DIABETES CARE TASKS AT SCHOOL:
What Key Personnel Need to Know

NUTRITION AND PHYSICAL ACTIVITY
Goal: Optimal Student Health and Learning

Managing nutrition and physical activity are vital pieces of a comprehensive plan.
Learning Objectives

Participants will be able to understand:

- Basic meal plans for students with diabetes
- Nutrition calculation methods
- Physical activity benefits for students with diabetes
- Physical activity guidelines for students with diabetes
Nutrition: Why be concerned?

- Good nutrition is important for everyone for optimal health
- Nutrition planning is essential for good diabetes control:
  - maintain blood glucose within target range
  - to prevent or delay complications
  - to help children and teens grow and develop properly
  - to achieve healthy weight
  - promote optimal learning
School Nutrition Management

- Student’s parent/guardian and health care team determine an individualized meal plan
- A diagnosis of diabetes does NOT always limit which foods a student can eat
- Meals & snacks need to be carefully timed to balance physical activity and insulin/medications
- Encourage healthy eating for all students
School Nutrition Management

Students with type 2 diabetes may need additional accommodations to help manage lipids, blood pressure and weight:

- May need support at meals and snacks to achieve calorie level targets and consistent carb amounts

- Assure that healthy foods such as whole grains, low-fat protein and dairy, fruits, and vegetables are available
Basic Meal Plans

Key: Balance insulin/medications with carb intake

• Most students have flexibility in WHAT to eat
  – Basic Carbohydrate Counting
  – Advanced Carbohydrate Counting

• Many students have flexibility in WHEN to eat
  – More precise insulin delivery (pumps, pens)
  – Rapid-acting insulins
  – Time dosing of insulin according to DMMP
Basic Carbohydrate Counting

- Calories from:
  - carbohydrate
  - protein
  - fat

- Each nutrient type affects blood glucose differently

- Carbohydrate has the biggest effect on blood glucose

- TOTAL carbohydrate matters more than the source (sugar or starch)
Advanced Carbohydrate Counting

**USING THE INSULIN-TO-CARB RATIO**

The insulin-to-carb ratio:
- Varies from student to student
- Is determined by the student’s health care team
- Should be included in the DMMP
- Usually stated as a ratio of 1 unit of insulin to x grams carbohydrate
- May vary from meal to meal for a student
Using Insulin-to-Carb Ratio

Example: 1:10 Ratio

1 unit of insulin to be given per 10 grams of carbohydrate eaten

60 gm meal / 10 gms = 6 units of insulin needed
School Meals & Snacks

- Provide school menus and nutrition information to student/parent/guardian in advance.
- Provide sufficient time for eating.
- Monitor actual food intake per DMMP
  - young or newly diagnosed
  - picky eaters
- Respect, encourage independence.
Nutrition Information at School

The approximate carbohydrate content of school meals can be determined in advance by the school nutrition director and can be indicated on the school menu for each item.
Beyond the Routine: School Parties

- Provide parent/guardian with advance notice of parties/special events
- Follow the student’s DMMP, 504 Plan or IEP
- Some may prefer to bring their own foods, but may eat what is available.
- Provide nutritious party snacks or non-food treats for all
- Limit use of food as reward
Beyond the Routine: Field Trips

- Notify school nurse as soon as trip is scheduled to allow for consultation with parent/guardian about food and/or insulin adjustments
- Bring plenty of quick-acting sugar sources to treat hypoglycemia
- Bring lunch as appropriate
- Bring diabetes equipment and supplies, including glucagon, if specified in DMMP
- Bring list of emergency contacts, copy of emergency care plan
Activity & Diabetes

Everyone benefits from physical activity.
   Students with diabetes should fully participate.

In general, activity lowers blood glucose levels.
   If there is insufficient insulin, physical activity can raise blood glucose.

- May need to make adjustments to insulin/medications and food intake, per DMMP
- A quick-acting source of glucose, glucose meter, and water should always be available
- PE teachers and coaches must be familiar with symptoms of both high and low blood glucose
Activity & Blood Glucose Monitoring

Check before, during, and after physical activity per DMMP:

- Especially when trying a new activity or sport

- If blood glucose starts to fall, student should stop and have a snack or quick-acting source of sugar

- Students with pumps may disconnect or adjust the basal rate downward temporarily, prior to physical activity