Type One Diabetes (T1D) Resources in West Virginia

Mallory Mount, MS, RD, LD, CDE, FAND
Heather Hardyman & Haley Whiteman, MU Dietetic Interns
Objectives

• Participants will describe the pathophysiology of type one diabetes (T1D)
• Participants will identify resources for patients with T1D in WV
• Participants will understand the complexities of caring for children with type one diabetes in a camp setting
• Participants will identify resources to help adolescent patients transition to college
Action of Insulin on Cell Metabolism

- Insulin
- Insulin Receptor
- Glucose
- Closed Glucose Transporter
- Open Glucose Transporter

Normal Cell
What is type 1 diabetes?

- Beta cell destruction usually leading to absolute insulin deficiency
- Autoimmune disease (1970)
- 5-10% of all DM cases
- Risk factors:
  - Autoimmune
  - Genetic
  - Environmental

Type 1 Diabetes Cell

- Insulin
- Insulin Receptor
- Glucose
- Closed Glucose Transporter
- Open Glucose Transporter
Treatment

- Insulin therapy
  - Vial & Syringe
  - Insulin Pen
  - Insulin Pump
  - Continuous glucose monitors
  - “Artificial pancreas”

- Carbohydrate Counting
  - Insulin to carb ratios
  - Correction factors
Our Mission

• Serve as a non-profit organization with the goal of providing Camp Kno-Koma, a summer camping experience for children with diabetes in and around the state of WV.

• 3 basic principles to a great camp experience: adventure, education and friendship. Camp Kno-Koma has remained steadfast in these principles for over 60 years.

• Physicians, nurses, dietitians, and other medical support staff and counselors will let mom and dad rest easier and have peace of mind during their child’s camping adventure.
  – These health professionals realize the need for close medical supervision and they make it their #1 priority, so the camper can make having fun their #1 priority.

History of Camp

• August 27-September 3, 1950
• Dr. George P. Heffner
• Cliffside Camp- Alum Creek, WV
• 34 campers
  – 6-14 years old
  – 15 boys
  – 19 girls

1950 Camp Schedule

- 7am- Wake Up, Urine specimens, Insulin injection
- 8am- Activities (rowing, archery, riflery, tennis, horseback riding, crafts)
- 11am- General Swim
- 12:30- Lunch
- Rest and more activities
- 5pm- General Swim
- 5:30pm- Supper
- Free Play
- Camp fires, movie, dance

The schedule for the typical camp day was:

7 a.m. – Reveille; collection of urine
7:30 – Insulin injections
8:00 – Breakfast
8:45 – Clean-up period
9:15 – Cabin inspection
9:20 – Flag raising
9:30 – Handicraft and riflery
10:30 – Blood sugars; snack
11:00 – Swimming
11:45 – Collection of urines
12:15 – Lunch
1 p.m. – Rest period
2:30 – Handicraft and riflery
3:30 – Snack
4:00 – Swimming
4:45 – Collection of urines
5:15 – Supper
6:00 – Free play
7:30 – Entertainment (movies, magician, camp fire, etc.)
8:15 – Collection of urines
8:30 – Snack
9:00 – Taps
1952 Glucose Testing

- Urine collected before each meal and at bedtime
  - Tested for sugar and acetone
- Two blood glucose previously at camp; little value since BG is so variable at camp
1950 Meal Plans

- Five diets calculated; only 2 were necessary
- 3 meals and 3 snacks per day
- HS snack higher in protein
- All but one camper gained weight at camp
  - 1-6 pounds

