**DIABETES**

**What is Diabetes?**

Diabetes is the condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose into the cells of our bodies. When you have diabetes, your body either does not make enough insulin or cannot use its own insulin as well as it should.

www.cdc.gov

29 million people in the United States (9.3%) have diabetes. 1.7 million People aged 20 years or older were newly diagnosed with diabetes in 2012.

www.cdc.gov

**Why Should a Student with Diabetes Register with CAS?**

- **Plan before an emergency.** If the student is not registered, they are not guaranteed any sort of accommodations for problems that may arise due to diabetes. Remember accommodations are not retroactive. Registering with CAS is the best way to be prepared.

- **It is scientifically proven that low or high blood sugar can seriously affect academic performance.** The student should be prepared in the event that blood sugar spikes or drops.

- **Accommodations may go beyond the classroom.** CAS can help navigate additional supports for student with diabetes on campus.

https://www.collegediabetesnetwork.org/

**Characteristics of Diabetes**

- Feeling very thirsty and/or hungry
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss
- Tingling, pain or numbness in the hands/feet
- Frequent urination

**Possible Accommodations to Support a Student with Diabetes in the Classroom**

- Allow for unrestricted bathroom breaks
- Allow for water bottles and snacks
- Allow for breaks to check blood sugar, administer insulin, etc.
- Due to fluctuating blood sugar levels, be open to extended time or make up events for testing and/or assignments. In addition, if levels are impacting academic abilities, be prepared to move deadlines for presentations or projects.
- Encourage the use of accessible technology for screen readers and/or text to speech.
- If possible, have a conversation with the student about their diabetes so that you are able to recognize if there is an emergency.

Check out the College Diabetes Network for more information and resources!

https://www.collegediabetesnetwork.org/