll in a [DSMES program](#).
- Manage your A1C, blood pressure, and cholesterol levels.
- Stop smoking or using other tobacco products.
- Develop or maintain healthy lifestyle habits: be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

Learn more about diabetes and cardiovascular disease

[The A1C Test & Diabetes](#)
[Smoking and Your Heart](#)
[High Blood Pressure](#)

[Diabetes, Heart Disease, and Stroke](#)
[Heart-Healthy Lifestyle Changes](#)
[High Blood Cholesterol](#)