

## TAKING CARE OF **YOUTH** WHO HAVE **DIABETES**



### Follow these tips to help youth who have diabetes.

Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to work as a team with your child or teen and their health care team to develop a diabetes self-care plan.



#### Seek mental health support.

Encourage them to connect with other youth who have diabetes, stay alert for signs of feeling down and anxious, and be prepared to seek help with your youth.



#### Manage blood glucose levels.

Keep their blood glucose in the target range and make sure they take their medicines as prescribed to prevent or delay other health problems.



#### Monitor for diabetes complications.

Earlier diagnosis and treatment of complications, including heart, kidney, and eye diseases, can improve overall health.



#### Encourage healthy habits.

Try following a meal plan, get enough sleep, and aim for regular physical activity.



#### Stay prepared for emergencies.

Prepare for the unexpected by packing a "go kit" that includes medical supplies and equipment.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on managing diabetes.

For tips on your diabetes self-care plan contact Kelly Dawes, Certified Diabetes Care and Education Specialist with the Pennyrile District Health Department, Trigg County Health Center at 270-522-8121 Ext. 212.