



Diabetes is a group of conditions in which glucose (sugar) levels are abnormally high. Diabetes occurs when the pancreas stops making enough insulin. Your body needs insulin in order to use your digested food properly.

Diabetes

- 14 million people in the US
- Dramatic rise in the last 10 years

2

Child Care Training and Resource Kit - Diabetes - Overheads

14 million people in the US have diabetes. There has been a dramatic rise in the number of people living with diabetes in the last 10 years. This has been attributed to the rise in obesity concurrent with the rise in poor diets.

What they have found in developing countries is that there is a relatively low rate of diabetes. Then, as development comes and they get fast, highly processed food spots, the diabetes rate starts to increase. What does that speak to?

Types of Diabetes

- **IDDM:Insulin Dependant Diabetes Mellitus**
 - Most often-children and young adults
 - 11,000-12,000 each year
- **NIDDM:Non-insulin Dependant Diabetes Mellitus**
 - 90-95% of cases
- **Gestational Diabetes**

3

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There are three types of diabetes.

The first one is insulin dependant diabetes mellitus. This develops most often in children and young adults. And each year there are 11,000-12,000 new cases.

Non-insulin dependant diabetes mellitus is the most common type of diabetes. It accounts for 90-95% of diagnosed cases of diabetes. It usually develops in people over the age of 40, but recently it has been occurring more often in obese children.

Gestational diabetes occurs only during pregnancy.

We are going to watch a video now. It talks about diabetes, what happens in the body and how to maintain a child in care.

Hyperglycemia

- Frequent urination
- Increased thirst
- Increased hunger
- Unexplained weight loss
- Extreme tiredness

4

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Do you have any questions from the video?

Let's review a couple of things:

These are the symptoms of hyperglycemia. (Read slide)

Hypoglycemia

- Inappropriate responses
- Confusion/Inattention
- Drowsiness/Trembling
- Pale complexion
- Perspiration
- Headache
- Crankiness/Dizziness
- Lack of Coordination

5

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These are the symptoms of hypoglycemia. (Read slide.) They need sugar immediately.

Day to Day Requirements:

- Insulin
- Diet
- Exercise
- Blood sugar testing

6

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It requires constant attention and daily care to keep the blood sugar levels in balance. The day to day requirements are: (read slide)

Should you have a child with diabetes in your care, it is imperative that you have a plan in place before this child begins school. The plan needs to include when you will test their blood sugar, what snacks they may have, what kind of exercise they can have, etc. Let's look over this plan. It's in your hand out packet.