



# Happy New Year

## FROM THE UNC TRANSITION TEAM!

Thank you for your participation in our studies! We produced 7 publications this year. With your responses to our surveys, readers now have ways to help adolescents and young adults manage their disease.

This year we focused on teaching individuals about their health, good nutrition, and the ways people like to learn about their disease.

We are now testing apps for smart phones that teach about health through games. We can't wait to see what we learn from all of our participants in 2016!

Wishing you a happy & healthy 2016,  
The UNC Transition Team  
[www.med.unc.edu/transition](http://www.med.unc.edu/transition)



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL

## WHAT WE LEARNED IN 2015...

Kids we surveyed preferred to learn about their health condition from family and health care providers like doctors and nurses

Higher levels of health care transition readiness are related to fewer ER visits and better medication adherence

Making friends with other kids with similar chronic conditions is a great way to learn new skills and share experiences

## HELP US HELP YOU!

Do you have any suggestions for us or ways that we can help you?

Email our  
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