



January 2017

The Banting Legacy

Issue #10

FIGHTING DIABETES and PRESERVING A LEGACY



2017 at a Glance

Greater awareness of the Type 2 diabetes threat for youth is essential

Recent research (2013) demonstrates “Type 2 diabetes in youth is more hazardous and lethal than is Type 1 in youth.” Early detection is essential.

Delayed diagnosis can mean cell damage is already in progress. That can hasten the onset and severity of complications.

The number of adults (20 – 79) living with diabetes worldwide at the end of 2015 was 415 million; an increase of 33 million in just 2 years. Another 318 million are living with pre-diabetes. 90% of the cases are Type 2. 70% of Type 2 cases can be prevented or delayed.

Type 2 is escalating also in youth and with a strong correlation to overweight and obesity. So far, the ability to ‘count the children’ living with diabetes remains elusive. Our attempts to help with this began in 2016 but have proven to be daunting.

In 2017, we will try again to find a partner to help us ‘count the children’ within a defined geographic region. We will also expand distribution of our new Type 2 Risk Self-Assessment questionnaire and ‘test’ our new ‘Diabetes Condition’ survey tool.

We will also expand our e-Learning curriculum with new ‘awareness’ short courses for youth and their families.

Inside this issue ...

Banting Legacy Week, Transition Symposium, new exhibits, site progress, recent Canadian initiatives and more.

Upcoming Events ...

Check website for details, or contact 705-435-0111

2016 in Review

Our Mission: Fight Diabetes and Preserve a Legacy

We continued the emphasis on Fight Diabetes with free scheduled School Tours, Group Tours, weekly Diabetes Classes and scheduled hours for general public access at our Diabetes Management and Education Centre (DMEC). Participation in these programs since the launches in April, 2014 now exceeds 5,200 and includes visitors from 8 provinces, 10 US states and 23 countries.

In May, we awarded our second annual Legacy Scholarship to assist a youth living with diabetes to pursue higher education. New exterior information exhibits were installed along the Banting Legacy Trail. Walkers, joggers and families use the Trail daily. Our new Family Day event was held in September.

Lighting was upgraded and heating added to the historic octagonal Drive Shed to extend the useful season for this venue as a gathering place for tours, classes and group meetings. A new exhibit was added as well.



The 3rd Annual Banting Legacy Week in November included Flagraising, Go Blue for Breakfast and 125th birthday party and was well supported by the community, elected officials, the Town Crier, a magician, facepainter and the Base Borden health services team. A new painting by artist David Harrington was unveiled .

The 5th Annual Banting Legacy Transition Symposium continued the focus on transition challenges for youth living with diabetes and related mental health issues that can arise with the onset of diabetes.

In the 4th quarter, we released 2 world ‘firsts’: Our new e-Learning course, *Mental Health and Diabetes in Youth*, and our *Type 2 Diabetes Risk Self-Assessment Questionnaire* for Youth (8 –18). Access both via our website.

Grateful thanks to our donors, volunteers, partners and trades team who, together, made it possible for us to continue our advance.

David Sadleir, President

sadleir@mie.utoronto.ca

Site & Program Access

5116 Sir Frederick Banting Road, Alliston, ON, L9R 1V2

* School and Group Tours: daily by appointment

* General Public exhibits access: every Tuesday 11am – 4pm and 1st & 3rd weekends of the month, Sat 11am – 4pm, Sun 1pm – 4pm

* Walk the Banting Legacy Trail: Daily 7:00 am – 6:00 pm

* Barrier-free access and free parking

Second Annual Banting Legacy Scholarship – 2016



The Scholarship is offered as support for a student, living with diabetes, to advance their career aspirations through higher education.

Shayla Hele, 18, a student at Orillia Secondary School in Orillia, Ontario, was the 2016 winner of the annual Banting Legacy Scholarship. Funded by SFBLF, the scholarship is among those awarded through a very successful program initiated by the Diabetes Hope Foundation (DHF) in 1999 that now has over 500 graduates.

