



January 2018

The Banting Legacy

Issue #11

FIGHTING DIABETES and PRESERVING A LEGACY



2017 in Review

Our Mission: Fight Diabetes and Preserve a Legacy

2018 Perspectives

Greater awareness of the Type 2 diabetes threat and improved surveillance for youth remain essential

The number of adults (20 – 79) living with diabetes worldwide at the end of 2017 rose to 425 million; an increase of 10 million in just 2 years. It is estimated that over half of those do not know they have the condition. Another 352 million are living with impaired glucose tolerance and are susceptible to developing diabetes.

90% of the cases are Type 2. 70% of Type 2 cases can be prevented or delayed.

- IDF Diabetes Atlas, 8th edition, Nov 2017

Type 2 in youth continues to increase and with a strong correlation to overweight and obesity. The ability to 'count the children' living with diabetes remains elusive.

We hope our research report, published in September 2017, will encourage others, with greater resources, to re-think their surveillance priorities in 2018.

The #1 Recommendation from the 2017 IDF Diabetes Atlas is to, "*promote high-quality research on diabetes epidemiology*"

Absent effective surveillance data, it is all too easy to 'ignore the problem.'

Inside this issue ...

Transition Symposium, 50+ Years on Insulin Awards; site progress, and more.

Upcoming Events ...

Check website for details, or contact
705-435-0111
kait@bantinglegacy.ca

We continued our 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 our programs since launches began in April, 2014 now exceeds 7,500 and includes visitors from 9 provinces, 17 US states and 40 distinct countries. 6,740 were direct participants and 760 accessed new online tools and courses released in late 2016 and July 2017.

New exterior exercise equipment (primarily for age 13+) was installed along the Banting Legacy Trail. Walkers, joggers and families use the Trail daily. Our 2nd Annual Family Day event was held in September.

A new eLearning course for families and youth, *Understanding Diabetes*, was released in July. Both this course and our *Type 2 Diabetes Risk Self-Assessment Questionnaire for Youth (8-18)* were optimized for access also by mobile devices.



New heat-sealed exterior doors were added to the historic octagonal Drive Shed to extend the useful season for this venue as a gathering place for tours, classes, group meetings and catered events for organizations.

This completed the 2016-17 upgrade project.

Our Summer Intern program featured new research to shine a light on the absence of meaningful surveillance data for youth living with diabetes. Australia, Canada, the UK and the US were the comparator countries.

The 6th 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.

Grateful thanks to our donors, volunteers, partners and trades team who, together, make 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

3rd Annual Banting Legacy Scholarship – 2017



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

Camille Vibert, 17, a student at Twin Lakes Secondary School in Orillia, Ontario, is the 2017 winner of the annual Banting Legacy Scholarship.

Camille is an honour roll student who has achieved excellence in academic results and made outstanding leadership and creative contributions to extra-curricular activities within her school and community. Her achievements include: Junior Female Athlete of the Year and she is a member of the 2016 -17 Women's Ontario Ski Team. Camille will pursue studies in Kinesiology

as her major and aspires to become a lawyer. The Directors of SFBFLF wish Camille continued outstanding success.

6th Annual Banting Legacy Transition Symposium - 2017



This program is focused on the often daunting challenge for 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 2015, (Year 4) we added a focus on the growing prevalence of comorbid diabetes and mental health issues. The theme was reinforced by our 2017 speakers;

- * Karolyn Hardy Brown, MD, Consulting Community Paediatrician and Complex Care Lead, Peterborough Regional Health Centre PDEC, Peterborough, Ontario
- * Ian S. Zenlea, MD, MPH, Physician Lead, Medical Psychiatry Alliance Child & Youth Project, Trillium Health Partners, Mississauga, Ontario
- * Sheryl Parks, MSW, RSW, Clinical Lead and Project Manager, Medical Psychiatry Alliance Child & Youth Project, Trillium Health Partners, Mississauga, Ontario

Sachi Persaud, BA Hons, Summer Intern Program, 2017 Research Project Lead for SFBFLF also provided a brief overview of our Surveillance Data Availability Assessment research report.

Over 60 attendees participated including 8 hospitals, parents of youth living with diabetes, teachers, family health teams, paediatric diabetes education centres, physicians, nurses, social workers, dieticians, physical therapists, diabetes educators, other foundations and the Provincial Council on Maternal and Child Health.

50+ Years on Insulin Awards - 2017

The SFBFLF 50+ years on Insulin Awards are provided to recognize the courage of individuals. In 2017, we used the Annual Symposium event as an opportunity to salute three courageous winners: Melissa Law of Adjala, Ruth Lowe of Alliston and Elizabeth (Beth) Mitchell of Scarborough (l-r). Ruth and Beth are retired teachers and Melissa continues her active career as a diabetes outreach nurse. All three continue to 'give back' to the diabetes community through volunteer work and all exemplify the courage required to not just 'live with diabetes' but to thrive.