1952 Meal Plans

• 1 of 3 specifically prepared diets
• 2060-2645 kcals
  – All high cho, protein, and fat
• Each child is evaluated individually taking their previous diet and camp activity into account
<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Portion</th>
<th>Carb Choice</th>
<th>&quot;g&quot;</th>
<th>I Ate</th>
</tr>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Juices</td>
<td>½ cup</td>
<td>1</td>
<td>15</td>
<td></td>
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<tr>
<td></td>
<td>Cheerios</td>
<td>Ind</td>
<td>1</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corn flakes</td>
<td>Ind</td>
<td>1</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Banana</td>
<td>med</td>
<td>2</td>
<td>30</td>
<td></td>
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<tr>
<td></td>
<td>Milk Low fat Skim</td>
<td>8 oz</td>
<td>1</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yogurt (SF)</td>
<td>(see label)</td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td>Scrambled Egg/Salsa</td>
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<tr>
<td></td>
<td>Ham</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Bagel/Cream cheese</td>
<td>3 oz</td>
<td>3</td>
<td>45</td>
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<tr>
<td></td>
<td>Water (drink a cup)</td>
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Name: ___________________________  Total: ___

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<th>I Ate</th>
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<tbody>
<tr>
<td></td>
<td>BBQ on Bun</td>
<td>3 oz/1</td>
<td>2</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corn</td>
<td>1/2 cup</td>
<td>1</td>
<td>15</td>
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<tr>
<td></td>
<td>Garden Greens</td>
<td>1 cup</td>
<td></td>
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<tr>
<td></td>
<td>Dressings (&lt; 5 g carb)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Fruit Cup (SF)</td>
<td>1/2 cup</td>
<td>1</td>
<td>15</td>
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<tr>
<td></td>
<td>Chocolate Pudding (SF)</td>
<td>½ cup</td>
<td>1</td>
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<tr>
<td></td>
<td>Milk Low fat Skim</td>
<td>8 oz</td>
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Name: ___________________________  Total: ___

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<table>
<thead>
<tr>
<th>Dinner 5:00 pm</th>
<th>Description</th>
<th>Portion</th>
<th>Carb Choice</th>
<th>&quot;g&quot;</th>
<th>I Ate</th>
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<tbody>
<tr>
<td></td>
<td>Corn Dog</td>
<td>1</td>
<td>11/2</td>
<td>23</td>
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<tr>
<td></td>
<td>Ketchup/ Mustard</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Red Beans 'n Rice w/ smoked sausage</td>
<td>1/2 cup</td>
<td>11/2</td>
<td>22</td>
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<tr>
<td></td>
<td>Chips</td>
<td>1 bag</td>
<td>1</td>
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<tr>
<td></td>
<td>Caesar Salad</td>
<td>½ cup</td>
<td></td>
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<tr>
<td></td>
<td>Croutons</td>
<td>1 oz</td>
<td>1</td>
<td>15</td>
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<tr>
<td></td>
<td>Watermelon</td>
<td>1 cup</td>
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<tr>
<td></td>
<td>Cookie</td>
<td>3&quot;</td>
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Name: ___________________________  Total: ___
### Gluten Free

#### Lunch 12 noon

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Portion</th>
<th>Carb Choice</th>
<th>&quot;g&quot;</th>
<th>I ate</th>
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<tbody>
<tr>
<td>Orange Juice</td>
<td>4 oz</td>
<td></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td>1 each</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Apple or Peach</td>
<td>1 each</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Chocolate</td>
<td>3.4 oz</td>
<td></td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Yogurt, Straw/Flax</td>
<td>4 oz</td>
<td></td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>1/4 pint</td>
<td></td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>GF Wraps</td>
<td>2</td>
<td></td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>GF Emons</td>
<td>3 oz</td>
<td></td>
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### Vegetarian

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<tr>
<td>Cheese</td>
<td>1/2 cup</td>
<td></td>
<td>11</td>
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<tr>
<td>Front Chall Wheat</td>
<td>1/2 cup</td>
<td></td>
<td>11</td>
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<td>Rice</td>
<td>1 cup</td>
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### Regular

#### Breakfast 8:00 am

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</table>
Camp Locations

- Camp Cliffside- Springfield, WV (1950)
- Camp Camelot- Kanawha County
- Camp Virgil Tate- Charleston, WV (2003-2009)
- Greenbrier Youth Camp- Anthony, WV (2010-Present)
Dietitians at Camp

• Dr. Sue Linnenkohl & Interns
• Richard McGinnis
• Eloise Hollen - 2002 to 2013
• Mallory Mount - 2014 to Present

