

# **Social Media's Impact on Mental Health and the Complicated Relationship for People with Diabetes**

---

Quinn Nystrom, M.S.

# Agenda

Social Media Use

Surgeon General's 2023 Report

Harms of Social Media

Diabetes 101

Barriers to Diabetes Care

Positive and Negative Impact of Social Media for  
People with Diabetes

Action Items and Strategies for Patients,  
Caregivers, and Health Care Professionals



SOCIAL MEDIA

REVOLUTION

2022



# Social Media and Youth Mental Health

The U.S. Surgeon General's Advisory

2023



## U.S. Surgeon General Dr. Vivek Murthy

*"The most common question parents ask me is, 'Is social media safe for my kids.' The answer is that we don't have enough evidence to say it's safe, and in fact, there is growing evidence that social media use is associated with harm to young people's mental health. Children are exposed to harmful content on social media, ranging from violent and sexual content, to bullying and harassment. And for too many children, social media use is compromising their sleep and valuable in-person time with family and friends. We are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis – one that we must urgently address."*

# Key Findings

- A study in college-aged youth found that limiting social media use to 30 minutes daily over three weeks significantly improved depression severity.
- A study conducted among 14-year-olds found that greater social media use predicted poor sleep, online harassment, poor body image, low self-esteem, and high depressive symptom scores, with a more significant association for girls than boys.
- Adolescent social media use predicts a subsequent decrease in life satisfaction for certain developmental stages, including for girls 11-13 years old and boys 14-15 years old.
- Adolescents who spend more than three hours per day on social media face double the risk of experiencing poor mental health outcomes, including symptoms of depression and anxiety.
- In U.S. colleges, social media rollout was associated with increased depression and anxiety.





# Studies that Examined Social Media Harm

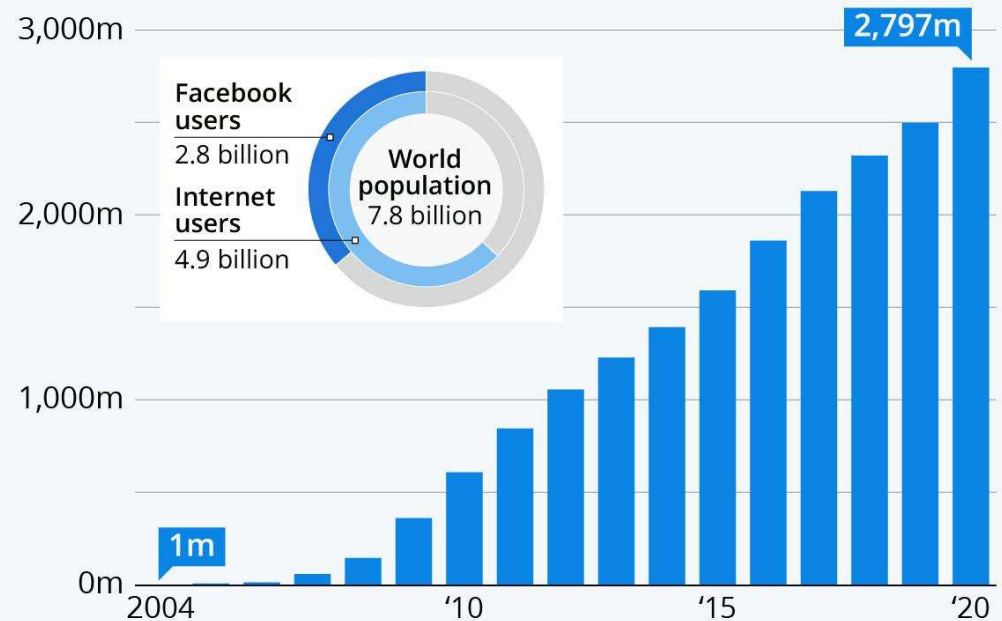
- More than 12,000 13- to 16-year-olds in England found that using social media more than three times a day predicted poor mental health and well-being in teens.
- More than 450 teens found that greater social media use, nighttime social media use and emotional investment in social media — such as feeling upset when prevented from logging on — were each linked with worse sleep quality and higher levels of anxiety and depression.
- Social comparison and feedback seeking by teens using social media and cellphones was linked with depressive symptoms.
- Older adolescents who used social media passively, such as by just viewing others' photos, reported declines in life satisfaction.



