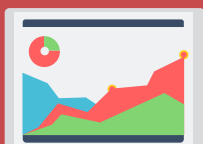


ICARE NEWSLETTER



New infographic created by our Participant Advisory Group page 1



Carrie is joining our Research Team to support our Participant Advisory Group. Welcome Carrie!



We have gone digital! What to expect during your virtual (or phone) follow-up. Read more on page 2



Treats can be healthy too! Check out page 3 for a diabetes-friendly recipe.

PAG CREATES NEW INFOGRAPHIC

The iCARE Participant Advisory Group, or PAG for short, is a group of youth and adults who are passionate about Type 2 Diabetes. Our PAG helped us create this infographic for people in healthcare and the community to understand more about the struggles of youth with T2D.

The PAG meets every few months to give their feedback and ideas to the iCARE research team about what to study next and how to study it in a good way.

Advantages:

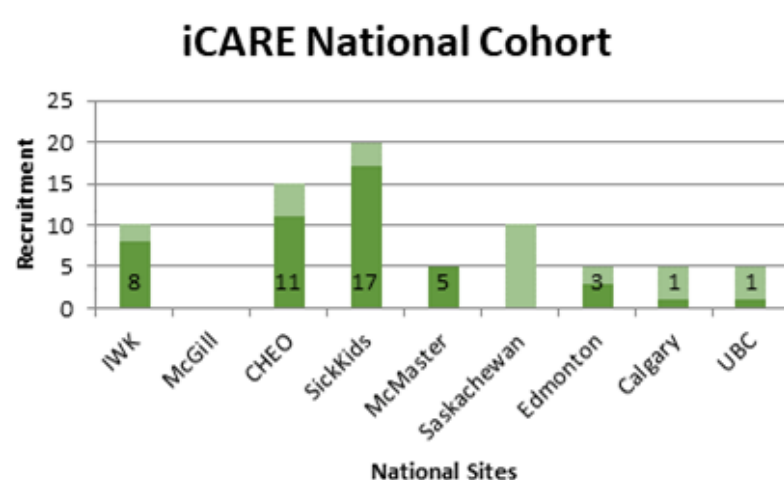
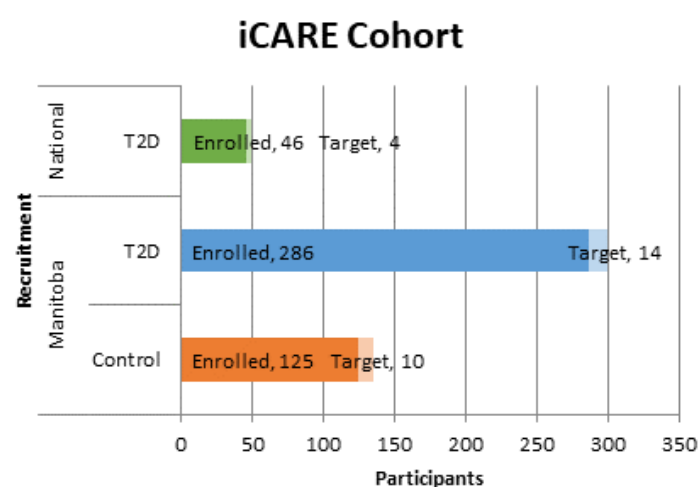
- You get compensation (\$\$)
- Connecting with other youth with Type 2 Diabetes, parents and community members
- Work with the research team to ask the right questions
- Help us share results in a way youth and families understand

You don't need to know about research to join. To try out a meeting or learn more contact Carrie Costello: ccostello@chrimg.ca

Youth's Struggles with Type 2 Diabetes



RECRUITMENT UPDATES!



We are happy to announce that we have almost hit our target of 300 participants with Type 2 Diabetes (T2D) in Manitoba and 125 participants who are at risk of the disease. Just a few more to go! Saskatchewan will join our National Cohort soon, so we look forward to welcoming participants from that province shortly.

Thank you to each and every family that participates in this research to improve the lives of youth living with T2D.

Coming Soon!

1

iCARE 2.0

The next stage of iCARE will be announced in March of 2021. We look forward to sharing new initiatives planned with our participants and PAG!

2

Canadian Journal of Diabetes - Child Edition

Stay tuned for a special edition of the Canadian Journal of Diabetes this summer focused on children and youth, featuring articles from iCARE!



We've gone digital! What to expect during your virtual follow-up.

1. Your consent forms will be mailed or emailed to you. Please complete, sign and then mail or email them back to us.
2. Your honorarium will be mailed out to you as soon as your study visit is complete and we get your consent form back.
3. Your questionnaires will be given over the phone or on zoom
4. We may or may not take an extra blood draw for research.

Any questions? Email icare@chrim.ca



WALNUT AND FLAX CARROT COOKIES

Instructions

1. Preheat oven to 350°F (180°C).
2. Line a baking sheet with parchment paper.
3. In a mixing bowl, beat together canola oil, sugar, egg and vanilla.
4. In a separate bowl, toss together flour, oats, flaxseed, walnuts, cinnamon and baking soda.
5. Add dry ingredients and carrots to the wet ingredients and stir well by hand to combine.
6. Scoop tablespoon-sized portions and place on a cookie sheet, about 2 in. (5 cm) apart.
7. Bake for 13 to 15 minutes.

From the Diabetes Canada Website:
<https://www.diabetes.ca/managing-my-diabetes/recipes/walnut---flax-carrot-cookies>

INGREDIENTS

- ½ cup (125 mL) canola oil
 - ⅔ cup (150 mL) brown sugar, lightly packed
 - 1 egg
 - 1 tsp (5 mL) pure vanilla extract
 - ¾ cup (175 mL) whole-wheat or all-purpose gluten-free flour
 - ¾ cup (175 mL) rolled oats
 - ¼ cup (60 mL) ground flaxseed
 - ½ cup (125 mL) chopped walnuts
 - 2 tsp (10 mL) cinnamon
 - ¼ tsp (1 mL) baking soda
 - 1 cup (250 mL) finely grated carrots, packed
- * If you don't have these ingredients, get creative! Add what you like.

Nutritional Information Per 1 cookie

Amount	% Daily Value
Calories 110	
Fat 7 g	11 %
Saturated 0.5 g	
+ Trans 0 g	3 %
Cholesterol 10 mg	
Sodium 20 mg	1 %
Carbohydrate 10 g	3 %
Fibre 1.4 g	6 %
Sugars 4 g	
Protein 2 g	

WE WANT TO TALK:

Please help us
update your
contact
information.

The research team needs to contact iCARE participants to remind them of appointments, follow up on test results, invite them to events, etc.

To update your contact information, please email icare@chrim.ca or call (204) 789-3827 with the following:

Name:.....
Telephone:.....
Email:.....
Other:
Preferred method:.....