

TYPE 2 DIABETES INFORMATION

The California Department of Education has collaborated with the California Department of Public Health, American Diabetes Association, California School Nurses Organization, and the Children's Hospital of Orange County.

In collaboration with one another they have put together information issued under Education Code Section 49452.7 to all parents of incoming seventh grade students on type diabetes.

Type 2 diabetes affects the way the body is able to use sugar (glucose) for energy.

- The body turns the carbohydrates in food into glucose, the basic fuel for the body's cells. The pancreas makes insulin, a hormone that moves glucose from the blood to the cells. In type 2 diabetes, the body's cells resist the effects of insulin, and blood glucose levels rise. Over time, glucose reaches dangerously high levels in the blood, which is called hyperglycemia. Hyperglycemia can lead to health problems like heart disease, blindness, and kidney failure.

Risk factors associated with type 2 diabetes

- Being overweight. The single greatest risk factor for type 2 diabetes in children is excess weight.
- Family history of diabetes. Many affected children and youth have at least one parent with diabetes or have a significant family history of the disease.
- Inactivity. Being inactive further reduces the body's ability to respond to insulin.
- Specific racial/ethnic groups. Native Americans, African American, Hispanics/Latinos, or Asian /Pacific Islanders are more prone than other ethnic groups to develop type 2 diabetes.
- Puberty. Young people in puberty are more likely to develop type 2 diabetes than younger children, probably because of normal rises in hormone levels that can cause insulin resistance during this stage of rapid growth and physical development.

Warning Signs and Symptoms

These signs and symptoms may develop slowly and initially there may be no symptoms. However, not everyone with insulin resistance or type 2 diabetes develops these warning signs, and not everyone who has these symptoms necessarily has type 2 diabetes.

- Increased hunger, even after eating
- Unexplained weight loss
- Increased thirst, dry mouth, and frequent urination

- Feeling very tired
- Blurred vision
- Slow healing of sores or cuts
- Dark velvety or ridged patches of skin, especially on the back of the neck or under the arms
- Irregular periods, no periods, and/or excess facial and body hair growth in girls.
- High blood pressure or abnormal blood fat levels

Type 2 Diabetes Prevention Methods and Treatments

- Eat healthy foods. Make wise food choices. Eat foods low in fat and calories.
- Get more physical activity. Increase physical activity to at least 60 minutes every day.
- Take medication. If diet and exercise are not enough to treat the disease, it may be necessary to treat type 2 diabetes with medication.

Types of Diabetes Screening Tests that are Available

- Glycated hemoglobin (A1C) test. A blood test measures the average blood sugar level over two to three months.
- Random (non-fasting) blood sugar test. A blood sample is taken at a random time. A random blood sugar level of 200 milligrams per deciliter (mg/dl) is considered pre diabetes. A level of 126mg/dl or higher on two separate tests indicates diabetes.
- Oral glucose tolerance test. A test measuring the fasting blood sugar level after an overnight fast with periodic testing for the next several hours after drinking a sugary liquid. A reading of more than 200 mg/dl after two hours indicates diabetes.

Type 2 diabetes in children is a preventable/treatable disease and the guidance provided in this information sheet is intended to raise awareness about this disease. Contact your student's school nurse or health care provider if you have any questions. To see the full document please visit the State website at www.cde.ca.gov/ls/he/hn/type2diabetes.asp.

Thank you for your attention to this information that has been provided for maintaining and improving the health of every child in Western Placer Unified School District.