

RESOURCES FOR CHILDREN WITH DIABETES AND THEIR FAMILIES

About 150,000 school-aged children and adolescents (or one out of every 400 to 500) have diabetes. As obesity has increased in the younger population, so has diabetes. Approximately 80 percent of children and adolescents diagnosed with Type 2 diabetes are overweight. The resources below offer information for children with diabetes and their parents.

The Children with Diabetes Web site offers an online community for children, families, and adults with diabetes. It includes stories about children with diabetes, chat rooms, book and video reviews for children and teenagers with diabetes, articles for parents, articles for kids, and information for parents who have children with diabetes.

http://www.childrenwithdiabetes.com/index_cwd.htm

The Kids Health for Kids Web site offers young readers a straightforward and easy to understand explanation of diabetes, mainly focusing on type 1, or juvenile diabetes. This site includes an explanation of insulin and how it works in the body, the difference between type 1 and type 2 diabetes, how kids get diabetes, how diabetes is diagnosed and treated, and how kid with diabetes fit in with their peers.

English: http://kidshealth.org/kid/health_problems/gland/diabetes.html

Español: http://kidshealth.org/kid/en_espanol/index.html

The American Diabetes Association Web site includes information in English in Spanish for parents and kids with type 2 diabetes. It includes an article, *Kids & Type 2 Diabetes*, written just for kids: <http://stage.diabetes.org/uedocuments/KidsandType2Diabetes.pdf>

English: <http://www.diabetes.org/for-parents-and-kids.jsp>

Español:

http://www.diabetes.org/espanol/default.jsp?WTLPromo=HEADER_espanol&ms=15555959572

The Juvenile Diabetes Research Foundation International was founded by parents of children with juvenile diabetes. The Web site offers kid newly diagnosed with juvenile diabetes basic information on what to expect and how to manage the physical, emotional, and social aspects of their disease. This site also contains stories of children with diabetes and a service to assist kids in finding a pen pal with diabetes.

<http://kids.jdrf.org/>

The National Diabetes Education Program Web site offers children and adolescents a variety of brochures and tip sheets with information on eating the right foods, being physically active, managing their weight, and succeeding in the school environment.

<http://www.ndep.nih.gov/diabetes/youth/youth.htm>

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