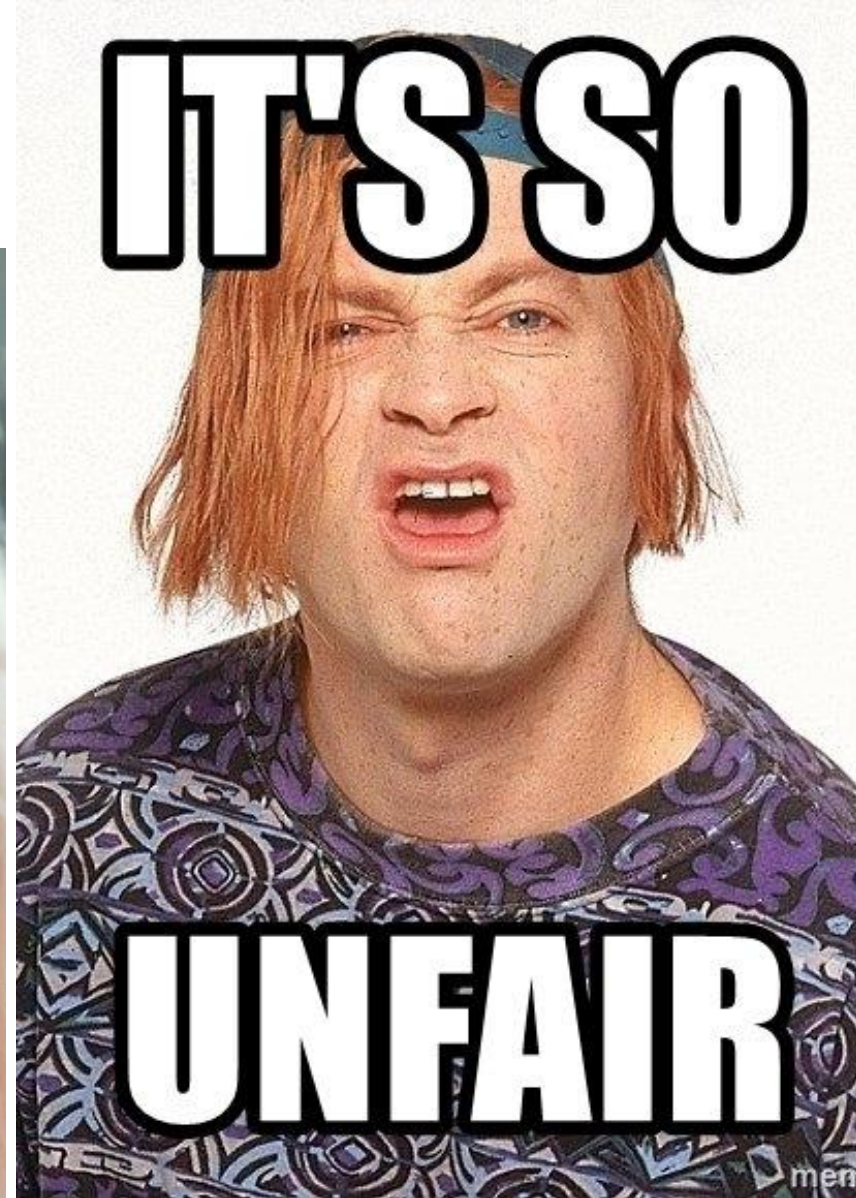


T2 diabetes in the context of obesity and adolescent health

Billy White, UCLH





Physical function and participation
 Impaired motor skill and competency
 Fatigue
 Impaired functional mobility and reduced physical activity level
 Reduced health-related quality of life

Psychosocial
 Reduced self-esteem
 Depression
 Anxiety
 Disordered eating
 Internalising disorders
 Body dissatisfaction

Neurological
 Intracranial hypertension

Dental
 Cavities and periodontal disease

Skin
 Acanthosis nigricans
 Psoriasis

Gastrointestinal
 Metabolic dysfunction
 Associated fatty liver disease
 Constipation
 Gastro-oesophageal reflux
 Micronutrient deficiencies

