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Helping the Student with Diabetes Succeed

U.S. Department of Health

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Helping the Student with Diabetes Succeed U.S. Department of Health
This book is B&W copy of government agency publication. Diabetes is one of the most common chronic diseases in school-aged children, affecting about 200,000 young people in the United States. According to recent estimates, about 19,000 youths are diagnosed with type 1 and type 2 diabetes each year. Diabetes is a serious chronic disease in which blood glucose (sugar) levels are above normal due to defects in insulin production, insulin action, or both. Diabetes is the sixth leading cause of death by disease in the United States. Long-term complications of diabetes include heart disease, stroke, blindness, kidney failure, nerve disease, gum disease, and amputation of the foot or leg. Although there is no cure, diabetes can be managed and complications can be delayed or prevented. For students with diabetes, major advances in diabetes management, medical research, and technology mean a brighter and healthier future. Research shows that well-managed blood glucose levels not only can help young people stave off the long-term complications of diabetes but also help them feel better, happier, and more productive at school. In a supportive school environment, where school personnel understand the needs of students with diabetes and can respond appropriately in emergency situations, young people can manage their diabetes effectively throughout the school day and at school-sponsored activities. In 2003, the National Diabetes Education Program (NDEP) produced the first edition of Helping the Student with Diabetes Succeed: A Guide for School Personnel to educate and inform school personnel about diabetes, how it is managed, and how each member of the school staff can help meet students' needs and make the school experience safe for students with diabetes. NDEP has distributed over 100,000 copies of the guide and thousands more copies have been downloaded from the NDEP website. In just a short time, there have been many advances in diabetes care, such as new technologies for checking blood glucose levels and administering insulin. More children are being diagnosed with type 1 and type 2 diabetes, resulting in more students with diabetes who need support and care in the school setting. In addition, many users of the 2003 edition gave us suggestions for information they felt would be helpful to them, should the guide be revised in the future. Working with a group of diabetes and education experts concerned about diabetes in the school setting, NDEP has revised the school guide to reflect updates in diabetes management and to incorporate user feedback. In this updated edition, you will find new and revised information on topics, including: effective diabetes management for children with type 2 diabetes diabetes equipment and supplies for blood glucose monitoring and administering insulin meal planning and carbohydrate counting stages of child development and students' abilities to perform diabetes care tasks diabetes management training for school personnel roles and responsibilities for key school personnel, the parents/guardian, and students with diabetes Federal laws and diabetes education and training resources. NDEP wishes to thank all of the individuals and organizations who have lent their support to producing and promoting this edition of Helping the Student with Diabetes Succeed. We hope that schools will take advantage of the important information contained in this guide, and share it with school staff, parents, and students. Most importantly, please use the guide to ensure that all students with diabetes are educated in a medically safe environment and have the same access to educational opportunities as their peers.

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Richard Gary:

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