



Speaking from Experience

Young People & Type 1 Diabetes

Transcript for chapter 2 of 8: Healthy eating & exercise

Tori 19, diagnosed 6: I knew that as soon as I was diagnosed, my parents enforced healthy eating. There was no sugar in the house, which my little sister wasn't very happy about. All diet soft-drinks; everything in the kitchen changes. My dad made sure I was playing a sport and being healthy. It's kind of a good thing for anyone to do those things, but it's vital for diabetics. Ever since, exercise has been a massive part of my life. Eating healthy and being conscious about all those things.

Rachel 19, diagnosed 7: I think that having diabetes has made me healthier and more active. For "normal" people, when you don't eat well and you don't exercise, it doesn't really have any immediate effects. If I eat junk food all day and don't exercise, it has an immediate impact on me and I just feel sick straight after it. So, because of that, I think I'm pretty healthy.

Michael 18, diagnosed 16: I've played many sports over my time and I didn't let diabetes get in the way of any of them. It's really important for me, sport. It's a really big part of my life, so why should diabetes get in the way of it? It doesn't have to because when you're playing sport, if you have the correct management, you can learn this from an educator, you'll be able to stay on top of it and continue playing sport.

Scott 19, diagnosed 4: At the start, it really was, 'don't eat sugar ever'. I rarely ate sugar. If I went to a friend's birthday party and everyone is just eating lollies and stuff, I didn't really indulge. I just had plain chips and diet soda, and it's progressed from there. I've come to know what's good. It's more or less common sense. Organic foods and plenty of water, and I rarely drink soda. When I go out I just make sure that I'm stocked up and that I have enough [insulin] in me so that I don't go low.

Andrea: I find that a lot of people think that with type 1 diabetes, you can't have any sugar at all. So, if you're low and you say that you're a diabetic, they say, "You're not supposed to have sugar, are you?" They don't realise that you can go high or low with type 1 diabetes.

Rachel: With type 1, you just have the genetics for it and then something will trigger the onset and there's nothing you can do about it. Whereas, with type 2, diet and exercise play a factor in it.

Kayla 15, diagnosed 11: Now that I've become a diabetic, I just eat when it's time to eat, and I just eat salads and I don't eat much chocolate and fatty stuff as I used to. I used to eat a lot of it, but now I don't eat that much of it. I only have a treat once a week, if I'm lucky.

Marlon 10, diagnosed 6: I have to eat carbohydrates regularly. Some foods that have carbohydrates are bread, pasta, cereal, potatoes.

Andrea: There's a lot more structure with your eating when you become a diabetic. It's kind of in a healthy way though. It makes you eat dinner when you're supposed to, so that you don't eat dinner too late at night. And it makes sure that you have a healthy balanced diet.



So, you've got to have your carbs and stuff, but then with your carbs, you'd have your vegetables and your protein. It brings healthy eating habits into your family as well.

Tori: My daily management for diabetes revolves around testing my blood sugar. I do that before each insulin shot; and because I'm on the pen, that's four a day. I also do other ones if I'm low or high. Basically, if I don't feel right, I test my blood sugar first before I do anything else, because that can be the reason why. Then, I make sure I eat three meals a day, breakfast, lunch and dinner, and then snacks in between to keep my blood sugar constant. I keep my carbohydrates up.

Kayla: I chose to give up most of the things that I did. So that I don't have to be sicker and I can be healthier. So that I don't have to go to the hospital all the time. So that I can have a life.