Working with Students with Diabetes and Chronic Illness on Campus

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We ask you to join us in creating a culture that reflects…

Access and Inclusion

and

Civility and Respect

…this week and in all aspects of our organization.
Chronic Illness on Campus

Increased numbers of students with chronic illnesses on college campuses due to:

• General population increases in college attendance
• ADA Amendments Act of 2008 (implementation)
• Technology-enhanced treatment
The ADA Amendments Act of 2008

- Broadened the scope of each component of ADA
- Chronic illness is a physical impairment
- Broadened ‘substantially limits’ to ‘materially restricts’
- Includes illnesses that are episodic, intermittent, and in remission
- “Major life activity” = caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, working
- Includes: ‘major bodily functions’: immune system functions, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, reproductive systems
Students registered with Clemson SAS 2020-21

- ADHD = Attention Deficit Disorder: 43.2%
- ASD = Autism Spectrum Disorder: 3.2%
- DHH = Deaf/Hard of Hearing: 1.9%
- MED = Medical/Health Impairment: 16.1%
- MOB = Mobility Impairment: 0.8%
- PSY = Psychological Impairment: 14.7%
- SLD = Specific Learning Disability: 14.2%
- TEMP = Temporary Injury/Surgery: 1.3%
- TBI = Traumatic Brain Injury: 0.8%
- VI = Visual Impairment: 1.4%
- Other/Diagnosis Pending: 2.5%
Chronic Illness on Campus

WebMD 2020 provides tips for college students managing the stress of a chronic disease or condition:

#1 tip: Get to know disability services office on campus
https://www.webmd.com/balance/managing-chronic-disease-at-college#1

6 Most Commonly Occurring Chronic Illnesses in college age group (18-26)

(in order of frequency)

- Asthma
- Arthritis
- Hypertension
- Diabetes
- Cancer
- Heart Disease
Accommodations beyond the classroom
Challenges Young Adults With T1D Face

Young adults living with type 1 diabetes face a unique set of challenges as they make the transition to independence:

- **Health**
  - Successfully managing their condition on their own

- **Emotional**
  - Feeling isolated and unsupported

- **Financial**
  - Navigating the complexities of health insurance

- **Social**
  - Feeling misunderstood by their peers or colleagues
How is Type 1 Diabetes managed?

Treatments for this condition are focused on maintaining “in range” blood sugar levels through:

- Regular Monitoring
- Insulin Therapy
- Diet
- Exercise
T1D and Chronic Illness on Campus

College life is particularly difficult for students with chronic illness

• Food choice adjustments and poor eating habits
• Shared environments, communal living
• Poor sleep schedules, noisy environments
• High levels of stress
  • Due dates, assignment deadlines
  • High-stakes assessments
  • Changing schedules every semester
Out of 473 participants:

- 37.2% were told by a healthcare provider they have anxiety
- 76% said their diabetes made their anxiety worse
- 31% said their anxiety is unrelated to their diabetes
- 56% said their anxiety was not caused by their diabetes, but affected by it
- 13% said their anxiety was caused by their diabetes
Out of 473 participants, 278 had registered or tried to register with the disability services office for accommodations for diabetes on their campus.

135 participants indicated they had not tried to register for accommodations.
Out of 473 participants, 354 indicated they had not had trouble negotiating and/or receiving accommodations related to their diabetes on campus.

59 participants indicated they had trouble negotiating and/or receiving accommodations.
What is CDN?

CDN works for the day when all young adults with diabetes are motivated and equipped to live a healthy life, so they can pursue their dreams without compromise.
CDN REACH™

- A multi-year initiative harnessing a coalition of leading organizations to better support students with diabetes on college campuses.

CDN REACH Initiative Goals:

- BUILD consensus to better support student health and well-being
- DEVELOP resources specifically designed for campus professionals
- COMMUNICATE best-practice guidelines and standard protocols
- COLLABORATE on university specific initiatives & programs
• Download Our Educational Resources
  o collegediabetesnetwork.org/resource-hub

• Get involved with a CDN Chapter
  o chapters@collegediabetesnetwork.org
Questions to consider:

• Why are some students with chronic illnesses not seeking accommodations?
• What are effects of COVID-19 on students with chronic illnesses, and how will campuses respond?
• What is challenging about accommodating chronic illnesses on college campuses?
• How can campuses be more welcoming and accessible to students with chronic health conditions?
Session Evaluation

• Your feedback helps shape future programming.

• Thank you for attending!