



Azusa

Unified School District

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Type 2 Diabetes Information Sheet

The California Department of Education developed this type 2 diabetes information in collaboration with the California Department of Public Health, American Diabetes Association, and California School Nurses Organization. Until a few years ago, type 2 diabetes was rare in children, but it is becoming more common, especially for overweight teens. According to the U.S. Centers for Disease Control and Prevention (CDC), one in three American children born after 2000 will develop type 2 diabetes in his or her lifetime.

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

- The body turns the carbohydrates (sugars) 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
- The body's cells resist the effects of insulin, and blood glucose levels rise which reduces the body's ability to respond
- Over time, high levels of glucose occur in the blood, which is called hyperglycemia, which can lead to multiple health problems

Risk Factors Associated with Type 2 Diabetes

- **Being overweight** - The chances are more than double that an overweight child will develop diabetes
- **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 Americans, 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 Associated with Type 2 Diabetes

Warning signs and symptoms of type 2 diabetes in children develop slowly, and initially there may be no symptoms. However, not everyone with insulin resistance of 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

Type 2 Diabetes Prevention Methods and Treatments

Healthy lifestyle choices can help prevent and treat type 2 diabetes. Even with a family history of diabetes, eating healthy foods in the correct amounts and exercising regularly can help children achieve or maintain a normal weight and normal blood glucose levels.

- **Eat healthy foods** - Make wise food choices. Eat foods low in fat and calories
- **Make healthy drink choices** - Drink more water. Drink fewer sugary drinks
- **Get more physical activity** - Increase physical activity to at least 60 minutes every day
- **Limit screen time**

It is recommended that students displaying or possibly experiencing the risk factors and warning signs associated with type 2 diabetes be tested for diabetes or pre-diabetes by their healthcare provider.

Types of Diabetes Screening Tests That Are Available from your child's healthcare provider

- **Blood test (A1C)** - A blood test measures the average blood sugar level over two to three months
- **Random (non-fasting) blood sugar test or a 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) or higher suggests diabetes. This test must be confirmed with a fasting blood glucose test
- **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

If you would like more information on Type 2 Diabetes, please contact your healthcare provider, your school nurse, or visit: <https://www.cde.ca.gov/ls/he/hn/type2diabetes.asp>

Sincerely,

Arturo Ortega
Superintendent
Azusa Unified School District



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