

# KIDS AT RISK OF TYPE 2 DIABETES

## Shape Up with SHAPEDOWN

Type 2, or non-insulin-dependent, diabetes used to be called adult onset diabetes. Unfortunately for many kids these days that's probably no longer a very appropriate name. More and more children, some as young as 12 years old, are being told they have type 2 diabetes. Much of that change is a direct result of the obesity epidemic that is sweeping the country — in adults, and now in children too.

Two years ago, Bristol-Myers Squibb took a new approach to address the risk of type 2 diabetes and other health complications in children by supporting an innovative and noninvasive school screening program in Mercer County, New Jersey, run by diabetes educators from Robert Wood Johnson University Hospital Hamilton (RWJUH).

Says Christy Stephenson, the hospital's president and CEO, "Children had been left out of the loop and were not being properly screened. Furthermore, many school nurses didn't know what to look for. So the innovative partnership with Bristol-Myers Squibb and its Foundation helped us educate school nurses and send our own diabetes educators to schools to aid in the screenings."

For those who were identified at risk (nearly 1,600 children were screened at 42 area schools and about 280 were identified at high risk for type 2 diabetes), they and their families were referred to programs in the community and at the hospital itself.

"As a result of that program," Stephenson says, "Bristol-Myers Squibb has given hope to the kids of Mercer County and I believe for many of them, years have been added to their lives. Today that program is being used as a model, not just in schools but for RWJUH to go out into the community, to partner with physicians and to work on other lifestyle-related illnesses."

This year, another innovation was added. "Because of the latest grant from the Foundation and its generosity," Stephenson reports, "we will now be able to refer children at risk as identified in schools or by their own doctors to SHAPEDOWN, a nationwide program that is offered at RWJUH, focusing on family weight management, including fitness and nutrition education. It involves both the child and his or her family in a series of weekly classes. This will be a tremendous resource for families. Children simply won't succeed in this kind of effort without a parent's support. Now we'll be able to put more families into the program."

"The Bristol-Myers Squibb Foundation and Robert Wood Johnson University Hospital Hamilton share a similar mission and vision about the health of our communities," Stephenson concludes. "With partners like the Foundation, together we can build a healthier community, design educational programs for schools and parents that develop a child's wisdom as well as her emotional, intellectual and physical strengths, operating with balance, intelligence and appreciation of people and the communities we serve."



Jason Marcus participates in SHAPEDOWN, a family-centered weight management program offered at Robert Wood Johnson University Hospital Hamilton in New Jersey.