

Edinburgh Napier Degree Show includes diabetes related pop up

A pop-up shop which is part of Edinburgh Napier's Degree Show, is providing food for thought as it aims to unravel the misinformation around type 1 diabetes.

"Food for Thought" has been created by Edinburgh Napier fourth year graphic design student, Rachel Cartledge.

The speculative shop is stocked with fun, eye-catching products that aim to address specific issues relating to type 1 diabetes, including some of the misunderstanding around diagnosis, hypos, carb counting and more.

Cereals called "Dia-wheaties" and "Hypos" bury some of the myths around the condition alongside providing information on what to do if a diabetic is experiencing low sugar levels.

"In A Pickle" jars provide information on what you can do to help someone with type 1 diabetes and drink cans called 'Shots' share more on type 1 diabetes and drinking alcohol.

"Myth Milk" again looks into some of the different myths around type 1 diabetes and tins called "Can you carb count" provide knowledge on the importance of weighing out portions of food – something that is vital when using insulin.

Rachel (22) from Edinburgh – was diagnosed with type 1 diabetes when she was just four-years-old.

The project, and its items, have been created as a direct response to some of the misconceptions and stigma that Rachel has experienced being a type 1 diabetic throughout her life so far.

She said: "I was diagnosed with type 1 diabetes when I was four. As I grew up, and as I started to understand more about the condition myself, it became obvious that there wasn't a great deal of information out there that gave people knowledge on what type 1 diabetes is and its causes and symptoms. People kept on telling me that I had it because I ate too much sugar, which simply isn't true.

"I remember visiting the hospital and the diabetes posters were quite extreme. People don't realise that type 1 is vastly different from type 2 diabetes. Type 1 is an auto-immune condition. There is no way of preventing it and it can happen to anyone.

"This led me to creating Food for Thought. I wanted to catch people's attention and use design to express how I feel about the stigma and misinformation surrounding the condition. Creating it has been a bit like therapy – but it has been a lot of fun too.

"I'm in a lucky position that I've grown up with it. I've had a supportive family and friend network around me, and I've adapted my lifestyle – it hasn't stopped me from doing anything that I've wanted to do. However, if you were in your mid 20s and got diagnosed with it tomorrow, I'm not sure the resources would be there to help you understand the condition and how to live with it. That's been a key driver behind the whole project."

Alongside exhibiting at Edinburgh Napier's Degree Show, Rachel's Food for Thought project has also been in display at a recent diabetes discovery day organised by the JDRF charity in Aberdeen.

If you would like to see Rachel's project, and others from the University's School of Arts and Creative Industries, the Edinburgh Napier Degree Show runs until 30 May at Merchiston campus.

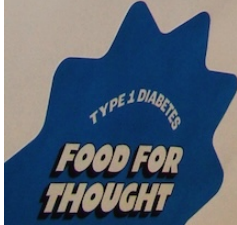
More information on the show can be [found here.](#)



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ALL STIGMA MUST GO!



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