



Title: Preventing type 2 diabetes in teens through healthy lifestyles, emotional regulation and positive mental health.

Researchers:

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Research area: Type 2 diabetes

Award: End Diabetes 100 Award, 2021-2024

Summary:

100 years ago, type 2 diabetes (T2D) was a disease that only affected adults. In the past 10 years however, rates T2D among teenagers have doubled in Canada. In Manitoba, one teen per week is diagnosed with new onset T2D. Preventing T2D in teens is a major public health concern in Canada, however few interventions exist that are tailored to the unique needs of teens at risk for T2D. Specifically, no interventions designed to prevent T2D in teens address their unique social, emotional and mental health needs. Our study will address this gap and determine if it is feasible to deliver an intervention that supports health lifestyle behaviors and provides teens and their parents with skills to address stressors in their life. These skills will help teens regulate their emotions, eat mindfully, tolerate stress, build positive mental health and communicate effectively and respectfully with family members. The pilot trial will also determine if adding these skills to a standard lifestyle change intervention (i.e. increasing physical activity, sleeping better and eating a more healthy diet) will lead to better improvements in quality of life, mental well being and reduce risk factors for T2D among teens at risk for T2D. The results will inform future research in the area of adolescent T2D prevention and possibly reshape the way we support adolescents at risk for T2D by supporting their social, emotional and psychological needs in addition to changing their lifestyle behaviours.