**Activities at Camp Kao-Koma**

<table>
<thead>
<tr>
<th>Time</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td><strong>7:00-8:00</strong></td>
<td>Finish Setting Up Camp and Prepare for Campers</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
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<tr>
<td><strong>8:00-9:00</strong></td>
<td>Morning Activities Part 1</td>
<td>Morning Activities Part 1</td>
<td>Morning Activities Part 1</td>
<td>Morning Activities Part 1</td>
<td>Morning Activities Part 1</td>
<td>Morning Activities Part 1</td>
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<tr>
<td><strong>9:00-10:15</strong></td>
<td>Morning Activities Part 2</td>
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<tr>
<td><strong>10:15-11:30</strong></td>
<td>Lunch</td>
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<td>Lunch</td>
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<tr>
<td><strong>11:30-12:00</strong></td>
<td>BG Checks</td>
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<td><strong>12:00-1:00</strong></td>
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<td><strong>1:00-1:30</strong></td>
<td>Registration</td>
<td>Siesta</td>
<td>Siesta</td>
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<td><strong>1:30-4:30</strong></td>
<td>Afternoon Activities</td>
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<td><strong>4:30-5:00</strong></td>
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<td><strong>5:00-6:00</strong></td>
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<td><strong>6:15-7:15</strong></td>
<td>Education</td>
<td>Tentative: Helicopter Comes at Dinner</td>
<td>Education</td>
<td>Education</td>
<td>Education</td>
<td>TY Cards and Dance Prep</td>
<td>Dance (7:30-9:30)</td>
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<tr>
<td><strong>7:15-9:30</strong></td>
<td>Game Stations</td>
<td>Dance</td>
<td>Dutch Auction Prep (7:30-9:15)</td>
<td>Dutch Auction Prep (7:15-7:45)</td>
<td>Campfire (7:30-9:15)</td>
<td>Dutch Auction (8:00-9:30)</td>
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<td><strong>9:00-10:00</strong></td>
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<tr>
<td><strong>10:00-11:00</strong></td>
<td></td>
<td>Cabin Time</td>
<td>Cabin Time</td>
<td>Cabin Time</td>
<td>Cabin Time</td>
<td>Cabin Time</td>
<td>Cabin Time</td>
</tr>
</tbody>
</table>

**What do we do?**
How RDN’s Can Change Lives Through Education

- Meal planning at meals
- Carb Counting at meals
- 30-minute education sessions
  - What are carbs?
  - MyPlate
  - Carb Counting
  - Activity
  - Get involved!
- Treatment of low blood sugars & how to prevent
- Allergies & Celiac Disease
- "Teachable moments"
Type 1 
College 
Diabetes 
Network at 
Marshall 
University
Meet Our Officers

- Haley Whiteman and Heather Hardyman – Co-Presidents
- Abigail Saxton – Treasurer
- Megan Chafin – Secretary
- Paige Rollins – Social Media Chair
- Advisor – Mallory Mount, MS, RD, LD, CDE
What is the College Diabetes Network?

- The College Diabetes Network (CDN) was created out of a glaring need young adults with type one had been experiencing for years, and has become a hub of resources, support, and understanding for this underserved population.

- CDN is singularly focused on providing young adults with T1D the peer connections they value, and expert resources they need, to successfully manage the challenging transition to independence at college and beyond.
Why Start a Chapter at MU?

• The Type 1 College Diabetes Network at Marshall University (T1CDN@MU) is a new student organization offering support and advocacy to students with type 1 diabetes.

• The mission of T1CDN@MU is to provide type 1 diabetes advocacy to promote a friendly campus environment for all students living with type 1.
The Start-Up Process

- Establish advisor and officers
- Create bylaws
- Tax ID number
- Contact Disability Services and Student Affairs
- Apply for funding with Student Government Association
Goals for 2018-2019 Academic Year

1. Get students involved.

2. Establish low stations across campus for students when they have low blood sugar, fatigue, and have forgotten snacks.

3. Establish a “Buddy System” consisting of a group of four members; two members without type one "mentor" and two members living with type 1 "peer". This mix will allow for support, friendship, and assistance when in need.
Common Challenges for Students on Campus Living with T1 Diabetes

- Dining hall eating
- Exercise
- Creating a plan for “supplies”
- Having a talk with your roommate and friends
- Finding accommodations
- Drinking alcohol
- Snacks and backup snacks
How can you make your campus more T1D friendly?

