

# 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](https://bit.ly/cdc-diabetes-at-school)

American Diabetes Association — Safe at School | [diabetes.org/about-diabetes](https://diabetes.org/about-diabetes)

Breakthrough T1D — Type 1 Diabetes School Guide | [bit.ly/bt1d-school](https://bit.ly/bt1d-school)