Ohio Department of Health

TYPE 1 DIABETES

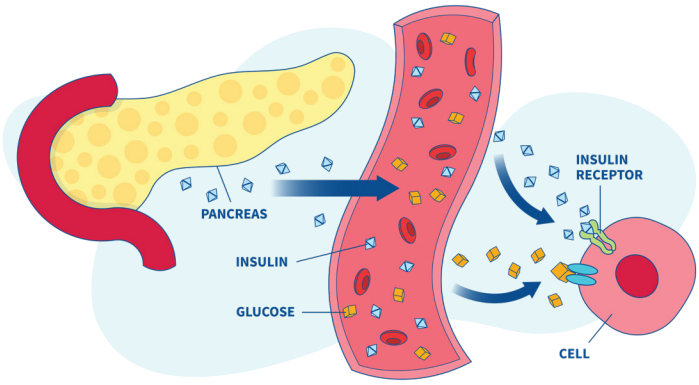
Type 1 diabetes is a chronic illness that may start in childhood. It is an autoimmune disease. People with type 1 diabetes must take insulin every day. They need to balance insulin, diet, and exercise according to a care plan created with their health care provider. They can live a long and healthy life by following their plan.

- Type 1 diabetes usually appears during childhood or adolescence. It can also develop in adults (**Mayo Clinic**).
- Type 1 diabetes is less common than type 2 diabetes. About 5-10% of people with diabetes have type 1 (**CDC**).
- Currently, no one knows how to prevent or cure type 1 diabetes. It can be successfully managed over the course of a lifetime.

What is Type 1 Diabetes?

TYPICAL

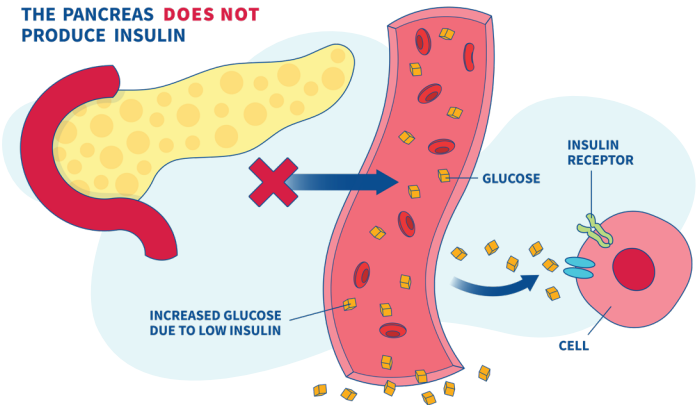
- In the human body, there is an organ called the pancreas.
- The pancreas makes insulin.
- When you eat, your body digests some foods to make glucose (sugar) that is carried in your blood.
- Blood glucose is used by your body's cells as energy.
- Insulin moves the glucose from your blood into the cells.



TYPE 1

In type 1 diabetes, the pancreas does not make enough insulin. This can cause high levels of glucose in the blood.

- High levels of glucose in the blood is called "hyperglycemia."
- Hyperglycemia over long periods of time can damage the body. This can cause symptoms and complications.



What are Risk Factors for Type 1 Diabetes?

People with family members who have type 1 diabetes are more likely to develop it. Type 1 diabetes is NOT caused by diet or other lifestyle choices. There may be other causes, such as an environmental trigger like a virus (BeyondT1D).

Researchers are not sure what causes type 1 diabetes. There is no known way to prevent type 1 diabetes. While type 1 diabetes cannot be cured, it can be managed so people have long, healthy lives.

What are Warning Signs and Symptoms of Type 1 Diabetes?

Symptoms of type 1 diabetes can develop in a few weeks, months, or very suddenly. Symptoms can include:

- Increase in thirst.

- Increase in hunger, even after eating.

- Blurry vision.

- Increase in urination.

- Unexplained weight loss.

- Dry Mouth.

- Bed wetting in children who did not do that before.

- Feeling very tired.

- Itchy or Dry Skin.

High levels of glucose in blood can cause “diabetic ketoacidosis” or DKA. DKA is a medical emergency. Anyone with warning signs of DKA should seek care immediately. Warning signs of DKA include:

- Fruity breath.

- Feeling sick to stomach.

- Stomach pain.

- Confusion.

- Dry or flushed skin.

- Vomiting.

- Trouble breathing.

It is recommended that parents or guardians of a student displaying warning signs or symptoms of type 1 diabetes do not delay having a discussion with the student’s primary care provider to determine if they need to be screened or tested.

Who Should Be Screened for Type 1 Diabetes?

Screening for type 1 diabetes is available. The screening is done by a blood test. The tests may find type 1 diabetes in early stages before symptoms are seen. Please discuss these blood tests with your health care provider.

Type 1 diabetes screening is for people who:

- Are between the ages of 2 and 45 years who have a parent, brother, or sister, or child with type 1 diabetes.
- Are between the ages of 2 and 20 years who have an aunt or uncle, cousin, grandparent, niece or nephew, or half-brother or sister with type 1 diabetes.
- Have a personal or family history of autoimmune conditions or allergic conditions.*

What are the Three Stages of Type 1 Diabetes?

After screening takes place, a health care provider may give a stage for type 1 diabetes. Breakthrough T1D describes three stages of type 1 diabetes. You may not notice symptoms in the first two stages.

STAGE 1

FOUR IN 10
people at this stage will have type 1 diabetes in five years.

Blood glucose is normal. There are diabetes-related autoantibodies in the blood. There are no symptoms of type 1 diabetes.**

STAGE 2

THREE IN FOUR
people at this stage will have type 1 diabetes in five years.

Blood glucose is NOT normal. Autoantibodies are present. There are no symptoms of type 1 diabetes.**

STAGE 3

This is when most people are diagnosed with type 1 diabetes. Type 1 diabetes symptoms are seen. Blood glucose is high.

*Some evidence also supports screening people with a personal or family history of autoimmune or allergic conditions (talk with your healthcare provider).

** Data resource: *PHP-Diabetes-Allied.pdf*

How Do You Manage Type 1 Diabetes?

There is no cure for type 1 diabetes. It is a lifelong disease. While there is no cure, it can be managed so that people with type 1 diabetes can live a long, healthy life.

Families and students with type 1 diabetes should work closely with their primary care provider to make a treatment plan for daily care. This plan may include appointments with specialty providers, including an endocrinologist.

Contact your student's primary care provider if you have any questions.

Resources

- Ohio Department of Health – Diabetes.
- American Diabetes Association – Safe at School.
- Breakthrough T1D – Type 1 Diabetes Early Detection.
- Mayo Clinic – Type 1 Diabetes.
- Centers For Disease Control and Prevention – About Type 1 Diabetes.
- Ohio Department of Health – Complex Medical Help Program.
- Ohio Department of Education and Workforce- Supporting Students with Diabetes.
- The Embrace Foundation.
- American Academy of Pediatrics - Type 1 Diabetes in Children.

Ohio Revised Code 3707.61 requires the Ohio Department of Health to create informational materials on type 1 diabetes for parents, guardians, educators, and other persons having care or charge of children.

Ohio Revised Code 3313.7118 requires each public school and chartered nonpublic school that serves elementary school students to provide an electronic or paper copy of informational materials to each student's parent or guardian on the student's enrollment in elementary school.