

DIABETES YOUTH

NEW ZEALAND

DYNZ IS...

Diabetes Youth New Zealand (DYNZ) is a charity that was established specifically for young people with Diabetes up to the age of 25.

The main focus of DYNZ is on support and education for the whole family/whanau. We work very closely with the 15 Youth Organisations around the country. The local organisations provide the initial support base for newly diagnosed children and their families by providing information, training and social events. These events form the basis of the juvenile diabetes community.

WHAT WE DO...

ADVOCATE
PROVIDE OPPORTUNITY
EDUCATE
CONNECT FAMILIES



OUR GOAL..

Our vision is to inspire the Local Organisations to create well structured teenage camps with the funds raised by NZMWF and PWANZ.

And because not every area will be able to organise these camps, we will ensure those that do, are open to the teens in areas which aren't provided for. This way every opportunity is extended to teens across the country. DYNZ will assist in creating formats and learning sessions to help guide the local areas into success. Through the efforts of all, we will help to create more confident, responsible and healthy teenagers.



WHY TEENS...

As part of our mission, we wish that each youth with Diabetes becomes confident in their ability to manage their condition, at whatever stage they are at.

The transition from parental supervision to self-medication and care is a challenging time for youth with Type 1 Diabetes. First and foremost they are teenagers with the same challenges that all teenagers have, however when you couple that with having a chronic condition, it can also be a very dangerous time in their life. The normal milestones of independence in a teenager's life, like learning to drive, carry extra burdens. The process involves making active decisions and complex calculations to ensure that the correct insulin doses are delivered. Combined with the developmental changes associated with puberty, the teenage years are particularly important in building platforms for self-confidence, responsibility, and inspiring our teens to reaching their full potential academically, socially and in the sporting arena.



Local Organisations around the country do a wonderful job providing camps that our teens around the country can attend. However, none of these camps are geared solely to the specific needs of teens.

Our funding will assist to create targeted camps that provide teens with education relevant to their needs, opportunities to connect with other teenagers that in the 'same boat' and lastly a chance to build a lasting relationship with others to offer them support in times when they need it most.

SOPHIE DEVINE, DYNZ AMBASSADOR

'Some of the best ideas and advice I got about managing my Type 1 Diabetes has come from friends and peers who share the condition, not doctors and nurses! The opportunity to go to camps with fellow teenagers can give you insight into how others manage their diabetes, share stories and experiences. Being a teenager was hard enough but having to deal with diabetes as well was pretty tough at times, and being able to share my experiences with people the same age was a huge help, sometimes Mum and Dad just didn't quite understand. The friendships created from these camps can also give you another support network to call on.'

HOW DOES HAVING A CHILD WITH TYPE 1 DIABETES AFFECT THE FAMILY?

Diabetes affects every aspect of the family's daily routine. It is an all-pervasive, inescapable influence on every activity. Spontaneous outings need a bit more planning – is the test kit complete? Does the picnic basket contain a sufficient balance of hypo treatment and low-carb food in case of low or high blood sugar?

Sporting activities need to be evaluated for their impact on blood sugars, even hours afterwards. Sleep-overs, birthday parties, daycare, the transition to normal schooling, puberty – all of these milestones are complex challenges that require careful planning and an extended support network to navigate.

When a child moves into their teenage years or is diagnosed as a teenager, parents have to contend with the fact that they are still going to behave as healthy teenagers and balance that with complex management that they require. This time can be a very tumultuous time for families while they try to give their teen freedom and balance that will ensure they stay safe and healthy.

Medical issues are magnified – stomach bugs can end up requiring a trip to the local hospital to stabilise and treat the presence of dangerous ketones – a by-product of the body's natural process of converting body fat to energy. Even the common cough or ear ache can create havoc on their system.

The impact on partners and siblings is immense – the level of care required is quite polarising and can either make or break relationships. Having a newly-diagnosed diabetic child is much like having a new-born baby in the house again. Instead of waking up every 2-3 hours for feeding, you're waking to check blood sugars, to make sure your child is still breathing and hasn't slipped into a dangerous hypoglycaemic state. The natural state of a family is for one person to take responsibility of care for the Type 1, often the mother. This can create situations where other family members feel ignored and that one parent feeling burned out. Having a family that learns to work together in assisting in the needs of the child with diabetes creates a family with a healthy mental state, but it doesn't always work out that way.

Contact information

Email: contact@diabetesyouth.org.nz

Mail: DYNZ PO Box 56172 Dominion Road Auckland 1446



INCREASE OF DIABETES IN CHILDREN

We expect to have approximately 300 new diagnoses of children with Type 1 Diabetes this year.

Figures indicate a 25% increase in diagnosis of Diabetes in children. That is a combination of Type 1 and Type 2 Diabetes. (A figure based on the number of children diagnosed, rather than percentage of population.)

New Zealand is experiencing an increase in Type 2 Diabetes in children along with other first world countries. This is something that DYNZ will be focusing on as the numbers increase, because the complications and long term risks increase at a rapid rate for these particular children.

Differences between Type 1 and Type 2 Diabetes

Type 1 – can not be prevented nor cured. It is an auto-immune disease in which the body's immune system destroys its own insulin producing cells. It is a condition that has been documented for centuries, and can occur in babies as young as six weeks old and in young adults in their 20's or even later.

Type 2 – has a different genetic basis from Type 1 and its onset can be accelerated by lifestyle factors. Once diagnosed, the condition must be managed carefully and a healthy lifestyle adopted to avoid later complications.