**PURPOSE**

- To explore the effect of college campus living on diabetes management among young adults with type 1 diabetes (T1D)

**BACKGROUND**

- Approximately 3 million Americans have T1D
- US incidence: Caucasians-highest & African Americans-lowest
- Prevalence: expected to rise 70% by 2020 for those < 15 years
- Rise in T1D increases # of college students with T1D
- Delicate balance between adhering stable glucose level while attempting to integrate into campus life
- National Longitudinal Study of Adolescent Health: young adults with childhood-onset chronic conditions (including T1D) had a lower rate of college graduation as compared to young adults without chronic illness (18.0% vs 32.2%)\(^6\)
- Campus life: group of people with a common purpose or shared duties at an institution of higher learning, does not fully encompass the college campus experience from a health & wellness perspective

**METHODS**

- Scoping review: method of knowledge synthesis that summarized college campus living for those with T1D to illustrate its importance
- Arseyk & O’Mallely’s framework of 5 stages
- Map key concepts to identify the current state of understanding within policy & practice settings\(^8\)
- Databases: Cinahl, Pubmed, PsychINFO, Cochrane, & Google
- Key terms: type 1 diabetes, transition, young adults,
- Inclusion Criteria:
  - Type 1 Diabetes only
  - Young Adults 18-26
  - High school graduates
  - Residing in dormitory on college/university campus

**LITERATURE SEARCH**

- All databases combined using search terms
- Duplicates removed (Excluded 245)
- Initial title/abstract screen (Excluded 66): Not focused post-high school students or young adults
- Full text review (Excluded 25) Did not focus on living at a college/university or health outcome of hemoglobin A1c
- Included in Scoping Review

**RESULTS: CAMPUS LIFE FRAMEWORK**

- **Health Behaviors**
  - University food environment impacted diabetes management: “predictable poor food choices” in the cafeteria & food was prohibited in the library, laboratories, & certain classrooms\(^6\)
  - Freshmen with T1D eating in dining hall: food was not conducive with diabetes management\(^7\)
  - Sleep deprivation & behaviorally induced insufficient sleep negatively impacted insulin resistance & glucose tolerance, as well as learning, memory, attention, immune response\(^6,9\)
  - Metabolic disturbance may negatively impact athletic performance during physical activity

- **Diabetes Management HbA1c**

- **Risk Behaviors**
  - Alcohol consumption, smoking, drugs, sexual behavior

- **Support Systems**
  - Parental, friend, significant other

- **Academics**
  - Course schedule, studying, group projects

**DISCUSSION**

- Hanna & colleagues developed a theoretical framework for transitions of young adults with T1D & identified high school graduation as an important transition
- Campus living framework incorporates the aspects of the socioecological model
- Meeting the needs of college students for optimal health & wellness involves management of changing health behavior patterns & mental well-being\(^18\)
- Internet sites were not always accurate, especially blood glucose & alcohol\(^19\)
- Sound Transition Website: College Diabetes Network (CDN): https://collegediabetesnetwork.org\(^20\)
- College campus living unpredictability may affect students physical & mental health, thus ultimately lead to poor diabetes management & HgA1c

**RESEARCH IMPLICATIONS**

- Describe resources available at college for students with T1D
- Evaluate barriers & facilitators of campus living among college students with T1D
- Evaluate the inter-relationships in the campus living framework & their effect on diabetes management
- Develop & evaluate programs to foster diabetes management among college students with T1D from the student & university perspective
- Measuring nursing’s pivotal role in maintaining health & wellness for those with T1D as they transition to campus life

**CONCLUSIONS**

- Improving hemoglobin A1c are salient for college campus living among those with T1D to prevent a negative trajectory
- Dearth of literature on the effects of campus living for college student with T1D on diabetes management
- Challenges exist among college students with include balancing self-care practices with a college life-style: erratic eating & sleep schedule, varying course schedule/studying, social aspects (alcohol), emotional aspects (normalizing diabetes)