

# Type 1 Diabetes



## What is Type 1 Diabetes?

*According to the Center for Disease Control and Prevention, "If you have type 1 diabetes, your pancreas doesn't make insulin or makes very little insulin. Insulin helps blood sugar enter the cells in your body for use as energy. Without insulin, blood sugar can't get into cells and builds up in the bloodstream. High blood sugar is damaging to the body and causes many of the symptoms and complications of diabetes. Type 1 diabetes was once called insulin-dependent or juvenile diabetes, but it can develop at any age."*

*To help youth and children with T1D along with their caregivers and social workers, Fostering Well-Being created a T1D resource guide that is available. You can email us at [fwb@dshs.wa.gov](mailto:fwb@dshs.wa.gov) for a copy!*

## Washington State Department of Health

Washington & U.S. T1D Teen Connect has a free monthly zoom session for teens in Washington and across the U.S. who have T1D. Click on the link for more information and to register for the meetings.

## Resources

- [CDC: What is Type 1 Diabetes?](#)
- [Mayo Clinic: Type 1 Diabetes](#)
- [Cleveland Clinic: Type 1 Diabetes](#)



[www.dshs.wa.gov/fwb](http://www.dshs.wa.gov/fwb)

[fwb@dshs.wa.gov](mailto:fwb@dshs.wa.gov)

