



January 2019

The Banting Legacy

Issue #12

FIGHTING DIABETES and PRESERVING A LEGACY



2019 Perspectives

New Initiatives

National Recognition Award Program for Schools

In-school support programs are essential to ensure safety and equity for all students living with Type 1 and Type 2 diabetes.

Our September 2018 research report identified the uneven implementation of such programs across Canada,

To encourage and recognize faster implementation, SFBLF are launching a National Recognition Award program for schools with such programs. The program will open for nominations in Feb 2019.

Youth-onset diabetes awareness and prevention campaign

"Type 2 diabetes in childhood has the potential to become a global public health issue leading to serious health outcomes".

IDF World Diabetes Atlas, 8th ed., Nov 2017

To help raise awareness of the risks for youth-onset Type 2 diabetes, SFBLF are launching a major prevention campaign in 2019. The campaign will focus on youth, families, schools and employers and will target Simcoe County initially, an area in which diabetes prevalence is rising faster than other parts of the Province.

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

2018 in Review

CONTINUED ..

- * Free scheduled School Tours, Group Tours, Diabetes Classes and scheduled hours for general public access at our Diabetes Management and Education Centre (DMEC).
- * 7th Annual Legacy Transition Symposium, Nov 15
- * 50+ years on Insulin Award

Participation in our programs since launches began in April, 2014 now exceeds 8,700 and includes site visitors from 9 provinces, 26 US states and over 40 countries.

ADDED ..

- * Outdoor musical instruments in the picnic area. Together with our outdoor exercise equipment, these add fun for all who use the Banting Legacy Trail.
- * Field trip support for established Summer Day Camps; 4 pilots with over 230 participants from camps run by SM-YMCA and the Museum on the Boyne.
- * Travel Awards for graduate and post-doctoral students pursuing and sharing diabetes-related knowledge..



EXPANDED ..

- * Education Awards increased to 2 scholarships and 6 bursaries
- * Family Day expanded to support the County-wide 'Doors Open' events.
- * Website re-designed

PUBLISHED ..

- * First Canadian national report on *Type 2 in Youth*, Globe & Mail Sept 24,
- * Research report: *In-school Support for Students with Diabetes*, Sept 28.

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

4th Annual SFBLF Education Awards – 2018

SFBLF Education Awards are offered as support for students, living with diabetes, to advance their career aspirations through higher education. In 2018, we expanded the program to include 2 Scholarships and 6 bursaries.

2018 - 19 winners:

Scholarships

- * Harkiran Moondi [Sandalwood Heights SS]
- * Michael Thornton [Monarch Park CI]

Bursaries

- * Brittney Ellsworth [Wellington Heights SS]
- * Tyler Gysbers [Patrick Fogarty CHS]

Bursaries

- * Kiersten Hillman [Bracebridge Muskoka Lakes SS]
- * Darren Mills [John F. Ross CVI]
- * Lauryn Sturge [I. E. Weldon SS]
- * Caitlyn Turner [Huntsville HS]

The Directors of SFBLF wish all of the 2018-19 Award winners continued outstanding success.

7th Annual Banting Legacy Transition Symposium - 2018



speakers [r – l]

- * Amy Hess-Fischl, MS, RDN, Diabetes Education Manager and Program Coordinator, Teen Transition Program, Kovler Diabetes Centre, University of Chicago
- * Sarah Lawrence, MD, FRCPC, Chief, Division of Endocrinology, Children's Hospital of Eastern Ontario
- * Mark Palmert, MD, Ph.D., Associate Chair of Paediatrics (Ambulatory Care), The Hospital for Sick Children.

This program is focused on the challenges 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, we added a focus on the growing prevalence of comorbid diabetes and mental health issues; reinforced it in 2016 and 2017. In 2018, we added a focus on in-school support programs for students living with diabetes.



Over 50 attendees participated representing 10 hospitals and care centres, 5 foundations, service clubs, municipalities, high schools, colleges and parents of youth living with diabetes.

50+ Years on Insulin Awards - 2018

The Symposium provided an opportunity to salute three award winners: all exemplify the courage required to not just 'live with diabetes' but to thrive [l – r]

- * Debbie Godsmen (51+ years on insulin) Keswick
- * Sharon Morrison (56+ years on insulin), Brampton
- * Felicity Gazley (60+ years on insulin), Tottenham



Recognizing our Partners

Kait Perez Diaz, Program Director, SFBLF [left] presents a special tribute to Pam Barber, RN, CDE, CPT. Pam has served as the lead for our partner Diabetes Outreach team since 2013. The Outreach Team delivers classes for adults at our DMEC; a joint group from Stevenson Memorial Hospital/Southlake Regional Health Centre. In addition, Pam has been an unstinting supporter of SFBLF DMEC events over many years; administering blood glucose tests and helping us to spread the word about diabetes prevention.

