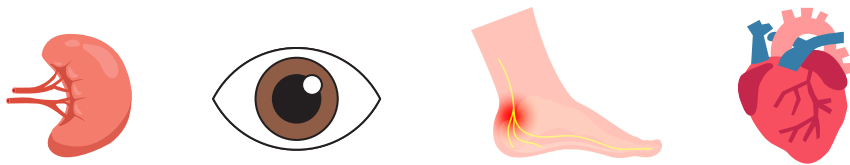


ONION LAKE DIABETES EDUCATION & SCREENING GRADE 8

TYPE 2 DIABETES IN YOUTH IS CONCERNING

↑ More youth being diagnosed

↑ More health complications when diagnosed young



RISK FACTORS THAT MAKE IT MORE LIKELY YOUTH MAY HAVE TYPE 2 DIABETES

First Nations/Indigenous ethnicity

Parent or sibling with type 2 diabetes

Mom had diabetes during pregnancy

Higher body weight

High blood pressure, high cholesterol,
dark patchy skin in neck/groin

WHO WAS INVOLVED IN THE PROJECT?



Onion Lake Health Team
USask Study Team
Eagleview Middle School

All grade 8 students
participated in an
education day.

If consent was received,
they were screened for
prediabetes/diabetes.

ONION LAKE DIABETES EDUCATION & SCREENING GRADE 8

EDUCATION DAY



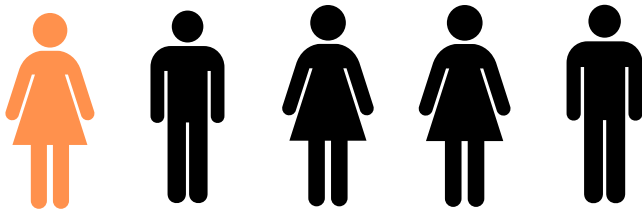
Students learned about diabetes, risk factors, healthy eating, & activity

SCREENING DAY



23 students were screened using dried blood spot test for HbA1c

ONION LAKE RESULTS



1 in 5 positive for diabetes OR prediabetes

Diabetes = HgA1c 6.5% or higher

Pre-Diabetes = HgA1c 6.0 to 6.4%

No diabetes = Under 6%

NEXT STEPS

- ✓ Screen youth and refer them for follow-up
- ✓ Education to increase awareness of risk factors
- ✓ Programs/policies for healthy weight in children/youth (healthy eating, active living initiatives) (prenatal screening, healthy weight gain in pregnancy, breastfeeding)

