

# Young Leaders in Diabetes: Changing Their Own and Other's Future

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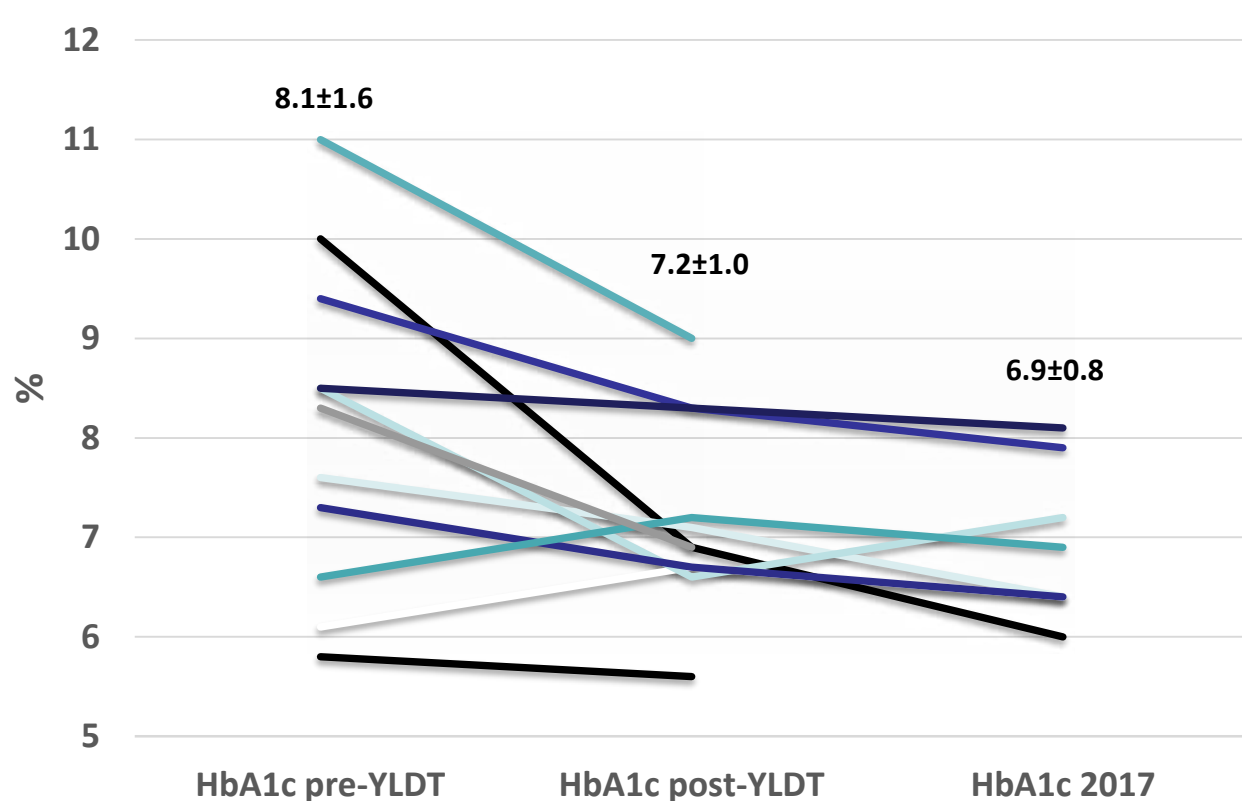
## Background

The Young Leaders in Diabetes (YLD) are individuals between 15 and 30 years old who complete a **year-long training held in ADJ Diabetes Brasil, since 2009**. In addition to 6 months of practical and theoretical training, the YLD write, implement, and analyze the outcomes of a project. Most of the projects focus on diabetes education and awareness. The training is constantly refined benefiting from a mutual inspiration by **similar programs that take place in Ecuador (FDJE), Chile (FDJ), Uruguay (ADU), and Paraguay (FUPADI)**, among others. Leaders trained in one of those countries often participate in the pre-camp training and work as visiting-staff in the diabetes camps organized by partner entities.

## Aims

The aims of the training and the work of the YLD are to **inspire and assist with updated information others living with diabetes**, educate the society on **diabetes prevention and control**, represent their peers and **lead a change for better access and understanding**. The objective of the present abstract is to evaluate the impact of the training on YLD's HbA1c and introduce some of the initiatives through which they have been **influencing their expanded community**.

## YLD's HbA1c



## Methods

Unique and singular activities created by and/or developed in partnership with YLD were identified. HbA1c values were compared between 3 different times: pre-training and post-training of 11 YLD (5 women and 6 men); and also the first HbA1c in 2017 of 8 of those 11 YLD (2 women and 6 men) (1 to 7 years after completing the training, depending on when the training was attended by each one).

## Results

Among the most successful activities are: educational videos available on their **YouTube Channel** (Jovens Líderes em Diabetes Brasil: <https://goo.gl/ERQgnf>), **card and board games on diabetes education**, a **comic book** called "Gibietes", a regular **Blue Picnic to share experiences** and learn about diabetes from invited healthcare professionals ([www.facebook.com/PiqueniqueAzul](http://www.facebook.com/PiqueniqueAzul)).

They also create content for different blogs and websites, including a successful blog for diabetes caregivers developed by one YLD (<http://meuamigocondiabetes.blogspot.com.br>, [www.facebook.com/meuamigocondiabetes](http://www.facebook.com/meuamigocondiabetes)). Fifteen+ of them are currently specialized counselors at the traditional ADJ-UNIFESP-NR Camp (<https://youtu.be/I5aPPTOPfPs>). Regarding their HbA1c, 4 out of the 11 YLD were in target (< 7%) before the training (2 men and 2 women). Immediately after the training 6 were in the target (3 men and 3 women), and in the beginning of 2017, 5 out of 8 were in target (1 woman and 4 men). **The difference between the 11 YLD's HbA1c before and after the training was significant** ( $p=0.041$ , Wilcoxon Matched Pairs Test), the 8 individuals from whom we could obtain the HbA1c in 2017 had a significant difference comparing to the pre-training period ( $p=0.036$ ), and no difference was observed when comparing immediately post-training HbA1c values with the ones obtained in 2017 ( $p=0.093$ ).

## Discussion

The investment in training young leaders in diabetes has an immediate return in terms of **better and sustained individual glycemic control** and more well prepared change makers for the communities where they live, in addition to several **outstanding projects** that they develop.

The authors declare that they have no conflict of interest with the present poster.

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