- We leveraged the staggered introduction of Facebook across US colleges to estimate the impact of social media on mental health and found that the introduction of Facebook at a college had a negative effect on student mental health.
- Individuals now receive information about their social network directly in their news feeds, and the information is more relevant to them because it is ranked by an algorithm.
- The content on the platform is richer in that it often includes videos, and it can be accessed at any time or place using a smartphone. These changes might make Facebook even more engaging and might exacerbate the effects on mental health.
- It also increased the likelihood that students reported experiencing impairments to academic performance due to poor mental health.
- Our evidence points to unfavorable social comparisons as the leading mechanism.

## Facebook Keeps On Growing

Number of monthly active Facebook users worldwide



Facebook users as of the end of the respective year;  
world population and internet usage estimates as of Dec. 31, 2020

Sources: Facebook, Internet World Stats







# Diabetes



## What is Diabetes?

Diabetes means you have too much sugar in your blood which can harm your body over time. There are two main types of diabetes and both deal with insulin, a hormone that helps convert sugar to energy

**1 in 10 Americans have diabetes**

**Type  
1**

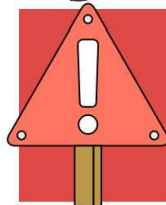
### Insulin Dependent

About 5% of people with diabetes have type 1



#### What is Type 1?

The body does not make any insulin because the cells that make insulin have been destroyed

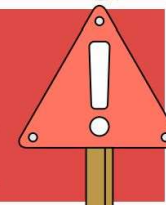


### Symptoms

Extreme thirst  
Frequent urination  
Blurry vision

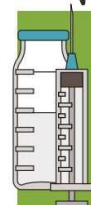
Tired or weak  
Slow healing wounds  
Unexpected weight changes

A person with type 2 diabetes may not have any symptoms  
If you are experiencing any of these symptoms, please contact your doctor



### Prevention

Can not be prevented and the cause is unknown, but genetics and environment may play a role



### Treatment

Healthy lifestyle changes can help keep blood sugar under control

Daily insulin injections are needed to sustain life and manage blood sugar

### Prevention

Cause is not understood, but can often be prevented by staying active and eating healthy foods



**Type  
2**

### Insulin Resistant


About 95% of people with diabetes have type 2.

#### What is Type 2?

Your body is still making insulin, but it is not meeting your body's needs to control your blood sugar



This publication was funded by the Centers for Disease Control and Prevention. 08/2020

A group of people in a meeting, with a woman in the foreground looking up and smiling. The background is blurred, showing other people and colorful sticky notes on a wall.

# People with diabetes make an additional 300 decisions A DAY

The Diabetes Epidemic: The Latest on Treatment and Prevention. Nov 14, 2017.  
<https://www.youtube.com/watch?v=ST45EcJ82a0>

# 42

## Factors That Affect BG

### Food

- ↑↑ 1. Carbohydrate quantity
- ↑ 2. Carbohydrate type
- ↑ 3. Fat
- ↑ 4. Protein
- ↑ 5. Caffeine
- ↓↑ 6. Alcohol
- ↓↑ 7. Meal timing
- ↑ 8. Dehydration
- ? 9. Personal microbiome

### Medication

- ↓ 10. Medication dose
- ↓↑ 11. Medication timing
- ↓↑ 12. Medication interactions
- ↑↑ 13. Steroid administration
- ↑ 14. Niacin (Vitamin B3)

### Activity

- ↓ 15. Light exercise
- ↓↑ 16. High-intensity and moderate exercise
- ↓ 17. Level of fitness/training
- ↓↑ 18. Time of day
- ↓↑ 19. Food and insulin timing

