



**National Children and Young People's
 Diabetes Network**
National Delivery Plan - Aim 1
Type 2 Subgroup Meeting Minutes
9 September 2022
Via Microsoft Teams



Attendees	Aim 1 Core Group Members		Role	Network/Organisation
		Martha Ford-Adams (MFA)		Clinical Lead
	Emma Savage (ES)		Network Manager	Yorkshire and Humber
Attendees (Detailed)				
Name	Role		Network/Organisation	
Billy White (BW)	Consultant		London & SEC	
Suma Uday	Consultant		West Midlands	
James Yong	Consultant		Yorkshire and Humber	
Elizabeth Procter	Dietitian		East Midlands	
Maddie Julian	DigiBete Management Team		DigiBete	
Nivedita Aswani	Consultant		DigiBete/Sheffield Children's Hospital	
Emma Bell	PDSN		Yorkshire and Humber	
Heather Clark	Network Manager		National CYP Diabetes Network Type 2 Group	
Jonathan Maiden (JM)	Data Quality Manager		North West	
Apologies	Name	Role		Network/Organisation
	Fiona Campbell (FC)	DigiBete Clinical Lead		DigiBete
	Salma Mehar	Dietitian		DigiBete
	Clare Bennett	PDSN		North East and North Cumbria
	Carol Metcalfe	Advanced Specialist Practitioner		North West
	Margot Carson (MC)	Network Manager		North West
	Kirsty Horsley	Dietitian		Wessex
	Agenda:	Welcome and apologies		
MFA welcomed everyone to the group. Attendees introduced themselves				
Welcome and Recap on Previous Meeting				
BW – Plan to discuss survey, on work being done on type 2 around country and to encourage referrals, at next type 2 working group meeting in October				
DigiBete Update – Maddie Julian				
MJ gave an update on resources being worked on at DigiBete.				
<ul style="list-style-type: none"> • Work being done on website to categorise and review resources • 19 films currently made on type 2 with around 40 pdf resources – MJ played a video resources explaining what type 2 is. This resource has been amended based on previous feedback 				



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	<p>Comments from attendees: MJ commented word danger will be removed and changed to high from all films. Also comments of could we change 'BMI' to 'Overweight'. Visual effect around fat tissue and benefits of losing weight could be impactful.</p> <ul style="list-style-type: none"> • MJ showed some of the pdf resources Activity at home, Body image, Breakfast ideas etc. MJ said she could add working group members to group so they have ability to comment on pdf documents. <p>Comments from attendees: BW: Lots of our patients are doing extended fasting and doing well from it. The concept of breakfast being king is being challenged. NA: Word 'Healthier' rather than 'Healthy'. BW asked - What does recommended sugar mean? Pictures suggest they can have added teaspoons of sugar. TC - Diet drinks aren't great, I tend not to recommend them as caffeine content is high and acidic fluids damaging teeth. <ul style="list-style-type: none"> • Video on treatment options <p>Comments from attendees: MFA - I am not sure about the word "may" makes it looks a bit optional. With the lifestyle bit, I think we should have food 1st then exercise. BW - SGLT2 or GLP1 if post pubertal also. Can you add crushed metformin. Liraglutide helps you feel full (rather than helps appetite). EP - How about "it is important that you have the medication that is recommended to you by your diabetes team" <ul style="list-style-type: none"> • Video on unplanned eating <p>Comments from attendees: BW –Ultra processed foods and impact on appetite and weight. MJ suggested a shared document for comments around this looking to develop a script. <ul style="list-style-type: none"> • Video on Joseph's story. Plans for other CYP stories to be produced <p>Comments from attendees: Should it be mentioned in the video that Joseph has done well and lost lots of weight to help motivate other overweight CYP. BW – Video of pictures rather than an interview type video could be less pressurised and invasive and could attract more CYP for videos. MJ asked if any units have any South Asian CYP that could be in some videos to get in touch.</p> </p></p></p>
Actions	
Minutes:	Minutes signed off by the Aim 1 Core Group Members namely: Margot Carson and Emma Savage
Date and time of next Meeting	Time: 10:00-11:30 hours Date: 9th September 2022 Venue: Virtually - via MSTeams