Renal
 Glomerulosclerosis
 Enuresis

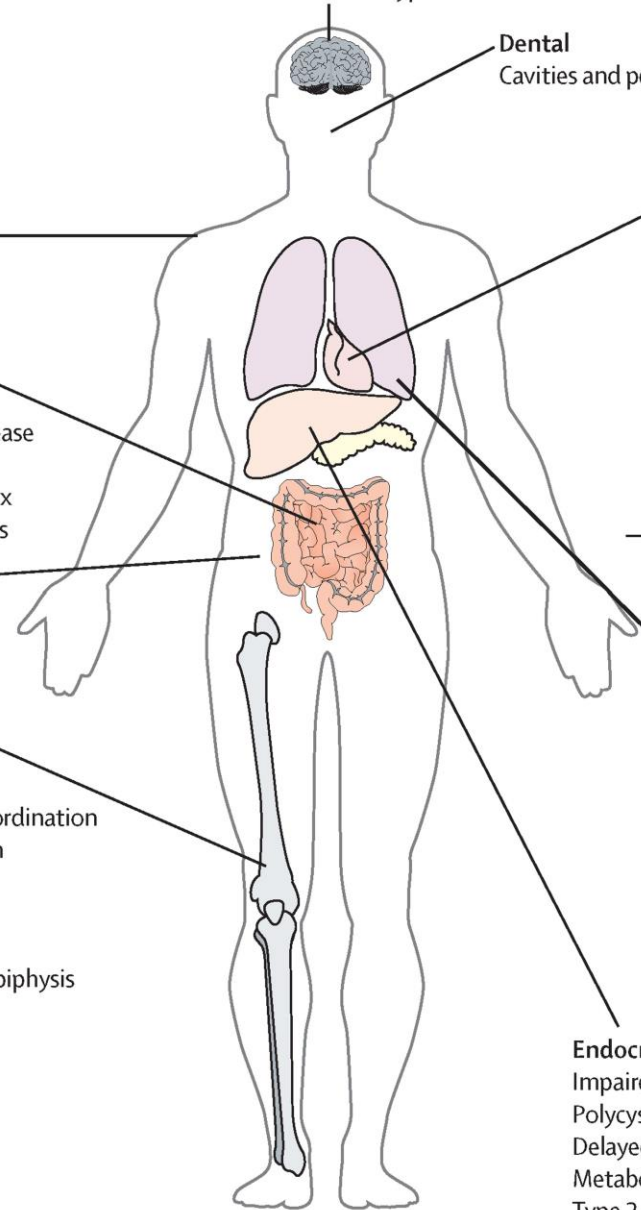
Musculoskeletal
 Pain
 Acute injuries
 Impaired balance and coordination
 Impaired muscle strength
 Gait deviations
 Postural malalignment
 Fractures
 Slipped capital femoral epiphysis
 Blount's disease

Cardiovascular
 Hypertension
 Dyslipidaemia
 Endothelial dysfunction
 Left ventricular hypertrophy