### Biological

- ↑ 20. Insufficient sleep
- ↑ 21. Stress and illness
- ↓ 22. Recent hypoglycemia
- ↑ 23. During-sleep blood sugars
- ↑ 24. Dawn phenomenon
- ↑ 25. Infusion set issues
- ↑ 26. Scar tissue and lipodystrophy
- ↓↓ 27. Intramuscular insulin delivery
- ↑ 28. Allergies
- ↑ 29. A higher glucose level
- ↓↑ 30. Periods (menstruation)
- ↑↑ 31. Puberty
- ↓ 32. Celiac disease
- ↑ 33. Smoking

### Environmental

- ↑ 34. Expired insulin
- ↑ 35. Inaccurate BG reading
- ↓↑ 36. Outside temperature
- ↑ 37. Sunburn
- ? 38. Altitude

### Behavioral & Decision Making

- ↓ 39. Frequency of glucose checks
- ↓↑ 40. Default options and choices
- ↓↑ 41. Decision-making biases
- ↓↑ 42. Family relationships and social pressures

diaTribe®

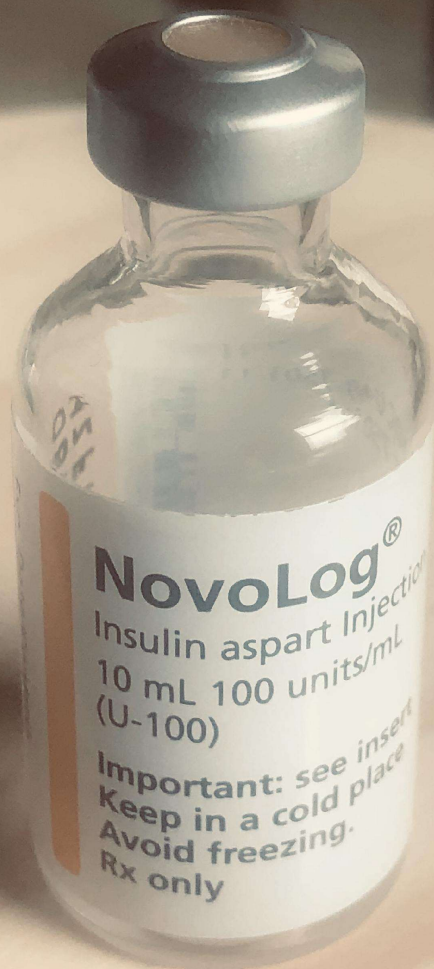


---



**Why so complicated?**

---



The diagnosis may be the same but barriers to care including financial, psychosocial and health literacy

The majority of individuals with diabetes have not had any type of formal training or education

Less than 7% of those with private insurance and only 5% of Medicare beneficiaries used their DSME benefit within the first year after their diabetes diagnosis. Traditional education models often lack the convenience, accessibility, and flexibility that many individuals with diabetes need.

Estimated that about 50% of those living with a chronic illness do not take their medication as prescribed. Contributing reasons: lack of adherence is complex and can be attributed to challenges related to the patient, healthcare providers, and healthcare system.

“Research demonstrates that individuals who receive diabetes education are more likely to use primary care and preventative services; take medications as prescribed; control blood glucose, blood pressure, and cholesterol; and have lower healthcare costs”.



# Social Media & Diabetes

- Patient engagement with diabetes self-care is critical to reducing morbidity and mortality.
  - Patients make 95-98% of healthcare daily decisions
- Social media is one form of digital health available for diabetes self-care.



