

# Resources for Managing Diabetes in School and Higher Education Settings

## Texas Department of State Health Services (DSHS)

- Overview of Type 1 and Type 2 diabetes in children and related resources [dshs.texas.gov/txdiabetes/children](https://dshs.texas.gov/txdiabetes/children)
- Guidelines for training elementary and secondary school personnel who are not licensed health professionals on providing care for students with diabetes [dshs.texas.gov/txdiabetes/PDF/GuidelinesForUDCATraining.pdf](https://dshs.texas.gov/txdiabetes/PDF/GuidelinesForUDCATraining.pdf)

## Texas Education Agency (TEA)

- Important things for school personnel to know about students with diabetes [tea.texas.gov/sites/default/files/Diabetes.pdf](https://tea.texas.gov/sites/default/files/Diabetes.pdf)
- Health education, including information about students with diabetes [tea.texas.gov/academics/subject-areas/health-and-physical-education/health-education](https://tea.texas.gov/academics/subject-areas/health-and-physical-education/health-education)

## University of Texas Rio Grande Valley

Texas Risk Assessment for Type 2 Diabetes in Children is program that assesses children who may be at high risk of developing type 2 diabetes. [rfes.utrgv.edu](https://rfes.utrgv.edu)

## American Diabetes Association (ADA)

- Safe at school state laws, including training resources for school staff to provide care for students with diabetes [diabetes.org/resources/know-your-rights/safe-at-school-state-laws/training-resources-school-staff](https://diabetes.org/resources/know-your-rights/safe-at-school-state-laws/training-resources-school-staff)
- Preventing Type 2 diabetes in children and teens [spectrum.diabetesjournals.org/content/18/4/249](https://spectrum.diabetesjournals.org/content/18/4/249)

## Centers for Disease Control and Prevention (CDC)

- Managing diabetes at school and related resources for school personnel and families [cdc.gov/diabetes/ndep/people-with-diabetes/resources/for-children-teens.html](https://cdc.gov/diabetes/ndep/people-with-diabetes/resources/for-children-teens.html)
- Prevent Type 2 diabetes in kids and related resources for families [cdc.gov/diabetes/prevent-type-2/type-2-kids.html](https://cdc.gov/diabetes/prevent-type-2/type-2-kids.html)

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## **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

Helping the student with diabetes succeed, including effective diabetes management in school

[niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel](https://niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel)

## **American Academy of Pediatrics (AAP)**

- Guidance for parents on informing the school if a student has a chronic health condition

[healthychildren.org/English/health-issues/conditions/chronic/Pages/Chronic-Conditions-and-School.aspx](https://healthychildren.org/English/health-issues/conditions/chronic/Pages/Chronic-Conditions-and-School.aspx)

- Five ways to protect your kids against metabolic syndrome

[healthychildren.org/English/health-issues/conditions/obesity/Pages/Ways-to-Protect-Your-Kids-Against-Metabolic-Syndrome.aspx](https://healthychildren.org/English/health-issues/conditions/obesity/Pages/Ways-to-Protect-Your-Kids-Against-Metabolic-Syndrome.aspx)

## **Juvenile Diabetes Research Foundation (JDRF)**

Information and resources for persons with Type 1 diabetes, families/caregivers, and school personnel

[jdrf.org/t1d-resources/living-with-t1d/school](https://jdrf.org/t1d-resources/living-with-t1d/school)

## **College Diabetes Network (CDN)**

Information for students, young professionals, families/caregivers, clinicians, and school personnel on managing diabetes through life transitions

[collegediabetesnetwork.org](https://collegediabetesnetwork.org)

## **Beyond Type 1/Beyond Type 2**

Information about 504 plans implemented to prevent discrimination, ensure education equality, and provide a safe space to manage their condition

- [beyondtype1.org/whats-a-504-plan](https://beyondtype1.org/whats-a-504-plan)
- [beyondtype2.org/504-plan](https://beyondtype2.org/504-plan)

## **United States Department of Agriculture (USDA) MyPlate**

Guidance on healthy eating through all life stages

[myplate.gov/life-stages](https://myplate.gov/life-stages)