



ICARE NEWSLETTER



FEAST AND FINDINGS

In the spring, we hosted two iCARE feasts, one in Garden Hill First Nation and one in Winnipeg. Read more on page 2.



WE WANT TO TALK

Have you moved? Changed numbers? Would prefer we try to contact you in a different way? Read more on page 3.



RECIPE

Eating healthy food doesn't need to be hard. Check out page 3 for diabetes-friendly recipe.

JOIN THE ICARE PAG!

The iCARE Participant Advisory Group, or PAG for short, is a group of youth and adults who care about Type 2 Diabetes and want to make a difference.

They meet 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. You don't need to be a research expert, you just have to know what it is like to have or care for someone with Type 2 Diabetes.

The iCARE PAG also creates things like videos, posters, and workbooks to help people learn more about Type 2 Diabetes.

Costs like bussing or parking is reimbursed and lunch and snacks are provided at the meeting. We also provide a monetary thank-you for participating.

Joining is simple: just contact Rachel Keijzer at rkeijzer2@chrom.ca or (204) 789-3548.

FEAST AND FINDINGS:

Eating and Learning with iCARE

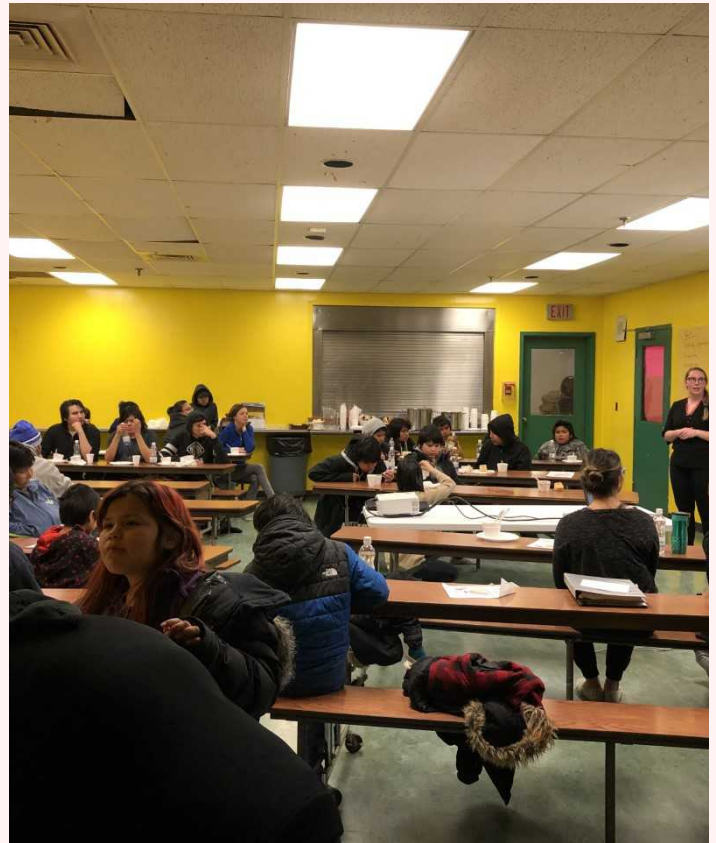
On March 19th, the iCARE team hosted a community feast in the Garden Hill First Nation High School multi-purpose room. On April 24th, another feast was held at the SSCY Centre in Winnipeg. The purpose of both events was the same: share food, study findings, and invite people to join the iCARE PAG (participant advisory group).

The iCARE principle investigators (PIs for short) Dr. Allison Dart and Dr. Brandy Wicklow presented what has been learned through the iCARE study so far.



Strengths are family values, leisure and recreation, social connections, and traditional ceremonies

Youth with T2D



Some key learnings are:

1. 3 out of 10 youth with Type 2 Diabetes (T2D) show early signs of kidney disease.
2. 30% of iCARE participants have protein in their urine. This means their kidneys are beginning to get sick.
3. Most youth are managing their T2D with insulin, but sometimes insulin gets missed.
4. 23% of youth have on-target blood sugar controls. The other 76% have okay or out-of-control blood sugar.
5. Some youth only have hypertension at night.
6. 58% of youth report feeling stressed.
7. Youth say their strengths are family values, leisure and recreation, social connections, and traditional ceremonies.
8. Youth say their challenges are alcohol and drugs, lack of education and gang activity.

DO YOU WANT MORE INFORMATION?

Did you miss the feast but want the information that was shared? Get in contact with us!

Melissa Gabbs, iCARE study coordinator:
mgabbs@chrим.ca or (204) 789-3827

Rachel Keijzer, patient engagement coordinator
rkeijzer2@chrим.ca or (204) 789-3548

PARMESAN CHICKEN FINGERS



COOKING FOR THE RUSHED: YOU CAN PREPARE THE CHICKEN STRIPS AHEAD OF TIME, FREEZE THEM, THEN BAKE THEM WHEN YOU NEED THEM. IT'S PERFECT FOR BUSY WEEKS

DIRECTIONS

1. Preheat oven to 400 degrees
2. Line a baking sheet with a greased rack.
3. In a food processor, combine cracker crumbs, Parmesan cheese, basil, marjoram, paprika, optional salt, and pepper.
4. Process to make fine crumbs. Place in a shallow bowl.
5. Cut chicken breasts into four strips each.
6. In a bowl, beat egg; add chicken strips.
7. Using a fork, dip chicken strips in crumb mixture until evenly coated. *At this point they can be frozen then continue on with the instructions when ready to bake.*
8. Arrange on greased rack set on a baking sheet. In small bowl, microwave butter and garlic at High for 45 seconds or until melted.
9. Brush chicken strips with melted butter.
10. Bake in preheated oven for 15 minutes or until no longer pink in center. (If frozen, bake for up to 25 minutes.).



INGREDIENTS

- 1/2 cup finely crushed soda cracker crumbs (about 16 crackers)
- 1/3 cup freshly grated parmesan cheese
- 1/2 teaspoon dried basil leaves*
- 1/2 teaspoon dried marjoram*
- 1/2 teaspoon paprika*
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon fresh ground black pepper
- 4 boneless skinless chicken breasts
- 1 egg
- 2 tablespoons margarine or butter
- 1 garlic clove, minced

* If you don't have these spices, get creative! Add what you like.

NUTRITION INFORMATION

Serving Size: 1 (149 g)

Servings Per Recipe: 4

	PER SERVING	% DAILY VALUE
Calories	249.1	
Calories from Fat	112	45%
Total Fat	12.5 g	19%
Saturated Fat	3.7 g	18%
Cholesterol	129.3 mg	43%
Sodium	368.7 mg	15%
Total Carbohydrate	2.4 g	0%
Dietary Fiber	0.3 g	1%
Sugars	0.2 g	0%
Protein	30.2 g	60%

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 contact Melissa Gabbs, iCARE study coordinator, at mgabbs@chrim.ca or (204) 789-3827. She'll need your:

Name:.....

Telephone:.....

Email:.....

Other:

Preferred method:.....