

**Presenting Author Name**

Antonina Kandiurin

**Phonetic spelling of your (full) name**

an-toe-NEE-na can-DUR-in

**Presenting Author Category**

Undergraduate Student

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**Research Category**

Clinical

**Abstract Title**

The Art of Living Well: A Series of Reflections on Wellness and Type 2 Diabetes by iCARE Youth Advisors

## Authors

| Name                                   | Role              | Profession       |
|----------------------------------------|-------------------|------------------|
| iCARE Participant Advisory Group Youth | Presenting Author | Patient Partners |
| Brianna Hunt                           | Co Author         | Research Staff   |
| Elizabeth Sellers                      | Co Author         | Full Professor   |
| Brandy Wicklow                         | Co Author         | Full Professor   |
| Allison Dart                           | Co Author         | Full Professor   |

**Will they participate in the poster presentation at CHRD?**

Yes

**What is their name?**

Antonina Kandiurin, Jennifer Lopez

**Background**

Global prevalence of youth-onset type 2 diabetes (T2D) is increasing, disproportionately impacting non-White communities including Indigenous and Black youth. The World Health Organization calls on researchers to ensure that youth with lived experience are shaping health research and services by sharing their perspectives.

**Objective**

The objective of this work is to share perspectives of youth with T2D with the child health community and what wellness means to youth with lived experience.

### **Methods**

In this Participatory Action Research Project, a group of youth (18-26) with lived experience of youth-onset T2D from the Canadian provinces of Manitoba and Ontario (n=10) came together to create a series of art pieces using mixed-media collaging. The collage series responds to the questions: What does wellness mean to you? and What do you wish the world knew about living with T2D? Art was thematically analyzed using nVivo qualitative data analysis software, and youth authors documented in writing the meaning behind their own work.

### **Results**

Three key themes emerged from the artwork created by our team: 1) The importance of connection with land and the natural environment for wellness, 2) Culture as a tool of empowerment and connection to wellness, 3) The prominence of food and nutrition in living well with T2D. Themes were consistent across our diverse group. In addition to emergent themes, quotes from youth include reflections on the mental health impacts of T2D, including themes of isolation, guilt, and the journey to make meaning of their diagnoses.

### **Conclusion**

Through this series, youth authors have created a fulsome showcase of youth perspectives on T2D. Findings from this work may be used as patient-informed measures of wellness in youth living with T2D. The creative work resulting from this project can be used as a knowledge mobilization tool highlighting the messages important to youth.