

DIABETES EDUCATION FOR PARENTS & GUARDIANS



NEW LEGISLATIVE REQUIREMENT

Beginning with the **2026–2027 school year**, our school district must provide parents and legal guardians with important information about Type 1 and Type 2 diabetes at the beginning of every school year.

WHAT IS DIABETES?

Diabetes is a chronic (long-term) condition that affects how the body turns food into energy.



TYPE 1 DIABETES

- An autoimmune condition in which the body attacks and destroys the cells that make insulin.
- Usually diagnosed in children, teens, or young adults, but can occur at any age.
- People with Type 1 diabetes need insulin every day to survive.



TYPE 2 DIABETES

- The body does not use insulin properly (insulin resistance), and over time the pancreas may not make enough insulin.
- More common in adults, but is increasing in children and teens.
- Can often be managed with healthy eating, physical activity, and medication, but some may also need insulin.

WARNING SIGNS TO LOOK FOR

If your child is showing any of these signs, talk with their doctor.



Increased thirst



Frequent urination



Unexplained weight loss



Fatigue or feeling very tired



Blurry vision



Slow-healing cuts or frequent infections



Increased hunger



Mood changes, irritability, or difficulty concentrating

SCREENING: EARLY DETECTION MATTERS



- Talk with your child's primary care provider if you notice any warning signs.
- The doctor may recommend screening to check your child's blood sugar levels.
- Early screening helps find diabetes sooner, which can prevent serious health problems.
- Screening is quick, simple, and can make a big difference.

STAGES OF DIABETES

Diabetes develops over time. The stages include:

1

Normal:

Blood sugar levels are healthy.

2

Prediabetes:

Blood sugar levels are higher than normal, but not high enough for a diabetes diagnosis.

3

Diabetes:

Blood sugar levels are high. Treatment and ongoing care are needed.



WORK WITH YOUR CHILD'S DOCTOR

If your child is diagnosed with diabetes, work with their primary care provider to develop an appropriate treatment plan that may include:



Healthy eating



Physical activity



Medication or insulin



Monitoring blood sugar



Regular check-ups



SCHOOLS ARE HERE TO SUPPORT YOUR CHILD

Schools are required to assist students with diabetes in accordance with State Board of Education guidelines. This includes a safe and supportive environment so students can learn, participate, and thrive.



KEY TAKEAWAYS

- ★ Know the signs.
- Talk with your child's doctor.
- Early screening saves lives.
- Treatment and support help children live healthy, active lives.

YOUR ROLE AS A PARENT

- Watch for warning signs.
- Ask questions.
- Keep regular doctor appointments.
- Communicate with your child's school.

QUESTIONS?

- Contact your child's primary care provider or your school nurse for more information and support.

MORE RESOURCES

- NCDPI-approved resources and communication materials for families (forthcoming)

WHO TO CONTACT

- **Dr. Kristi Day**
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Director, Office of Teaching and Learning



Thank you for partnering with us to support the health and success of all students!