Doing It Together

Rethinking evaluation through culture, context and two-way learning

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Acknowledgement of Country

Menzies School of Health Research has its Australian offices in Garramilla (Darwin) and Mparntwe (Alice Springs). We acknowledge the Larrakia Elders in Garramilla and Arrernte Elders in Mparntwe, their people, and their country. We also acknowledge the people and the Elders of the Aboriginal and Torres Strait Islander Nations who are the Traditional Owners of the land and seas of Australia.

We also acknowledge and pay our respects to the Traditional Owners of the land we work on, the Gurindji, Jawoyn, Yanyuwa, Garawa, Mara and Gudanji people.

Pay attention!!! It’s ok, we will help you









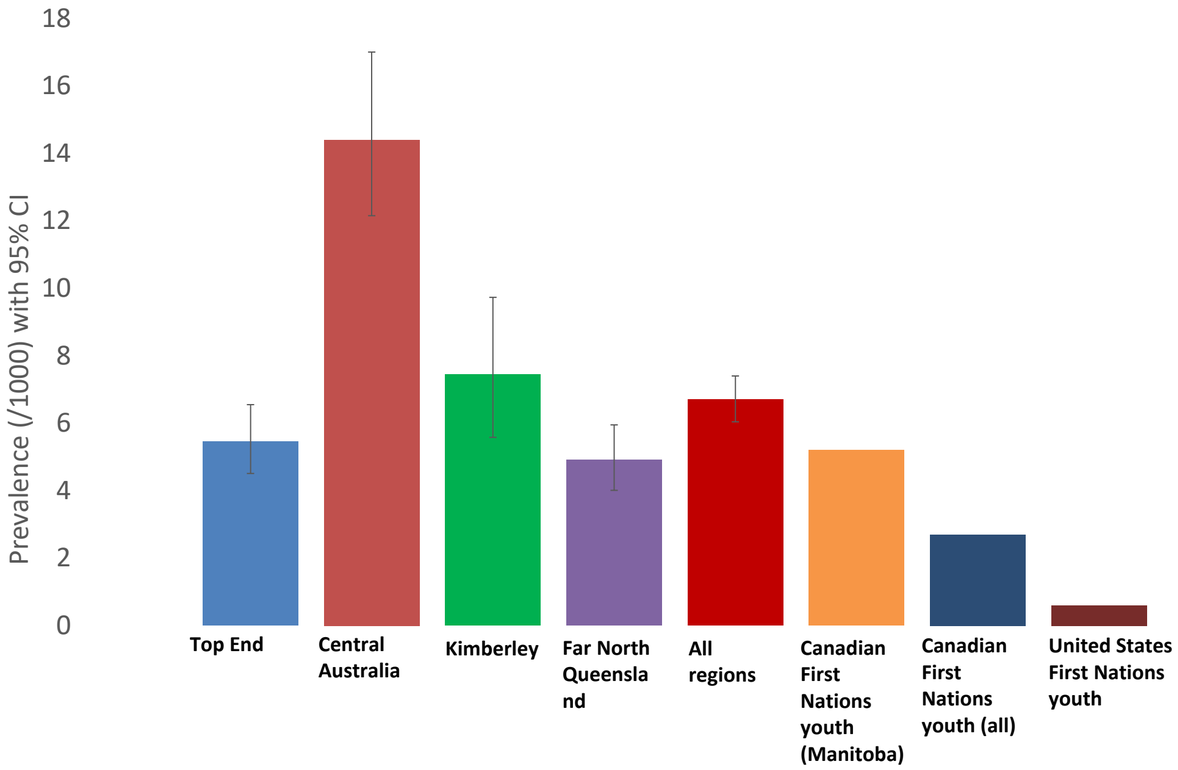