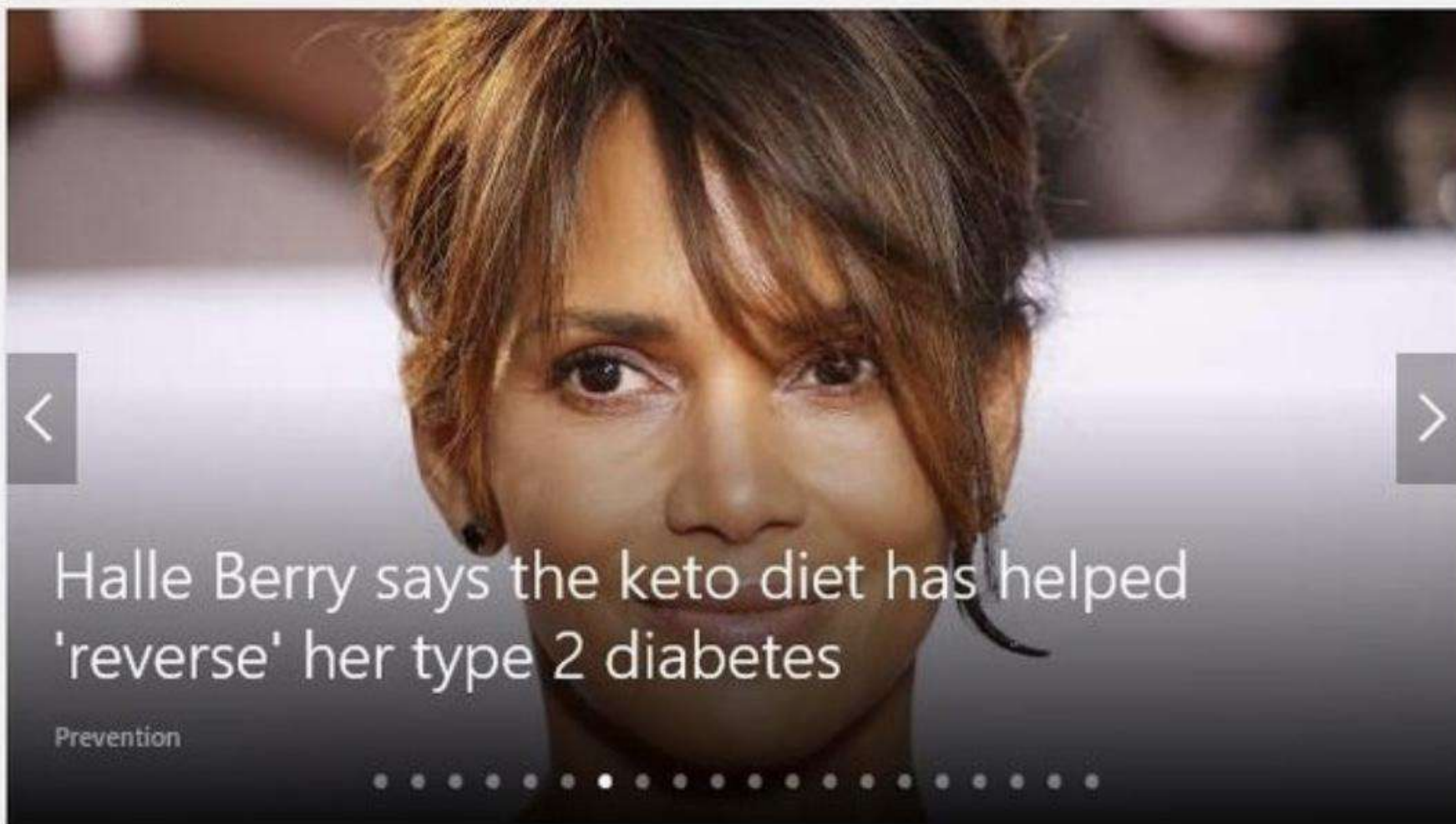
# Journal of Clinical Nursing



- The effectiveness of diabetes self-management education (DSME) delivered through social media on glycemic control (HbA1c), knowledge, health-related quality-of-life (HRQoL), anxiety, depression and self-efficacy in people with diabetes mellitus.
- Social media DSME can be effective in reducing HbA1c levels, increasing diabetic knowledge and self-efficacy. Further studies are needed to examine the effectiveness of using social media to deliver DSME intervention on HRQoL, anxiety and depression.
- The present study investigated the role of social networks and showed that the influence of social networks is high among patients with diabetes, and these networks will improve diabetes and its complications by providing various self-care services.
- Various self-care education and services provided through social networks can increase the in-depth knowledge of diabetic patients about self-care techniques and their effective role in controlling and managing diabetes and performing more self-care processes.

