



New Guide Designed to Help Schools Manage Diabetes in Children

The Department of Health and Human Services' National Diabetes Education Program has produced a new, comprehensive guide for managing diabetes at school. *Helping the Student with Diabetes Succeed: A Guide for School Personnel* reflects a consensus from a broad spectrum of federal agencies and leading organizations in the diabetes and education communities on how schools can better meet the medical needs of students with diabetes.

"Knowledge and understanding of diabetes in children will benefit everyone: parents, school personnel, and, most of all, our children," said HHS Secretary Tommy G. Thompson, whose department leads the national effort to educate the public and health care professionals about prevention, diagnosis, and treatment of diabetes, its risk factors and control.

The NDEP *Guide* was developed in response to problems faced by both parents of students with diabetes and school personnel. Typical problems involve students who have no one to help them with daily diabetes care tasks (such as checking blood glucose levels or administering insulin) or in the case of a diabetes emergency. Some students are not permitted to self-manage their diabetes. Other problems emerge when students are excluded from extracurricular events and field trips--or even are told they are not welcome at a particular school because they have diabetes.

"We hope this *Guide* helps school personnel learn what they need to do to make sure that students with diabetes are both medically safe and have access to all educational opportunities," said James Gavin, MD, NDEP Chair. "Everyone has a role to play in helping the student with diabetes succeed," he continued.

Helping the Student with Diabetes Succeed. A Guide for School Personnel sets out a team approach to diabetes management in schools. A comprehensive primer provides information about diabetes and reviews the components for planning and implementing diabetes management in school. Also included is a section outlining the roles and responsibilities of all key school personnel, including school nurses, administrators, teachers, coaches and physical education instructors, bus drivers, lunchroom staff,

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guidance counselors, as well as parents and the student with diabetes. The *Guide* contains sample medical and emergency planning tools for use in the school setting and provides information about the key federal laws that address schools' responsibilities to students with diabetes.

Diabetes refers to a series of diseases in which the body does not produce or respond properly to insulin, a hormone used by the body to convert sugars, starches, and other food into energy. Seventeen million Americans have diabetes. It is the country's fifth leading cause of death by disease. Complications include heart disease and stroke, blindness, kidney disease, and amputations.

Helping the Student with Diabetes Succeed: A Guide for School Personnel is supported by the following agencies and organizations:

American Academy of Pediatrics
American Association for Health Education
American Association of Diabetes Educators
American Diabetes Association
American Dietetic Association
American Medical Association
Barbara Davis Center for Childhood Diabetes
Centers for Disease Control and Prevention
Indian Health Service
Juvenile Diabetes Research Foundation International
Lawson Wilkins Pediatric Endocrine Society
National Association of Elementary School Principals
National Association of School Nurses
National Association of Secondary School Principals
National Association of State Boards of Education
National Diabetes Education Program
National Education Association Health Information Network
National Institute of Diabetes and Digestive and Kidney Diseases,
National Institutes of Health
U.S. Department of Education

NDEP is sponsored jointly by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention. NDEP involves more than 200 public and private sector partners who work at the national, state, and local level. To obtain a copy of the school guide, visit www.ndep.nih.gov/resources/school.htm or call 1-800-438-5383.

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