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

Virginia Department of Education
VDH Virginia Department of Health