



FEBRUARY 24, 2026 TYPE 1 DIABETES AWARENESS DAY

Type 1 Diabetes can affect people of all ages. According to the latest data in the CDC's National Diabetes Statistic Report, **children and adolescents younger than age 20 diagnosed with T1D is about 1 in 300 in the U.S.** Having a close family member with T1D increases your risk by up to 15 times. However, approximately 90% of people diagnosed have no family history at all.

The Kansas School Nurses Organization, the Kansas Department of Education, the Kansas Legislature, and United School Administrators of Kansas are working together keep Kansas kids safe by providing information and materials to Kansas schools and families on Type 1 Diabetes.

Beginning next Fall, Kansas school district websites will include a Type 1 Diabetes Awareness Toolkit provided by the National Association of School Nurses which includes information on symptoms, the importance of early screening, what to expect, and more.

DON'T MISS THE BUS ON EARLY DIABETES DETECTION.



GOVERNOR
LAURA KELLY
HAS SIGNED A
PROCLAMATION
DECLARING
FEBRUARY 24, 2026
TO BE
**TYPE 1 DIABETES
AWARENESS DAY!**

Contact your school nurse or healthcare provider for more information about Type 1 Diabetes.

School Nurses, school staff and parents can access the full toolkit by creating an account at this access link:

<https://learn.nasn.org/courses/64543/documents/150014>



Type 1 Diabetes



Type 1 Diabetes (T1D) is a lifelong autoimmune disease that attacks healthy insulin-producing cells in the pancreas needed to regulate blood sugar.¹ Without insulin, blood sugar can't get into cells and builds up in the bloodstream, which is damaging to the body.²

Stages

T1D develops in **three stages**. Today, most people are not diagnosed until Stage 3, when symptoms appear, blood sugar is high, and insulin dependence begins. However, risk for T1D is detectable in Stages 1 and 2 as soon as proteins called autoantibodies start to attack healthy cells in the pancreas that produce insulin. This may be years before a person begins experiencing symptoms.

Causes

While researchers don't know exactly what causes T1D, it can be triggered by a variety of factors, such as family history, viral infections, and changes in the environment. Unlike Type 2 Diabetes, **T1D cannot be prevented by lifestyle or dietary changes.**

Risks

T1D can affect people of all ages. Family history is the highest risk factor – having a parent, sibling, or child with T1D increases your risk of developing T1D by up to 15 times.⁴ While those with a family history of T1D present a greater risk for developing the disease, approximately 90% of people diagnosed with T1D have no family history at all.⁴

Diagnosis

A T1D diagnosis can happen suddenly and unexpectedly. Typically, people are diagnosed after they begin experiencing symptoms including:

- Excessive thirst
- Unexplained weight loss
- Blurred vision
- Mood changes
- Frequent urination
- Exhaustion
- Increased hunger

Most people are not diagnosed until they begin experiencing symptoms in the final of T1D's three stages. By this final stage, many people have a blood sugar level that is higher than normal and will already require insulin for the rest of their lives. Life-threatening complications may occur if they don't realize that symptoms are related to T1D and seek out medical care.

Talk to your healthcare provider if you think your child may have T1D. A variety of tests may be performed. Blood sugar levels are measured and, if elevated, may require insulin injections. Testing may also include measurement of diabetes autoantibodies, which confirm T1D and signal that the body's immune system is mistakenly attacking the insulin-producing cells in the pancreas. Ketones can also be measured in the urine or in the blood, which are produced when your body cannot use sugar for energy and instead relies on fat (as an energy source). In high amounts ketones are toxic to your body.³ High ketone levels can cause diabetic ketoacidosis (DKA), which requires hospitalization for IV insulin and fluids.

Screen and Detect Early

While T1D cannot be prevented, early detection through autoantibody screening can help individuals to:

- Reduce risk of life-threatening complications and hospitalization
- Better plan for and manage potential diagnosis
- Potentially participate in research trials to advance management of the disease

Screening can also significantly reduce the incidence of diabetic ketoacidosis (DKA), a serious complication of T1D, among those newly diagnosed.¹

Managing T1D at School

T1D can be effectively managed with the right tools and resources. If your child is newly diagnosed with T1D, talk to your healthcare provider about developing a monitoring and management plan. The plan should then be shared with your child's school nurse.

1. Breakthrough T1D: Type 1 diabetes basics. <https://www.breakthrought1d.org/t1d-basics/>
2. Centers for Disease Control and Prevention. (2024, May 15). About Type 1 Diabetes. <https://www.cdc.gov/diabetes/about/about-type-1-diabetes.html>
3. Cleveland Clinic. (2024). Ketones in Urine: Causes, Symptoms & Treatment. <https://my.clevelandclinic.org/health/articles/ketones-in-urine>

4. Sims, E.K., Besser, R.E.J., Dayan, C., Rasmussen, C.G., Greenbaum, C., Griffin, K.J., Hagopian, W., Knip, M., Long, A.E., Martin, F., Mathieu, C., Rewers, M., Steck, A.K., Wentworth, J.M., Rich, S.S., Kordonouri, O., Ziegler, A.-G., Herold, K.C., (2022). Screening for Type 1 Diabetes in the General Population: A Status Report and Perspective. *Diabetes* 71 (4): pp.610–623. <https://doi.org/10.2337/dbi20-0054>