**What you find on the  
web...**





Halle Berry says the keto diet has helped  
'reverse' her type 2 diabetes

Prevention





**Woden Padgett**  
Losing weight and eating better will help.

13h Like Reply



**Delano Sabajo**  
Sue the food suppliers contributing to this health problem.

13h Like Reply



**Sandhiran Sundrasan**  
Change your life style and free from diabetes .. naturopathic and yoga only way..

12h Like Reply







# Daily Mail



TUESDAY, NOVEMBER 25, 2014

[www.dailymail.co.uk](http://www.dailymail.co.uk)

60p

**LITTLEJOHN**  
SEE PAGE 17



## Why sleeping naked could cut your risk of diabetes

**GOOD HEALTH** STARTS PAGE 34

Lenders are rejecting borrowers who'd



# Youth Strategies

---

What can we all do to protect ourselves as savvy social media users:



Reach out for help



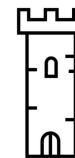
Create boundaries to help balance online and offline activities



Be cautious about what you share



Develop protective strategies and healthy practices



Protect yourself and others

# Action Items for Guardians

---

Create a family media plan

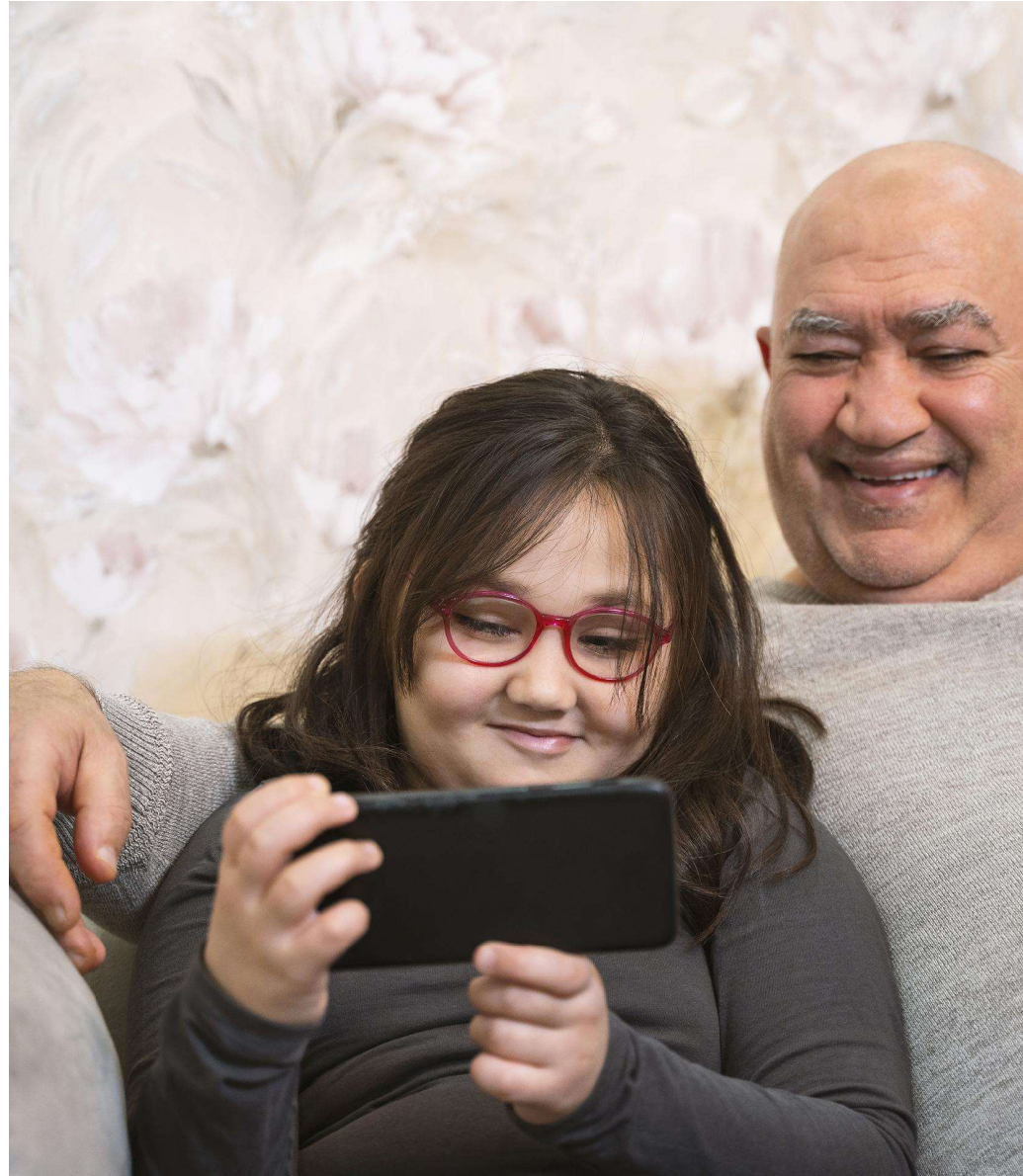
Create tech-free zones and encourage children to foster in-person friendships