Shayla is an honour roll student who has achieved excellence in academic results. She has made outstanding leadership and creative contributions to extra-curricular activities within her school and community. She is an accomplished athlete. Track and field, badminton and competitive hockey and lacrosse have been her favourite sports.

Shayla uses her achievements to motivate and inspire other young women. Her drive for success is reflected in the management of her diabetes. Since her diagnosis at the age of seven, she has not let diabetes stop her from achieving her dreams. Shayla is attending McMaster University to pursue studies in Life Sciences.

The Directors of SFBLF are very proud to have Shayla Hele as the 2016 winner of the Banting Legacy Scholarship and wish her continued outstanding success.

Celebrating the 125th Birthday Anniversary Year



In honour of the 125th birthday anniversary of Sir Frederick Banting, a 'birthday' flag was signed by visitors to the site throughout the year.

Two world 'firsts' were developed and launched:

(1) The e-Learning course, *Mental Health and Diabetes in Youth*, was released on October 31, 2016. This course was researched and written by SFBLF. An international team of medical experts from Canada, Australia and the

US provided essential review and critique as the course evolved. The Australian Diabetes Educators Association accredited the course for their members.

(2) *Type 2 Diabetes Risk Self-Assessment Questionnaire for Youth (8 – 18)* was released at year-end. Research for the e-Learning course revealed no such tool existed for youth and young adults. With the help of members of the course review team, parents and mid-teen youth this 'awareness' tool now exists. Find it on our web site.

The Annual Banting Legacy Week (November 7 – 12) events included:

- * Flag Raising Ceremony at the site supported by members from Essa, Innisfil, New Tecumseth, Adjala-Tosorontio and Simcoe County Councils, Rory MacKinnon's Bagpipe expertise, Town Crier, Ralph Wilding and community members.
- * Breakfast event in support of the International Diabetes Federation worldwide campaign, 'Healthy Eating', held at The Gibson Centre.



- * Birthday Party at our DMEC, included the 'Big Blue' glucose test for diabetes administered by our Outreach team leader, Pam Barber. Magician, facepainter, New Tecumseth fire truck and a Base Borden health services team added fun and interest for all. A new painting of the historic Banting home in Alliston was unveiled by the artist, David Harrington.



DID YOU KNOW?

Systemic 'disconnects' between the paediatric and adult health care systems can disrupt continuity of care for young adults living with a chronic disease such as diabetes or conditions arising from mental health issues. Youth living with either or both conditions can get 'lost in transition' and sometimes with severe impact on their health and future quality of life.

New Sources join others for funding support



TDCT Alliston

SFBLF hosted a special 'Family Day' event at the DMEC in September to raise awareness of what we do and what we plan to accomplish. Over 100 guests attended. Special thanks to Zehrs for the food and Alliston Lions for the BBQ assistance. Boston Pizza, Alliston held another fundraiser for us. TD CanadaTrust and Scotiabank Alliston branches continued their strong support as did Alliston Lions, Honda, Ontario Trillium Foundation and generous individuals and families.



Scotiabank, Alliston

Eli Lilly Canada, in concert with an anonymous donor, made it possible for us to complete our new e-Learning course. Over 125 gifts were received in 2016. We are very grateful for this strong and diverse community support.

5th Annual Banting Legacy Transition Symposium

This program is focused on the often daunting challenge faced by youth living with diabetes as they move from the paediatric to adult healthcare system. The objective is to raise awareness, share experience and help build capacity in the system to mitigate the problem.

In previous years, we explored the state of the art in Canada (Year 1), in the USA (Year 2) and our region (Year 3). In 2015, (Year 4) we added a focus on the growing issue of comorbid diabetes and mental health issues and agreed to develop an e-Learning course to help health care providers supporting youth from both the diabetes and mental health care areas to gain an enhanced understanding of respective challenges.

Two members of the e-Learning course review team also served as guest speakers at the 2016 Symposium; Dr. Khush Amaria, PhD, C. Psych, Team Lead for the Good 2 Go Transition Program at the Hospital for Sick Children (Toronto) and Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDE, Program Coordinator, Teen and Adolescent Diabetes Program, Kovler Diabetes Center, University of Chicago.



