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Dear Parent/Guardian,

North Carolina General Statute G.S. 115C-375.3 requires school districts to provide parents and guardians with information about diabetes, including the different types, common risk factors, and warning signs.

What is Type 1 Diabetes?

Type 1 diabetes is an autoimmune disease in which the body's immune system destroys the insulin-producing cells in the pancreas. As a result, the body makes little or no insulin, and people with Type 1 diabetes require insulin every day.

Warning Signs of Type 1 Diabetes	Risk Factors of Type 1 Diabetes
Increased thirst	Family history of Type 1 diabetes
Frequent urination	Certain genetic factors
Extreme hunger	More common in children and young adults, but can occur at any age
Unexplained weight loss	
Fatigue	
Blurred vision	
Fruity-smelling breath, nausea, or vomiting (requires immediate medical attention)	

Stages of Type 1

Stages	Description
Stage 1	The immune system has begun attacking the insulin-producing cells in the pancreas. Blood sugar levels are still normal, and there are no symptoms.
Stage 2	The immune attack continues. Blood sugar levels begin to rise, but there may still be no noticeable symptoms.
Stage 3	Blood sugar levels become high enough to cause symptoms, and Type 1 diabetes is diagnosed. Symptoms may include increased thirst, frequent urination, weight loss, fatigue, and blurred vision. Insulin treatment is required.

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What is Type 2 Diabetes?

Type 2 diabetes occurs when the body does not use insulin effectively (insulin resistance) and may not produce enough insulin to maintain normal blood sugar levels.

Warnings Signs of Type 2 Diabetes	Risk Factors of Type 2 Diabetes
Increased thirst	Overweight or obesity
Frequent urination	Physical inactivity
Increased hunger	Family history of Type 2 diabetes
Fatigue	Age 45 years or older (can occur at younger ages)
Blurred vision	High blood pressure or high cholesterol
Slow-healing cuts or sores	History of prediabetes or gestational diabetes
Frequent infections	
Numbness or tingling in the hands or feet	

Stages of Type 2

Stages	Description
Insulin Resistance	The body begins to have difficulty using insulin effectively. Blood sugar levels may still be normal, and there are often no symptoms.
Prediabetes	Blood sugar levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes. Lifestyle changes may help prevent or delay progression.
Type 2 Diabetes	Blood sugar levels are consistently elevated and meet the criteria for diabetes. Management may include healthy eating, physical activity, medication, and sometimes insulin.

If your child is experiencing any of the warning signs listed above, please contact their primary healthcare provider to determine whether a diabetes screening is appropriate. Initial screening typically includes a blood test.

If your child is diagnosed with Type 1 or Type 2 diabetes, please notify your child's school nurse as soon as possible. The school nurse will work with you and your child's healthcare provider to develop an Individualized Health Plan (IHP) to help ensure your child is safely supported during the school day.

Thank you for helping us keep our students healthy and safe.

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