New Musical Instruments add fun



Outdoor musical instruments were installed in the picnic area to add fun for participants in our School Tours and Summer Day Camp field trip programs. These are also used daily, along with the outdoor exercise equipment, by walkers, joggers and families who visit the site.



Donor Recognition – a great outcome for all Canadians and visitors worldwide



SFBLF began the rescue, restoration and enhancement of the historic buildings at the 107-acre Banting Homestead Heritage Park in April, 2010. The project also required design and implementation of new site infrastructure, e.g., sanitary and water services, new hydro, natural gas and telecommunications services. The historic octagonal Drive Shed, [left – before and after] now 100 years old, was the first building rescued; a joint effort among Alliston Lions and Rotary clubs and SFBLF. The Drive Shed now serves as our 'classroom' and provides shelter for lunch breaks when necessary. This stage of our strategic plan was completed with the official opening of the new reception building on Banting's birthday, November 14, 2013.



That was followed by addition of exhibits throughout the buildings (Drive Shed, Farmhouse, Exception) to inform visitors about the diabetes pandemic, the discovery of insulin, the discovery team, early patients, Canadian Nobel Prize winners of whom Banting was the first, Banting's art work, his war service and the heritage and evolution of the site of Banting's birth.

The collective result is our unique, Canadian Diabetes Management and Education Centre (DMEC).

That set the stage for development of programs to ensure a welcoming, educational experience for all Canadians and visitors worldwide. SFBLF now have 16 programs in operation of which half are provided at our DMEC. Others are provided as online e-Learning courses, resources and tools as well as our Intern Research and various Awards programs. SFBLF also continue to invest in upgrades to interior and outdoor exhibits and enhancement of the outdoor facilities such as the Banting Legacy Trail, engraved paver patio, flower gardens and new trees.

Since 2010, SFBLF have invested over \$1.7 million, received from over 780 donors. Without that help, none of the achievements described would have been possible nor would our continuing ability to deliver programs. Sincere thanks to all our generous supporters.

Board Member Changes



SFBLF is governed by a volunteer Board of Directors supported by our Program Director and a senior Advisory Board.

In 2018, our long serving (2010 – 2018) Vice President, Art Kovats (Essa), retired from the Board of Directors and continues to serve on our Advisory Board.

Also, in 2018, Janet Budgell (Adj-Tos) joined our Board of Directors.

Grateful thanks to Art for dedicated service and a warm welcome to Janet.

DID YOU KNOW?

The number of youth (0 – 19) with Type 1 diabetes worldwide is greater than 1.1 Million

Type 2 diabetes is initially 'invisible' and relentlessly progressive.

No one knows how many children/youth are living with Type 2 diabetes.

Please consider having your children and youth tested for diabetes.

About our National Recognition Program for Schools

Objectives

- Recognize and reward schools that undertake sustained implementation of an In-School Support program for students living with diabetes (Type 1 and Type 2).
- Motivate schools to take a broad view of the diabetes pandemic including proactive initiatives to raise general awareness and support prevention of youth-onset Type 2 diabetes and complications in Type 1 and Type 2.
- Encourage schools to help improve insights regarding the prevalence of youth-onset diabetes across Canada.

Eligibility

- * All elementary and secondary schools across Canada, irrespective of governing authority.
- * Any school for which a Nomination Form has been received from a parent, student, healthcare professional, member of the public or as a 'self-nomination' directly from a school.
- * All nominated schools that complete the required Application Form following a nomination.

About our Diabetes Awareness and Prevention Campaign 2019 - 21

This campaign initially will focus on Simcoe County as the 'home' of Sir Frederick Banting and as a region in which diabetes is rising faster than other parts of the Province (ICES 2011).

The focus is on youth, prevention of T2 diabetes and prevention/delay of diabetes-related complications in either type. We are developing Infographics and resources directed at Youth, Families, Schools, Employers. In the latter case, we will be urging addition of a diabetes component to Workplace Wellness programs.

These new programs are part of the SFBLF 'run up' to the 100th Anniversary celebration of the discovery of insulin. Insulin has saved the lives of hundreds of millions of people and continues to do so. The event, in 2021, will be celebrated worldwide by hundreds of countries. We intend to 'put our best foot forward' as a participant on the international stage and operating from the historic birthplace of Sir Frederick Banting, co-discoverer of insulin.

Honouring & Remembering

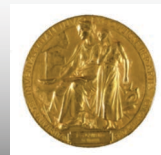
'In Memory' gifts celebrate someone who has made a special contribution to your life. We join our donors in recognizing the following 2018 additions to our plaque:

In Memory

- | | |
|-----------------------|-----------------------|
| * James McAdam Boland | * David Ross Leach |
| * Paul Curwood | * Margaret Noseworthy |
| * John Wesley Hardy | * Mr. Schramayr |



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

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