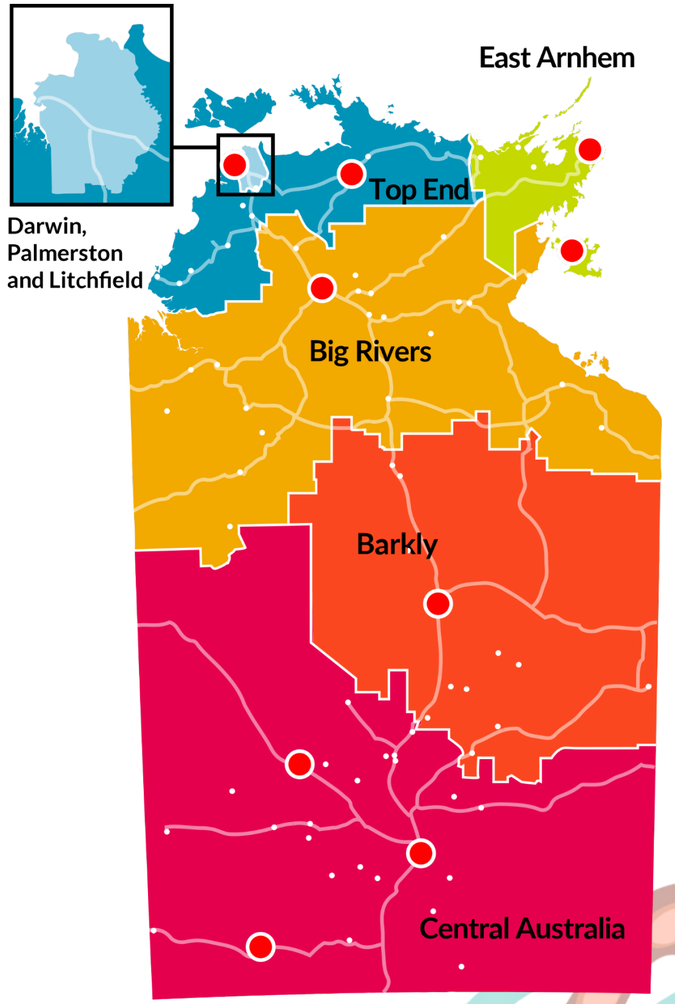


Engagement and energy

Youth onset Type 2 Diabetes (YT2D)

Prevalence (per 1000 population) of type 2 diabetes in Aboriginal and Torres Strait Islander youth aged ≤24 years, 2017





Big Rivers Region, Northern Territory

Titmuss et al. 2022. Lancet Diabetes and Endocrinology
Stone et al. 2013. MJA
Pettitt 2014. Diabetes Care
Amed et al. 2018 Ped Diabetes
Sellers et al, 2024. Diab Res Clin Pract
Oster et al 2012, Int J Circumpolar Health

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yt2D Youth Type 2 Diabetes

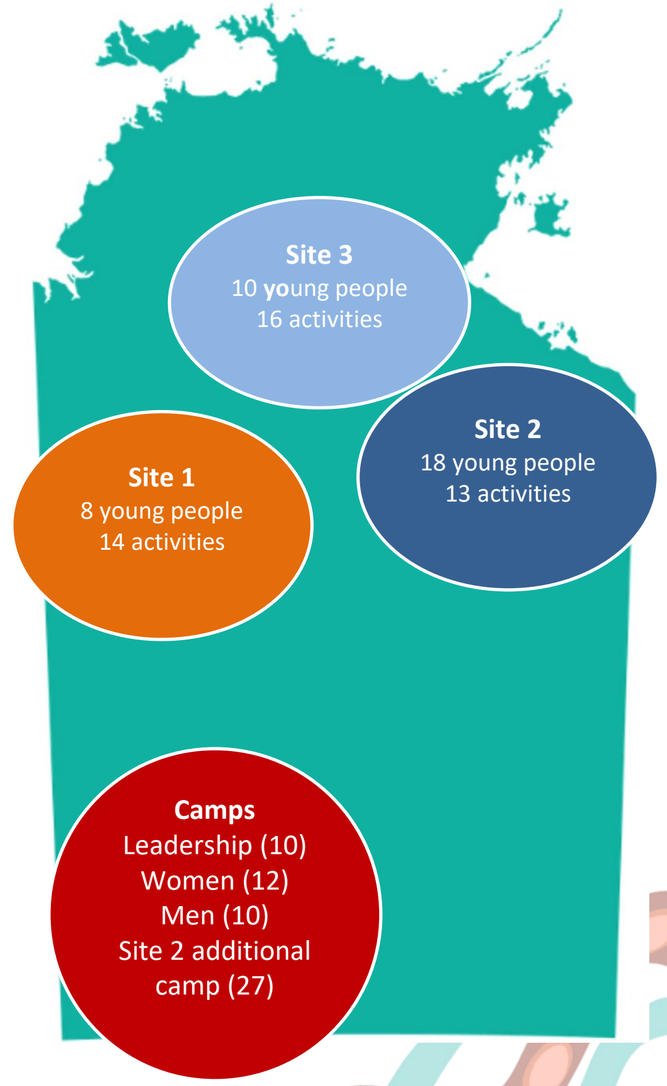
Doing It Together: Project Design

Vision: To improve the wellbeing of, and connection between, Aboriginal and Torres Strait Islander young people with Type 2 Diabetes.

