

## **Happy Birthday, Frederick Banting!**

*By Anna Albritton, MS, RD, LD, CDE*

It's no coincidence that World Diabetes Day is celebrated on the birthday of the man that invented insulin—Frederick Banting. The day is truly recognized worldwide (hence the name), with a focus on raising awareness for the condition. A theme is picked each year by the World Health Organization (WHO) and International Diabetes Foundation (IDF), with this year's theme being "The Family and Diabetes." Not only is diabetes difficult for the child or adult living with it, but it can bear weight on the entire family.

The family support system is a topic consistently addressed at Kudzu programs, and it is vital to the child living with type 1. With two family camp programs a year, Camp Kudzu recognizes the important role of the family in diabetes management. Additionally, through programming throughout the year, we aim to give campers the tools to have conversations—yes, sometimes tough ones—with loved ones about how they can help the most. Family members acting as food police, scare tactics during teenage years, or times of rebellion/burnout and constant nagging around blood sugars don't necessarily equate to better management from your camper.

That said, being a parent of a child with T1D can be a tall order. The fine line of taking care and making sure diabetes is well managed, all while simultaneously promoting independence, can be a tough line to walk. Through the constant everyday stress, know that Kudzu is here to support you and your family every step of the way. A day to spread awareness throughout the community, this year's theme of World Diabetes Day can serve as a reminder that while diabetes isn't a path you chose, it CAN be a means that you become closer as a family—leaning on one another for strength and support.

For more information on this year's World Diabetes Day theme, see the attached/linked pamphlet or visit [www.worlddiabetesday.org](http://www.worlddiabetesday.org).