



Diabetes Education and Camping Association Newsletter MAY 2010

DECA Mission Statement: The Diabetes Education and Camping Association promotes communication, provides education shares resources and serves as a worldwide voice to advance diabetes education and camping programs that meet the diverse needs of individuals and families.

Diabetes Education and Camping Association
and
Camp Yellowbird, Jamaica
present

“DECA Jammin in Reggaeland”

Diabetes, Education and Fun

October 21 - 24, 2010

Breezes Resort, Rio Bueno, Trelawny, Jamaica

Keynote Speakers

Leslie Gabay, MD, Pediatric Endocrinologist - Medical Director, Camp Yellow Bird
“Psychological Impact of Diagnosis on the Relationship between Child and Parent”

Professor, The Hon. Errol Morrison, Endocrinologist, Founding Member, Diabetes Association of Jamaica/Caribbean, Principal, University of Technology, Jamaica
“Diabetes – Diabetes, the Caribbean Experience”

Andy Holder, Triathlete, Motivational Speaker, Founder of the Iron Andy Foundation
“The Iron Andy Challenge – Fitness, Community Service and Health”

Diabetes 101 Track

What is diabetes, management routines
Hypoglycemia and hyperglycemia
Insulin and delivery systems
Psychosocial issues and diabetes

School Toolkit

Perfect for School Nurses & Others Who
Care for Children

How To Organize a Diabetes Camp

Day Camp 101

Working with Young Staff Members

Innovations in Medical Technologies

Sexuality and Teens

“FUND”amentals of “FUND” Development

**Getting Service Organizations Involved in Your
Camp**

Cost is \$400 for DECA Life Members, \$425 for DECA Regular members, \$500 for non-members/US funds.
Registration and payment deadline will be **August 10th**! Register online at www.diabetescamps.org today!

Glucose tabs for diabetes camps

We appreciate your interest in Dex 4! [In order to receive your request for Dex 4 supplies, please complete the Camp request form which can be found on our website at \[www.dex4.com\]\(http://www.dex4.com\).](#) Click on "Contact Us" and select "Camp Sample Request Form." Once you have filled out all the information, click "submit" at the bottom of the page. We will do our best to get your Dex 4 supplies to you in a timely manner.

If you have trouble finding the form using the above method, click on "Sitemap" located at the top of the Dex4 web page. The "Camp Sample Request Form" can be found under the "Contact Us" section.

Thank you again for your interest in our products. Please feel free to contact me at 1-888-400-9770 if you have any questions.

Sincerely,

Cindy Wrigley
Sampling Coordinator
cwrigley@canamcare.com



3780 Mansell Road
Suite T-50
Alpharetta GA 30022

DECA Individual Membership

With a DECA Camp Membership, all of your staff members and volunteers can register for a free individual membership with DECA. Log in to the DECA website (www.diabetescamps.org), go to the 'Membership' tab/'Apply for Membership.' Complete this form, marking 'Camp Staff Member.' You will have access to all aspects of the website when your camp joins. This is a free membership, a benefit of your camp joining the organization with a camp membership. Should you have questions, contact Kathy (kathylatimer@diabetescamps.org).



DTreat West
June 4-6, 2010
UC Berkeley
San Francisco, CA

Visit www.diabetescamps.org
and click on the DTreat logo.

DECA Toll Free Number
(in North America)
866-980-DECA (3322)

DIABETES CAMP ALMANAC

Things to do in...

APRIL

- Post June Family Camp letters to families (registrar)
- PR for August Family Camp(s) [if needed]
- Order/purchase supplies for June Family Camp (FC coordinator/registrar)
15th - summer food service program application due
- *Financial Aid requests due*
- Pre-season letters (for ACA)
local hospital, local fire, rescue, police
Save copies for ACA book
- Have hoods in kitchen power washed (maintenance director)
- 30th - next year's brochure edits due to designer, so new brochure is in hand for camp

MAY

- *1st - balance due on camper payments*
- Order/prepare craft for Open House (registrar)
- Reserve canopies for vendor days (grand rental)
- Send Family Camp menu to families for review (registrar)
- Corporate work days

JUNE

- Open house (1st Saturday)
- Staff week
 - Rid-x the septic systems
 - Bear talk (Camp Director)
 - Safety talk- insurance agent
(Camp Director/Executive Director)
 - Legal talk- Local Police Dept
(Camp Director/Executive Director)
 - Fire extinguisher talk- Decker
(Camp Director/Maintenance Director)
 - Blood borne pathogens (Health Center Director)
 - Review any Megan's law postings with Directors
 - *Daily Directors meeting's 10:00 am*
(Executive Director, Health Center Director/Session Charge Nurse, Camp Director, Maintenance Director)



What Will Your Child Take to Camp?

