

DIABETES

INFORMATION FOR PARENTS

DIABETES IS A CONDITION THAT:

- AFFECTS HOW THE BODY USES SUGAR (GLUCOSE)
- LEADS TO HIGH AND LOW BLOOD SUGAR LEVELS
- CAN OCCUR IN CHILDREN AND TEENS
- NEEDS ONGOING MANAGEMENT TO STAY HEALTHY

WHAT IS TYPE 1?

THE BODY DOESN'T
MAKE INSULIN

USUALLY DIAGNOSED IN
CHILDREN OR YOUNG ADULTS

NOT PREVENTABLE

COMMON SIGNS & SYMPTOMS

FREQUENT URINATION

EXTREME THIRST

UNEXPLAINED WEIGHT LOSS

FATIGUE

FRUITY-SMELLING BREATH

CARE & MANAGEMENT NEEDS

DAILY INSULIN
(INJECTIONS OR PUMP)

**REGULAR BLOOD
SUGAR MONITORING**

**BALANCED MEALS
& CARB COUNTING**

**CARE PLAN COORDINATED WITH
HEALTHCARE PROVIDERS
AND SCHOOL NURSES**



WHAT IS TYPE 2?

THE BODY DOESN'T
USE INSULIN PROPERLY

INCREASINGLY SEEN
IN CHILDREN AND TEENS

OFTEN LINKED TO
LIFESTYLE FACTORS

COMMON SIGNS & SYMPTOMS

INCREASED THIRST & URINATION

FATIGUE

BLURRED VISION

SLOW-HEALING CUTS OR SORES

MAY DEVELOP GRADUALLY
OR GO UNNOTICED

CARE & MANAGEMENT NEEDS

HEALTHY EATING HABITS

REGULAR PHYSICAL ACTIVITY

WEIGHT MANAGEMENT
(IF RECOMMENDED)

SOMETIMES MEDICATION OR INSULIN

**ROUTINE BLOOD SUGAR
MONITORING**

**CARE PLAN COORDINATED WITH
HEALTHCARE PROVIDERS
AND SCHOOL NURSES**

Parents should reach out to their child's healthcare provider with any questions or concerns

HELPFUL RESOURCES

CDC — Managing Diabetes at School | bit.ly/cdc-diabetes-at-school

American Diabetes Association — Safe at School | diabetes.org/about-diabetes

Breakthrough T1D — Type 1 Diabetes School Guide | bit.ly/bt1d-school