What is Diabetes?

Diabetes occurs when the body has trouble using sugar (glucose) for energy. The body needs insulin to help move sugar from the foods we eat into our cells. If sugar ***cannot*** get into the cells, it builds up in the blood and damages the body.

What is Type 1 Diabetes?

An autoimmune disease in which the body stops making insulin or makes very little insulin. Type 1 diabetes can't be prevented and must be treated with insulin every day. Family history is an important risk factor.

What Are the Stages of Type 1 Diabetes?

Type 1 diabetes develops in three stages.

- **Stage 1:** No symptoms are present, blood sugar is normal
- **Stage 2:** No symptoms are present, blood sugar is changing, and is difficult to regulate
- **Stage 3:** Symptoms appear, blood sugar is high, insulin dependence begins

What Are the Warning Signs of Type 1 Diabetes?

Frequent urination, increased thirst and dry mouth, increased appetite (feeling very hungry), sudden vision changes, drowsiness/tiredness, fruity odor on breath, unexplained weight loss.

The onset of symptoms can be sudden, especially in young children.

What is Screening for Type 1 Diabetes?

Screening for type 1 diabetes means getting tested before symptoms are present and might include a blood test that checks for markers called autoantibodies or a blood test that measures the level of sugar in the blood. Screening for autoantibodies can identify type 1 diabetes early (before insulin is required), and may be able to delay the onset of symptoms by starting care sooner.

What is Type 2 Diabetes?

A disease in which the body produces insulin, but either doesn't produce enough or can't use it effectively. This type is more common in adults, but more children and teens are developing diabetes than in the past. It's often linked to risk factors like being an unhealthy weight or being inactive, but certain ethnic backgrounds and family history may also increase risk.

What Can You do to Help Prevent Type 2 Diabetes?


Eat Healthy


Be Active


Control Weight

What is Prediabetes?

Before people develop type 2 diabetes, they almost always have prediabetes, where their blood glucose is higher than normal but not as high as if they had diabetes. Prediabetes can lead to type 2 diabetes. Your primary care provider can recommend steps that can often stop or slow down the progression of prediabetes.

Darkened skin patches (acanthosis nigricans) can be an early visible sign of prediabetes or type 2 diabetes, and recognizing it early could help delay or prevent progression of the disease.

What Are the Warning Signs of Type 2 Diabetes?

Frequent urination, increased thirst, increased appetite (feeling very hungry), exhaustion (very tired), blurry vision, cuts/bruises that are slow to heal, tingling/pain/numbness in the hands/feet.

What is Screening for Type 2 Diabetes?

Type 2 diabetes screening often includes a blood test that measures the level of sugar in the blood. The same test can be used to check for prediabetes. Screening can detect prediabetes or diabetes earlier, before warning signs develop, and may reduce the risk of life-threatening complications and hospitalization.

What if my child has warning signs or tests positive?

Visit your child's primary care provider right away if your child displays warning signs. Ask if additional tests or screenings are appropriate based on warning signs or risk factors. If your child is diagnosed with diabetes, work with your child's primary care provider to develop a treatment plan. Early care can help prevent serious illness.

For more information: diabetes.org • breakthrought1d.org

TN Department of Education

Created in cooperation with the Tennessee Department of Health

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