

Type 1 Diabetes Information for Parents

Pursuant to California Education Code Section 49452.6, this type 1 diabetes information is for local educational agencies to provide to parents and guardians of incoming elementary school students beginning January 1, 2023.

Type 1 diabetes in children is an autoimmune disease that can be fatal if untreated, and the guidance provided in this information sheet is intended to raise awareness about this disease.

Description
Type 1 diabetes usually develops in children and young adults but can occur at any age
According to the U.S. Centers for Disease Control and Prevention (CDC), cases of type 1 diabetes in youth increased nationally from 187,000 in 2018 to 244,000 in 2019, representing an increase of 25 per 10,000 youths to 35 per 10,000 youths, respectively. The peak age of diagnosis of type 1 diabetes is 13-14 years, but diagnosis can also occur much earlier or later in life

can be severe. If your child displays the warning signs below, contact your child's primary healthcare provider or pediatrician for a consultation to determine if screening your child for type 1 diabetes is appropriate:

Increased thirst

Increased urination, including bed-wetting after toilet training

Increased hunger, even after eating

Unexplained weight loss

Feeling very tired

Blurred vision

Very dry skin

Slow healing of sores or cuts

Moodiness, restlessness, irritability, or behavior changes

DKA is a complication of untreated type 1 diabetes. DKA is a medical emergency. Symptoms include:

Fruity breath

Dry/flushed skin

Nausea

Vomiting

Stomach pains

Trouble breathing

Types of Diabetes Screening Tests That Are Available
Glycated hemoglobin (A1C) test. A blood test measures the average blood sugar level over