

# Diabetes in Youth

## Understanding Diabetes:

Diabetes is a disease where either the body doesn't produce enough insulin or can't effectively use the insulin it produces. Diabetes is a serious condition that can have significant health effects or can lead to death. In the United States, around 352,000 children younger than 20 years have diagnosed diabetes. Being aware of potential signs of diabetes could save the lives of children who may not know they have this disorder.

Source: Centers for Disease Control and Prevention, 2024

## Signs and Symptoms:

Being very thirsty



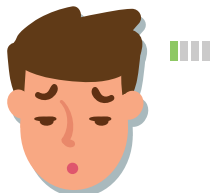
Urinating often



Increased hunger



Extreme fatigue



Blurry vision



Cuts/bruises that are slow to heal



Weight loss (type 1)



Tingling, pain, or numbness in the hands or feet (type 2)



Type 2 diabetes symptoms may not be noticeable.

### Type 1:

- The body does not produce enough insulin
- Most commonly diagnosed between 4-6 years old and 10-14 years old

### Type 2:

- The body loses the ability over time to use insulin

- Insulin is the hormone that balances blood sugar levels

Source: Cleveland Clinic, 2025

## If symptoms are present in a student:

Communicate with the child's caregivers about what you have noticed and ask if the child has been tested for diabetes. Encourage the caregivers to speak to their pediatrician.



Scan the code to go to the Safe at School advocacy campaign.

For additional information, contact

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