WATAUGA COUNTY SCHOOLS

Diabetes EDUCATION for Parents and Guardians

KNOW THE FACTS | SUPPORT A BRIGHTER FUTURE

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 condition that affects how your body turns food into energy. It happens when the body cannot properly use insulin, a hormone that helps glucose (sugar) get into cells.



Types of Diabetes

1 TYPE 1

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

2 TYPE 2

- The body does not use insulin properly (insulin resistance).
- 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.

Common Symptoms

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

- Increased thirst and frequent urination
- Extreme hunger
- Unexplained weight loss
- Fatigue or feeling very tired
- Blurred vision
- Slow healing wounds
- Increased hunger
- Mood changes, irritability, or difficulty concentrating

Not everyone has symptoms.

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.

Support at School

- Schools are required to assist students with diabetes in accordance with North Carolina State Board of Education guidelines.
- Families should communicate with the school about a student's diagnosis, treatment plan, medications, monitoring needs, and any accommodations or supports needed during the school day and school-sponsored activities.
- When suitable, students are encouraged to participate in self-management, which may include glucose testing, using a phone or sensor, administering insulin, and treating hypoglycemia with food/drink.

Notice warning signs?

Contact your child's primary care provider to discuss whether immediate screening for diabetes is appropriate.

Small Choices Make a Big Difference

SUPPORTS LIFELONG HEALTH & WELL-BEING

For educational purposes only; not a substitute for medical advice.

WCS 09/26