Two approaches:

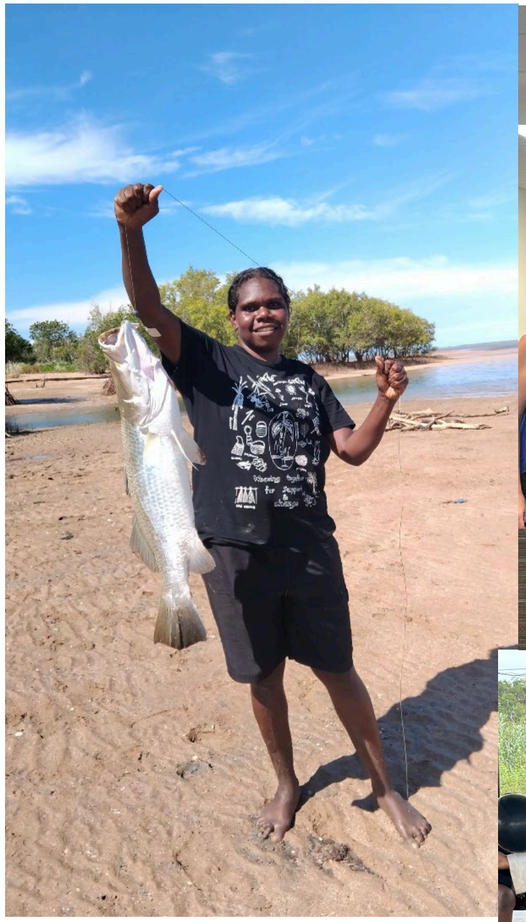
- Peer-led diabetes education (June 2024-November 2025) – education delivered to a group with established relationships (Wurli)

- Peer support (October 2024-September 2025) – sessions were informal and fun, designed to reduce stigma and shame through sharing stories, games, sharing a meal in non-clinical settings (all other participating Big Rivers sites)



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The Team

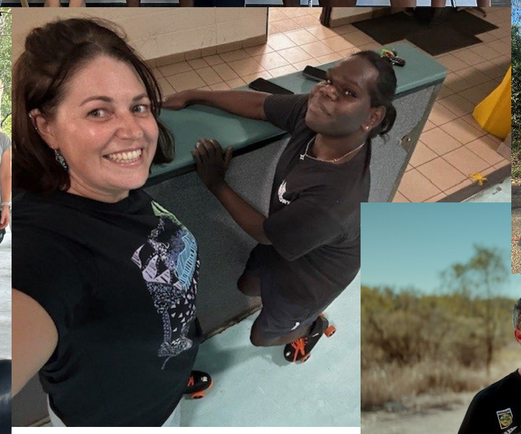
















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Working together, learning together







- Getting comfortable in a new place takes time
- Peers for support can help

- Working in different ways is challenging and resource intensive, but worth it!

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This evaluation stuff

Evaluation is

- Tiring
- Repetitive
- Sometimes makes me angry

But…I learned to love it. I can learn from it and make changes to work better.









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Learning to love learning and evaluation

Noticing

- Watch
- Listen
- Talk less

How did you feel about your presentation?

'I felt happy and guilty at the same time. Maybe wouldn't go so hard on them next time. I could tell by the body language – half of them was going pale. At least they get to understand what sugar do to you…in the future'.

I: If you were to do that session again, would you do differently?

P: Well I would do a little speech first and then … I wouldn't know.

I: What did it look like to you? Did it look like the young mob were understanding?

P: Yeah, they did understand.

I: How do you know?

P: Well you can tell by their body language.

I: For example?

P: For example if one of the kids seem that quiet and just started looking at you or me and then I would go talking. You can see by the way they move and … it's so hard to find these words.

P: I mentioned the camp to her and then she started saying 'oh yeah' … at first I went like too English at her.

I: You went too much English?