- Bug spray**
- Flashlight and batteries**
- Family members to be tested by TrialNet**

Families living with type 1 diabetes often wonder who else in the family could be at risk for developing type 1 diabetes. Each family member can find out by having a free blood test offered by Type 1 Diabetes TrialNet. Most DECA camps host TrialNet screenings at one or more of their camp sessions, on the first or last day of camp. Family members will get the results within six weeks.

Approximately 5% of relatives screened will have autoantibodies indicating increased risk for developing type 1 diabetes. If you have a test result that shows an increased risk, TrialNet will contact you and offer you close monitoring in the Natural History Study. Screening is beneficial because it provides a gateway to prevention studies. Some family members who are at risk may be able to join clinical studies that are testing possible ways to prevent or delay type 1 diabetes. There are studies for adults and children. Eligibility will depend on age and the results of further blood tests.

Screening takes only about 15 minutes per person and is available to those who are:

- 1 to 45 years old and have a brother, sister, child, or parent with type 1 diabetes
- 1 to 20 years old and have a cousin, aunt, uncle, niece, nephew, half sibling, or grandparent with type 1 diabetes.

Led by the National Institutes of Health, Type 1 Diabetes TrialNet is an international research effort that is exploring ways to prevent and delay type 1 diabetes. TrialNet is also supported by the Juvenile Diabetes Research Foundation International and the American Diabetes Association.

Look for more information about TrialNet in your camp packet. Can't bring everyone to camp? No screenings the week you are going? Go to www.DiabetesTrialNet.org or call 1-800-425-8361 to find out how family members can be screened. You can also read about results from earlier TrialNet studies and learn about studies for people newly diagnosed.



**GIVE BACK.
SIMPLY WIN
CONTEST**



Give Back And Win!!

Enter Bayer's "Give Back. Simply Win." Contest to win a chance to meet Nick and have \$5,000 donated to the eligible charity of your choice! Answer three simple essay questions, telling us how you are making a difference in your community. Don't forget to include your picture so we can recognize you and your charitable efforts on our site. No purchase necessary to enter or win.

The contest is broken down into three age categories: 6-12, 13-17 and 18+. Nine finalists, three from each age group, will be chosen and win exclusive Nick Jonas memorabilia. Of the finalists, three grand prize winners, one from each age category, will be selected by Team Jonas. The three grand prize winners will get to meet Nick in person and a \$5,000 donation will be awarded to the eligible charity of their choice.

See the Official [Contest Rules](#) for details.

For more information go to
NicksSimpleWins.com today!

DECA Research Committee Develops Procedure

The DECA Research Committee has developed an application for prospective researchers interested in conducting research studies at camps. The application will be available online at www.diabetescamps.org for the 2011 camping season. The committee stands ready to assist in a variety of capacities especially for those projects that enhance our understanding of the benefits of diabetes camp for youth.

The Impact of a Residential Summer Camp on Attitudes and Behaviors Associated with Diabetes Self-Management in Children and Adolescents

This study was completed by Sarah Drewes, MS, RD, LD, a graduate student, last summer. The link to her thesis is: http://etd.ohiolink.edu/view.cgi?acc_num=akron1226947966

Title	The Impact of a Residential Summer Camp on Attitudes and Behaviors Associated with Diabetes Self-Management in Children and Adolescents
Author	Drewes, Sarah G.
Degree	Master of Science in Nutrition and Dietetics, University of Akron, Nutrition and Dietetics, 2008.
Advisor	Deborah Marino PhD (Advisor)
Abstract	<p>PURPOSE: The purpose of this study was to evaluate changes in perceived confidence in diabetes self-management of adolescents participating in an eleven-day residential diabetes camp.</p> <p>METHODS: Ninety-nine campers with type 1 diabetes between the ages of 10 and 16 attending Camp Ho Mita Koda, a diabetes residential summer camp located in Newbury, Ohio, participated in this study. Campers were given the 13-item Patient Activation Measure (PAM) on the first and last day of the camp session to examine changes in confidence in diabetes management at the end of the camp experience. Five questions were included on the post-survey to examine the impact of Camp Ho Mita Koda specifically. Hemoglobin A1c values were obtained by Camp Ho Mita Koda staff on the first day of each camp session and used as an indicator of glycemic control. Differences in PAM scores were evaluated in two groups, participants with hemoglobin A1c values less than the mean value and participants with hemoglobin A1c values above the mean.</p> <p>RESULTS: Ninety-six campers completed the pre-survey on the first day of the camp session and ninety-two campers completed the post-survey at the end of camp. Data obtained from the PAM were examined two different ways, by cumulative score and responses to individual questions. Significant differences between cumulative pre- and post-scores were found as mean scores increased from the pre-survey to the post-survey ($p < 0.0000$). When dividing campers' cumulative scores into four stages of activation as demonstrated by Gerber at Cornell University, the majority of campers, 51.0% and 60.9% of campers on pre- and post-surveys, respectively were included in the level of activation which demonstrates the highest amount of confidence in diabetes self-management. Fourteen campers (15.2%) moved from lower</p> <p><i>(continued on next page)</i></p>