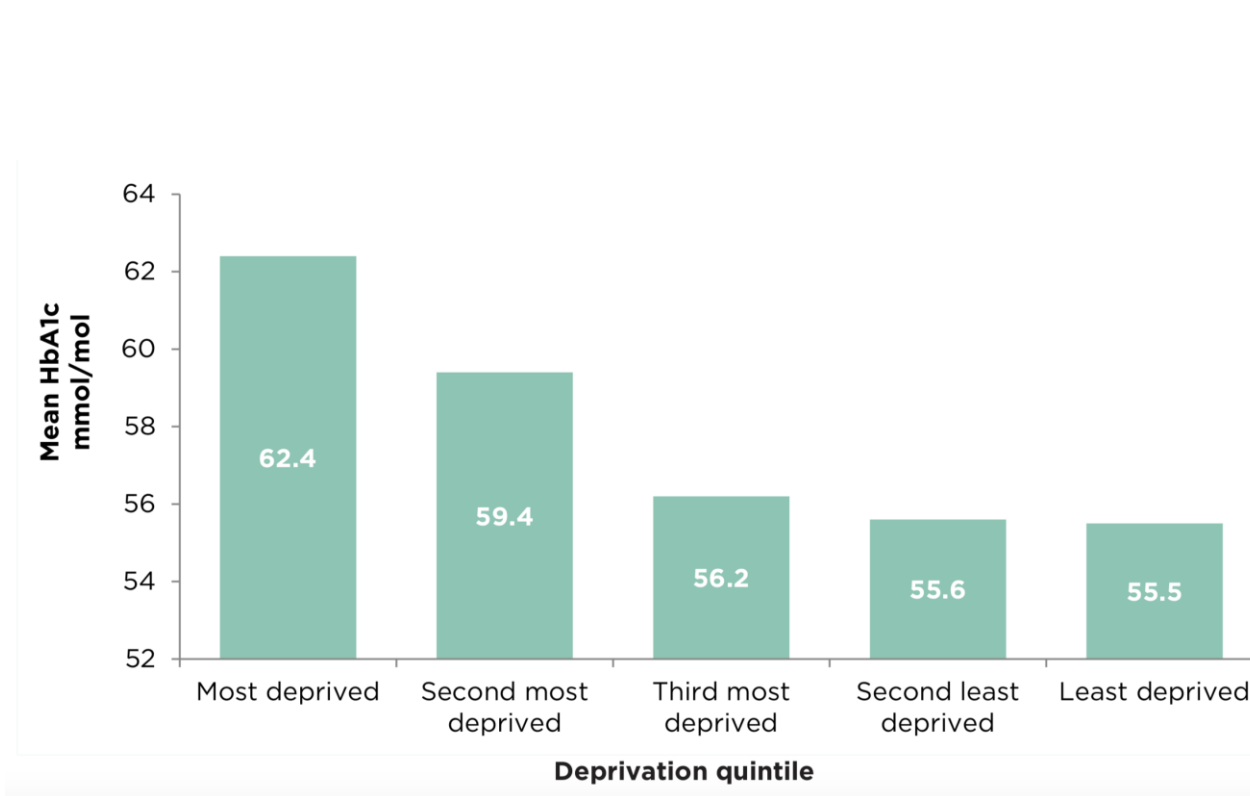
Adult disease
 Coronary artery disease
 Particular cancers
 Infertility
 Osteoarthritis
 Type 2 diabetes
 Adult obesity

Respiratory
 Asthma
 Obstructive sleep apnoea
 Impaired exercise tolerance
 Sleep disordered breathing
 Sleep disorders
 Poorer outcomes with viral infection
 Hypoventilation syndrome

Endocrine
 Impaired glucose tolerance
 Polycystic ovary syndrome
 Delayed or accelerated puberty
 Metabolic Syndrome
 Type 2 diabetes




Family burden



NPDA 2015-16

- Job instability, nights, weekends
- Low income
- Ethnic minorities
- CVD health
- Mental health
- Fragmented families
- Low education



How do we
support
adolescents?

I don't want to....



INSULIN



BLOOD TEST



SURGERY



How healthy are you?

- What's your priority?
- What help do you want?
- Is GCSE time a good time or not?
- What are you doing already?
- What ideas do you have?
- Practice makes perfect

“Now that I’m 18 does
that mean our
conversation is private?”

It's not easy to talk



Confidentiality



Time alone



Continuity



Time



Write –
message/email



Questionnaires

What is confidentiality

- “This conversation is PRIVATE between you and the team. It’s ok to talk about normal teenage stuff such as (x,y,z) and we don’t need to share that.”
- “If someone tells me something really serious such as they have been forced to have sex, or they want to kill themselves then we will come up with a plan to get the right help. This doesn’t mean telling your parents if that it going to cause problems.”
- At the end:
 - how much do your parents know?
 - Would you like me to tell them?



What do they know already?

Don't assume....





- Low mood
- Motivation
- Worry
- Anger
- Sadness
- Binge eating
- Self-harm
- Low confidence and self-esteem

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