

# DIABETES

A guide for parents

**86 percent**  
OF CHILDREN WITH  
DIABETES HAVE  
**TYPE 1**  
DIABETES



## WHAT IS DIABETES?

Diabetes is a **chronic condition that affects how the body processes blood sugar** (glucose). With proper care and treatment, diabetes can be managed and children can live healthy and active lives.

### IMPORTANCE OF GLUCOSE

**Glucose** is the **primary energy source** for the body's cells.

### ROLE OF INSULIN

**Insulin** is a natural hormone that **turns food into energy and manages your blood sugar level.**

## DIABETES

### TYPE

# 1

is an autoimmune condition where **the body attacks insulin-producing cells in the pancreas**. Insulin is vital for regulating blood sugar level.

## RISK FACTORS

- Family history of type 1 diabetes
- Genetic make-up

## SCREENING PROCESS

### BLOOD TESTS:

Checking blood sugar levels through random blood sugar tests or fasting blood sugar tests.

### A1C TEST: EARLY DETECTION SCREENING

A screening test may be ordered by your child's doctor if a family member has type 1 diabetes. The test can detect type 1 diabetes before symptoms occur.

## STAGES OF DIABETES

# 1

Normal blood glucose without symptoms.

# 2

Elevated blood glucose without symptoms.

# 3

Significant loss of insulin-producing cells and symptoms appear.

## DIABETES

### TYPE

# 2

is when the body becomes resistant to insulin or the pancreas **doesn't produce enough insulin.**

## RISK FACTORS

- Family history of type 2 diabetes
- Obesity or overweight
- Low level of physical activity
- Unbalanced diet high in sugars, fats + starch
- Certain ethnic backgrounds (eg., African American, Hispanic, Native American)

## SCREENING PROCESS

### BLOOD TESTS:

Checking blood sugar levels through random blood sugar tests or fasting blood sugar tests.

### GLUCOSE TOLERANCE TESTS:

Measures blood sugar before and after consuming a sugary drink.

### A1C TEST:

Measures average blood sugar levels over the past 2-3 months.



*Healthy eating  
+  
Physical activity*

CAN HELP PREVENT

**TYPE 2**  
DIABETES

## COMMON SYMPTOMS (TYPE 1 & TYPE 2)

- Urinating often
- Feeling very thirsty
- Feeling very hungry
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (TYPE 1)
- Tingling, pain, or numbness in the hands (TYPE 2)

**If your child exhibits any of these symptoms, ask your healthcare provider about screening for diabetes.**



If your child is diagnosed with diabetes, **talk to their healthcare provider** about an appropriate **diabetes management plan.**

For more information or support, visit [dph.georgia.gov/diabetes](http://dph.georgia.gov/diabetes)