

November 2024

TYPE 1 DIABETES

What is Type 1 Diabetes (T1D)?

According to the [Center for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/), “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 & 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 for a copy!

Department of Health also has T1D Connect:



Washington

T1D TEEN CONNECT

Are you a teenager living with type 1 diabetes (T1D)? Starting in November 2023, we are offering free monthly virtual Zoom sessions for T1D teens in Washington. Youth ages 12-19 will be able to connect with a young adult to talk about the challenges and realities of living with T1D.

We want to help T1D teens feel more confident about growing up. We hope your

get in **TOUCH**



Register in advance for this meeting or scan QR code:
[Zoom registration link.](#)

We will send you a confirmation email with meeting information.

Please email us at CYSHCN@doh.wa.gov for questions or support.



THE DEETS:



ZOOM MEETINGS
Starting November 13th, 2023



TIME
7 P.M. Pacific Standard Time



RECCURING
Monthly meeting on the second Monday of the every month

DOH 141-104 September 2023

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

Resources

- [CDC: What is Type 1 Diabetes?](https://www.cdc.gov/)
- [Mayo Clinic: Type 1 Diabetes](https://www.mayoclinic.org/conditions/type-1-diabetes/)
- [Cleveland Clinic: Type 1 Diabetes](https://www.clevelandclinic.com/health/conditions/type-1-diabetes)