levels of activation into the highest level as scored on the post-survey. Examining each individual question was also beneficial in providing insight into specific focus areas. Of the 13 questions, mean scores decreased in only 2 questions at the end of the camp experience. These two questions relate levels of confidence and knowledge to take action and are, "I know what each of my prescribed medications does," and "I understand the nature and causes of my diabetes." Ten questions had significant differences between pre- and post-survey mean scores. When comparing PAM scores in participants with hemoglobin A1c values above the mean with those below the mean, no significant differences were found. Of questions designed specifically for Camp Ho Mita Koda campers, all mean scores were between "agreed" and "agreed strongly."

CONCLUSIONS: Residential camps have been found to be an ideal environment to increase confidence in campers, specifically in children with chronic diseases or illnesses. This study suggests that Camp Ho Mita Koda, a diabetes camp, has a positive impact on a camper's confidence in managing diabetes. When comparing PAM scores and glycemic control, no significant difference was found which supports literature that states that adolescents tend to have poor glycemic control no matter how confident he or she is managing their diabetes. Future studies should examine the long-term impact that residential camps have on confidence in diabetes self-management in adolescents.

Subject Headings Nutrition

Keywords type 1 diabetes; residential summer camp; perceived confidence; diabetes self-management; adolescents; children

MARK YOUR CALENDARS!

DECA 2010 Camp Professional Development Conference

Breezes Resort, Rio Bueno, Trelawny, Jamaica

October 21 - 24, 2010

Register online at www.diabetescamps.org.

Diabetes Education Toolkit Coming Your Way

The Diabetes Education and Camping Association will be collaborating with the AADE Camps Specialty Group and camps everywhere on development of a “*Diabetes Camp Education Toolkit*.” This online tool will make it easier for diabetes camps to effectively present accurate and age-appropriate diabetes education to their campers.

Using the AADE 7 principles of diabetes education as the underpinning of the camp curriculum, the challenge is to adopt these principles down to camp-appropriate programs that run approximately 30-45 minutes each day at camp. A large number of small educational modules are envisioned, from which camps may select multiple age-appropriate activities.

Activities will cover 5-10 essential areas of diabetes education, including:

- blood glucose control
- nutrition
- exercise
- medications
- technology
- psychosocial issues
- problem-solving

Games, skits and activities will deliver content in unique, fun ways. The *Toolkit* will be web-based and available to camps worldwide. **Can you help?**

Please send detailed information on educational games or tools you use successfully in your camp. Let us know what works well for you?

Contact: shelleyyeager@diabetescamps.org

Have A Question? Live Chat Now Available on DECA Website

Have a quick question about camp? Click on the “Live Chat” icon on the homepage of the website (www.diabetescamps.org) and be connected to a moderator (Shelley Yeager) to discuss your issues online. If the moderator is not available, your question will be sent via email and Shelley will respond as soon as possible.

Share Your “Best Practices”

Need to update your protocols? How about a new game? Do you have a great camp menu? You can access other camps shared documents and post your own on the new DECA website. To download resources, click on the Downloads tab on the homepage. Scroll down to check out the file folders to find what you are looking for.

Want to share something from your camp? You can help other camps improve programming, healthcare and administration by sharing your “Best Practice” resources. Just send the document, preferably in PDF format to info@diabetescamps.org. We are especially looking for:

- Programming ideas
- Nutrition programming and menus
- Updated medical manuals (2010)
- Fundraising ideas

After a quick review, we’ll post it for others to view. Don’t forget to include your camp name so that you get credit for your hard work!