Over 60 attendees participated including parents of youth living with diabetes, teachers, pharmacists, family health teams, paediatric diabetes education centres, physicians, nurses, social workers, dieticians, physical therapists, diabetes educators, representatives from 3 other foundations and the Provincial Council on Maternal and Child Health. SFBLF received several requests from afar

asking us to make this Symposium available via teleconferencing and the Internet. We hope to do so for 2017.

Historic Octagonal Drive Shed

A new exhibit is now on display in the historic Drive Shed using window frames rescued from the Farmhouse restoration in 2012. The exhibit illustrates the 2010 demolition, restoration and end uses for this venue. The frames were restored and the images mounted by Board member, Heidi MacKenzie, and her husband Scott.

Thanks to a joint effort by teams from Simcoe York Electric and The Heating Source, the venue also has new lighting, remote controlled ceiling fan and new heating facilities. New sealed doors are being built by George van der Meer. These additions are part of a small project to adapt the Drive Shed for year-round availability in support of programs as well as group meetings.

New Exterior Exhibits installed

Designs and renderings were completed for new exterior information exhibits. Three new exhibits were installed along the Banting Legacy Trail. The exhibits reinforce the diabetes risk reduction message, the importance of exercise and describe the evolution of the DMEC buildings that are all visible from the Trail.

DID YOU KNOW?

The 5 million deaths worldwide (2015) resulting from diabetes exceeded the total combined deaths for HIV/AIDS, tuberculosis and malaria. The global health expenditure on diabetes and related complications is estimated to be \$673 to \$1,197 billion USD of which more than \$15 billion is spent in Canada.

Responding to the Diabetes Challenge – Recent Canadian Initiatives

SFBLF wish to acknowledge, with grateful thanks, the work of others in the fight against diabetes

Researching Diabetes Complications

Diabetes Action Canada www.diabetesaction.ca [March 2016]

- * A Strategic Patient Oriented Research (SPOR) Network in Diabetes and its Related Complications, part of the Canadian Institutes of Health Research (CIHR) SPOR Program in Chronic Disease.
- * Mission is to transform the health outcomes of people with diabetes and its related complications. It will facilitate important and meaningful connections between patients, their primary healthcare providers, and specialists to improve health care and significant cost savings within the health system.

Improving the Surveillance of Type 2 in Youth

Incidence Trends of Type 2 Diabetes, Medication-Induced Diabetes, and Monogenic Diabetes in Canadian Children

Dr. Shazhan Amed, BC Children's Hospital, samed@cw.bc.ca [October 2016]

- * Will examine national incidence trends in childhood-onset T2D by repeating the CPSP national surveillance study one decade later (2016-2018).

Providing Awareness and Support for Students living with Type 1

Diabetes at School www.diabetesatschool.ca [November 2016]

- * A resource for families, schools and caregivers to help school-aged children with Type 1 diabetes
- * Created by the Canadian Paediatric Society, in partnership with the Canadian Diabetes Association, the Canadian Paediatric Endocrine Group, and a team of health professionals and parents.

Honouring & Remembering

'In Memory' and 'In Honour' gifts celebrate someone who has made a special contribution to your life. We join our donors in recognizing the following 2016 additions to our plaque:

In Memory

- | | |
|--------------------------|-----------------------|
| * Stancil Banting | * Andrej Cerar Darwin |
| * Russell Brown | * Barbara Jean Jacobs |
| * Joseph Patrick Crowley | * Nancy Ann Morin |
| * Audrey Curtis | |



Major Sir Frederick Grant Banting
M.C., K.B.E., MD, LL.D.
Lest We Forget



Please Donate Now – we need your help

We invite you to help us continue and expand our work to Fight Diabetes. Please visit our website at www.bantinglegacy.ca and use our 'Donate Now' link to send an online gift. Cheques payable to the Banting Legacy Foundation can be sent to SFBLF at PO Box 137, Alliston, ON, Canada, L9R 1T9
Charitable Registration No: 80740 6145 RR001

Credits:

- * Photos and text – SFBLF
- * Template design - Susanne Ritchie, Leduc, Alberta
- * Printing



Funded by



An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.