- Low stations
- Flyers
- Chalking on campus
- Tabling Events
- FUN!
- Education
Lows Stations

- Two Low Stations established on campus currently
- Two faculty members who have children with T1D
- Locations include Old Main and the Science Building
- Working with Student Affairs and Sodexo to establish more low stations on campus
Candy-Free Valentine’s Day

Printable Valentine’s Day bookmarks are a great alternative to the traditional Valentine candy wrappers. These cute bookmarks can make someone’s day even more marvelous! Here’s how to print them:
http://www.marshallhealth.marshall.edu/candy-valentine/

Got a plane, train, or space shuttle to book or your kids to fly out of state for Valentine’s Day? Here’s how to make it:
https://www.marshallhealth.marshall.edu/de-valentine-pilot-gift-guide/

Looking for a fun and frolicking activity to do with your kids? Or a special activity to do on Valentine’s Day? Here’s how to make it:
https://www.marshallhealth.marshall.edu/de-valentine-fun-activity-ideas/

Valentine’s Night Out

Let us show you how to enjoy a candy-free Valentine’s night out!

1. Relax! Schedule a massage.
2. Enjoy a night out to the movie theatre.
3. Go to the gym together.
4. Watch the sunset or rise.
5. Plan a vacation.
6. Have a Netflix night in.
7. Go bowling.
8. Go roller blading/skating.
9. Plan a fun scavenger hunt at a mall.
10. Enjoy an art class or pottery decorating.
11. Enjoy a cooking class at Huntington’s Kitchen.
12. Go hiking or biking.
13. Learn a new board game or card game together.
15. Attend a local museum.
Chalking on Campus

WORLD Diabetes Day is November 14th

Follow us FB: CDNMMU Insta: cdnmarshallu
Do you know the signs of diabetes?

- Headaches
- Weight loss
- Blurry Vision
- Extreme Thirst
- Frequent Urination
- Fruity Breath
- Increased Appetite
Tabling Event Supplies

**STOP AND CHECK**
Do you have...
- insulin in your pump
- a low treatment/glucagon pen
- glucometer
- back-up insulin pen and needles
- fully charged pump
- extra pump site

• CDN Marshall Campus•
Green and White Day/Orientation
Advocacy
Type 1 Opportunities in WV

- Camp Kno-Koma
- JDRF Family Weekend
- College Diabetes Network @ MU
What We've Accomplished

• JDRF walk – to come in May!
• Diagnosis bags
• Low Stations
• Partnering with Student Affairs and Student Government Association
How to Get Involved in a CDN Chapter

1. Visit the CDN website: collegediabetesnetwork.org/chapters
2. Join or start a Chapter
3. Search for a Chapter on the website.
4. Contact CDN staff at: chapters@collegediabetesnetwork.org
Why Get Involved in a Chapter

- Connect with other students who get it
- Have a friend to call
- Learn about local resources
- Gain leadership experience
- Participate in community service projects
- Be a part of a national community
- Inspire others!
Contact Us

Email: marshall@collegediabetesnetwork.org

Phone: Haley Whiteman, Co-President
(304) 838-0924
Heather Hardyman, Co-President
(740) 727-8436
Social Media Handles

- Instagram @cdnmarshallu
- Facebook www.facebook.com/cdnmu
- Twitter @CDNMarshallU
- Snapchat cdnmarshallu
How Does this Relate to You, the RDN?

• Clinical RDNs can educate college aged patients about College Diabetes Network and encourage them to find a chapter.
• Need to learn more about type 1 diabetes?
• How can we make it relate to you?
• Discussion
References


• Lewis, K. R. Camp Kno-Koma, A History.

Picture Sources

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- Mallory Mount
- Steven Norman
- Cindy Gay