Public Events at the DMEC, Banting Homestead Heritage Park



The 2nd Annual 'Family Day' event was held at the DMEC in September to raise awareness of what we do and what we plan to accomplish. In November, Banting Legacy Week events began with the traditional flagraising ceremony. Various 'special' days like Santa Sunday add interest for all visitors.



DID YOU KNOW?

The number of youth (0-19) worldwide living with Type 1 diabetes is now estimated to be 1.1 million

School Tours and New Exercise Equipment



An exercise facility (primarily for 13+) on the Banting Legacy Trail, has been added to the School Tours program and is also used daily by walkers, joggers and families.

In the Spring and Fall terms, over 450 students and teachers from Grades 4 to 12 participated in the School Tours.



They came from Bradford, Brampton, Maple, Mississauga, Richmond Hill and Wasaga Beach.

Donor Recognition

Seven individuals provided gifts of \$1,000 - \$2,500 and one of \$50,000.



MERCK Canada, Honda Canada Foundation (HCF) and the Town of New Tecumseth each provided grants of \$20,000 - \$25,000.

Gifts of \$2,500 - \$5,000 were received from Simcoe County, Rotary Club of Alliston, TD Canada Trust, Pratt Homes

Todd Palmer, Cynthia Grassing of Pratt Homes; Ralph Jones, Kait Perez Diaz, SFBLF



Sheila Goodfellow of HCF with Terry Noseworthy, Art Kovats and Ralph Jones

More than 70 other individuals, families, organizations and business groups provided the support essential for SFBLF to deliver programs and complete projects in 2017. Our sincere thanks to all of our generous supporters.

Board Member Changes

Three long-serving members of the SFBLF team retired in 2017: Maureen Biegel (2006-17), Mike Jerry (2006-17) and Nancy Rugman (2014-17).

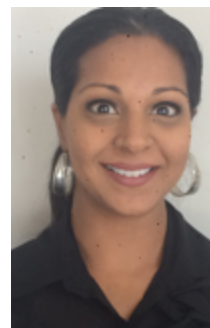
Terry Noseworthy (Barrie), Sachi Persaud (Barrie) and Karolyn Hardy-Brown, MD (Peterborough) joined the SFBLF Board in 2017.

Terry was elected as our new VP at the June AGM and Ralph Jones as Secretary/Treasurer..

Grateful thanks to the retirees for their dedicated service and a warm welcome to our new members.



Terry Noseworthy



Sachi Persaud



Karolyn Hardy-Brown

DID YOU KNOW?

Type 2 diabetes is initially 'invisible', relentlessly progressive and often is not diagnosed early enough. That can mean cell damage is already in progress at time of diagnosis thus increasing the risk for early onset and more aggressive evolution of diabetes-related complications.

Please consider having your children and youth tested for diabetes

'Issues' that motivate SFBLF objectives and programs

- * Type 2 diabetes continues to increase in youth worldwide but the ability to count the number living with the condition continues to be elusive for all.
- * The emerging comorbidity of diabetes and mental illness in youth impacts the essential 'self-management' learning task and brings new challenges for diabetes educators.
- * Systemic disconnects between the paediatric and adult healthcare systems create a challenge to ensure 'continuity of care' for all youth living with either type of diabetes.
- * The mental health comorbidities exacerbate the systemic 'disconnects' and further threaten continuity of care.
- * Just as 70% of Type 2 can be prevented or delayed by healthy eating, modest daily exercise, maintaining a healthy body weight and not smoking, so can complications for those living with either type of diabetes.
- * Universal screening for early detection of Type 2 diabetes is 'too expensive' and potentially 'risky' (mis-diagnosis or 'missed' diagnosis) so, the available practical actions are increased awareness and education along with encouraging youth and their families 'to get tested'.
- * In addition to improved surveillance, more research is needed across the full spectrum of diagnosis, 'self-management' education, treatment and improved transition processes to help identify 'best practices', especially for youth living with Type 2.

Honouring & Remembering

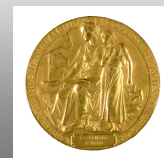
'In Memory' gifts celebrate someone who has made a special contribution to your life.
We join our donors in recognizing the following 2017 additions to our plaque:

In Memory

- | | |
|------------------------------|---------------------------|
| * Laverna Baderglynn | * Aileen Lucas |
| * Florence Banting | * Carly MacKinnon |
| * Madison Fia Louise Banting | * Orma Madill |
| * Marie Banting | * Clara Noseworthy |
| * Doug Burr | * Ralph 'RB' Noseworthy |
| * Dorothy Dodd | * Linda Phelps Noseworthy |
| * Bob Fisher | * Richard Poth |
| * George W. Gordon | * Vela Roberts |
| * Barbara Jean Jacobs | * David Seymour Rodgers |
| * Bob Lazenby | * Thelma Sadleir |



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 RR0001

Credits:

* Photos and text – SFBLF

* Template design - Susanne Ritchie, Leduc, Alberta