Model responsible social media behavior

Teach kids about technology and empower them to be responsible online participants at the appropriate age

Report cyberbullying, online abuse, and exploitation

Work with other guardians, schools, and local organizations to help establish best practices



# Diabetes and Social Media Recommendation

S



Be proactive in educating patients about the harms and benefits of social media



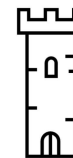
Create a positive influence list to recommend



Recognize why patients go on the web to seek medical advice and understanding



Dispel the myths to patients and support people – be an advocate



Be viewed as the expert and confidante





Treat the  
hypo,  
destroy  
the guilt.

@bodyposibetes



bodyposibetes • Following

bodyposibetes Guilt and hypos don't mix.

Hypos are a fact of life living with diabetes. They can be a slight inconvenience, a massive pain, or debilitating, yet the thing that they all have in common is that they require treatment.

Food should NEVER carry guilt, and hypo treatment doubly so. So many of us complain that after treating, there's a guilt about the amount of sugar we just consumed - fuck that voice in your head!! You are using jellybeans/juice/the contents of your fridge to stop your body from shutting down, and in doing so respecting and loving your body!! How badass is that!

Why beat yourself up because your six jellybeans put you over your arbitrary



Liked by pimpmymdiabetes and 146 others

FEBRUARY 28

Add a comment...





People living  
in a larger  
body with  
diabetes  
deserve as  
much  
respect as  
anyone else.

@bodyposibetes



bodyposibetes • Following

You cannot tell by looking at someone how healthy they are or how they manage their diabetes - and it DOESN'T CONCERN YOU ANYWAY. Living with diabetes doesn't exist in a vacuum, we all come into this with our own issues, mental obstacles, and pre existing hang ups. It is HARD! The best thing you can do for someone with diabetes who is living in a larger body is to simply respect them. Understand that we are all unique, and that someone doesn't have to fit into what you've been conditioned to think is 'healthy'. We're not asking for much, just give us the respect that we deserve as human beings. Society already puts us into a box, why would you further judge those in our community? No shame, demonisation, or degradation - let's try working together to tackle this diabetes beast head on. 📷 @bloozchicken #diabadass



Liked by t1dchick and 382 others

DECEMBER 12, 2018

Add a comment...

Questions?





Contact me:

[www.QuinnNystrom.com](http://www.QuinnNystrom.com)

[quinn@datelinediabetes.org](mailto:quinn@datelinediabetes.org)

Follow me @QuinnNystrom:

