

# Outreach Resources

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## Type 1 Diabetes Control and Management in Children

### Treating Type 1 Diabetes

The main goals of treating children and young adults with type 1 diabetes (T1D) are:

- Maintaining normal growth and development
- Keeping blood-sugar levels within a target range (i.e., neither too high nor low) specified by a physician
- Promoting healthy emotional well-being

The key to good diabetes control is a careful balance between food, exercise, and insulin. It's a juggling act to keep blood-glucose levels within the target range. Therefore, children with T1D must stick to their scheduled blood check, insulin injection, and snack times. Even small changes in a child's T1D management schedule can cause blood-glucose levels to rise or fall outside of the target range.

### Remember

Food raises blood-glucose levels, while insulin and exercise lower them. A good T1D treatment plan includes:

- Eating reasonably, consistently, and on schedule
- Testing blood-sugar levels regularly
- Adjusting insulin according to blood-sugar levels and activities
- Exercising regularly