P: Yeah and so I thought to myself I'm going too English on this woman, I'm going to change it to Kriol.

I: Do they speak the same Kriol that you speak?

P: Yeah. So I changed it to Kriol and then she got comfortable with it

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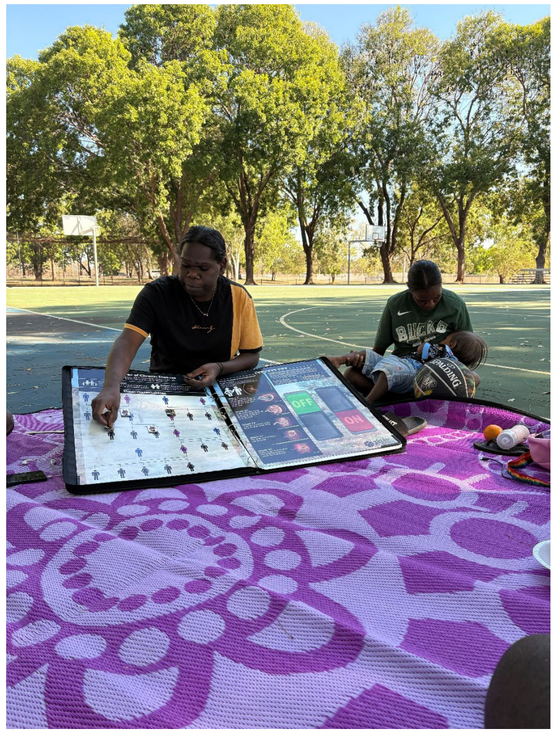
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Noticing continued....

Quiet learning









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Reflecting and making change







Wayne was explaining some of the scary parts, like dialysis. I explained about what the dialysis machine can do. Wasn't expecting him to talk about dialysis, it's not part of our usual education. It scared them.

I felt confident to do it but in the middle, didn't feel comfortable. After the session, talking back at the hotel, I gave Wayne a reminder about not talking about risks – what's going to happen to any of the young kids that have got diabetes. I wasn't comfortable when Wayne talked about dialysis… I'm thinking, these kids are just young, they need to know about what is diabetes. I just got uncomfortable about Wayne talking about dialysis.

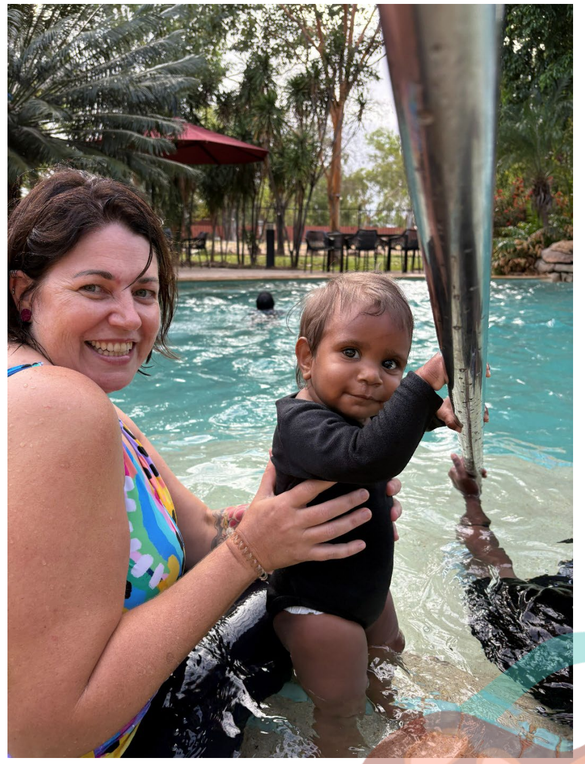
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Other voices

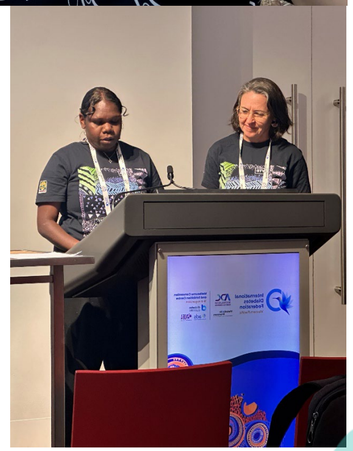
Listening to others











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Youth Diabetes Camps





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Acknowledgements

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