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## Diabetes in Children and Teens

Until recently, the common type of diabetes in children and teens was type 1 [<https://medlineplus.gov/diabetestype1.html>] . It was called juvenile diabetes. With Type 1 diabetes, the pancreas does not make insulin. Insulin is a hormone that helps glucose, or sugar, get into your cells to give them energy. Without insulin, too much sugar [<https://medlineplus.gov/bloodglucose.html>] stays in the blood.

Now younger people are also getting type 2 diabetes [<https://medlineplus.gov/diabetestype2.html>] . Type 2 diabetes used to be called adult-onset diabetes. But now it is becoming more common in children and teens, due to more obesity [<https://medlineplus.gov/obesityinchildren.html>] . With Type 2 diabetes, the body does not make or use insulin well.

Children have a higher risk of type 2 diabetes if they are overweight or have obesity, have a family history of diabetes, or are not active. Children who are African American, Hispanic, Native American/Alaska Native, Asian American, or Pacific Islander also have a higher risk. To lower the risk of type 2 diabetes in children:

- Have them maintain a healthy weight
- Be sure they are physically active
- Have them eat smaller portions of healthy foods
- Limit time with the TV, computer, and video

Children and teens with type 1 diabetes may need to take insulin. Type 2 diabetes may be controlled with diet and exercise [<https://medlineplus.gov/exerciseforchildren.html>] . If not, patients will need to take oral diabetes medicines [<https://medlineplus.gov/diabetesmedicines.html>] or insulin. A blood test called the A1C [<https://medlineplus.gov/a1c.html>] can check on how you are managing your diabetes.

## Start Here

- What Is Type 1 Diabetes? [<https://kidshealth.org/en/parents/type1.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/type1.html>]
- What Is Type 2 Diabetes? [<https://kidshealth.org/en/parents/type2.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/type2.html>]

## Diagnosis and Tests

- A1C: MedlinePlus Health Topic [<https://medlineplus.gov/a1c.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/a1c.html>]
- Diabetes Tests and Diagnosis [<https://www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis>]  (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes/informacion-general/pruebas-diagnostico>]
- Ketones in Blood [<https://medlineplus.gov/lab-tests/ketones-in-blood/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-cetonas-en-sangre/>]
- Ketones in Urine [<https://medlineplus.gov/lab-tests/ketones-in-urine/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-cetonas-en-la-orina/>]

# Prevention and Risk Factors

- Managing Diabetes [<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes?dkrd=/health-information/diabetes/overview/managing-diabetes/4-steps>]  
 **Easy-to-Read** (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [[https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes/informacion-general/control/4-pasos-controlar-vida+/health-information/informacion-de-la-salud/diabetes/informacion-general/control](https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes/informacion-general/manejo?dkrd=/health-information/informacion-de-la-salud/diabetes/informacion-general/control/4-pasos-controlar-vida+/health-information/informacion-de-la-salud/diabetes/informacion-general/control)]
- Preventing Type 2 Diabetes in Kids [<https://www.cdc.gov/diabetes/prevention-type-2/type-2-diabetes-in-kids.html>] (Centers for Disease Control and Prevention)  
Also in Spanish [<https://www.cdc.gov/diabetes/es/prevention-type-2/prevenir-la-diabetes-tipo-2-en-los-ninos.html>]

## Treatments and Therapies

- How to Stay Healthy With Type 1 Diabetes [<https://kidshealth.org/en/kids/treating-type1.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/kids/treating-type1.html>]
- Medicines for Diabetes [<https://kidshealth.org/en/kids/medicines-diabetes.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/kids/medicines-diabetes.html>]
- Treating Type 2 Diabetes [<https://kidshealth.org/en/parents/treating-type2.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/treating-type2.html>]

## Living With

- Being Active When You Have Diabetes [<https://kidshealth.org/en/kids/sports-diabetes.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/kids/sports-diabetes.html>]
- Carbohydrates and Diabetes (For Parents) [<https://kidshealth.org/en/parents/carbs-diabetes.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/carb-diabetes.html>]
- Diabetes -- Know When to Go to the ER [<https://www.emergencyphysicians.org/article/know-when-to-go/diabetes>] (American College of Emergency Physicians)
- Eating Smart When Your Child Has Diabetes [<https://kidshealth.org/en/parents/meal-plans-diabetes.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/meal-plans-diabetes.html>]
- Going to School When You Have Diabetes [<https://kidshealth.org/en/kids/school-diabetes.html>] (Nemours Foundation)
- Managing Blood Sugars When Your Child Has Type 1 Diabetes [<https://kidshealth.org/en/parents/diabetes-control.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/diabetes-control.html>]

## Related Issues

- Acanthosis Nigricans [<https://kidshealth.org/en/teens/acanthosis.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/acanthosis.html>]
- Making Fingersticks and Insulin Shots Easier for Kids With Diabetes [<https://kidshealth.org/en/parents/injections-tests.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/injections-tests.html>]
- Monogenic Diabetes (MODY & Neonatal Diabetes Mellitus) [<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/monogenic-neonatal-mellitus-mody>]  
 (National Institute of Diabetes and Digestive and Kidney Diseases)

## Videos and Tutorials

- Understanding Diabetes [<https://kidshealth.org/en/parents/understanding-diabetes-video.html>]  (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/understanding-diabetes-video.html>]

## Test Your Knowledge

- Type 2 Diabetes Facts Quiz [[https://medlineplus.gov/ency/quiz/001214\\_3.htm](https://medlineplus.gov/ency/quiz/001214_3.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/quiz/001214\\_63.htm](https://medlineplus.gov/spanish/ency/quiz/001214_63.htm)]

## Clinical Trials

- ClinicalTrials.gov: Diabetes in Children and Teens [<https://clinicaltrials.gov/search?cond=diabetes&aggFilters=ages:child,status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: The national and provincial prevalence and non-fatal burdens of diabetes in... [<https://www.ncbi.nlm.nih.gov/pubmed/40457495>]
- Article: Diabetes Mellitus in Patients With Autoimmune Hepatitis: Frequency, Risk Factors and... [<https://www.ncbi.nlm.nih.gov/pubmed/40342076>]
- Article: Clinical Characteristics and Remission Monitoring of 6q24-Related Transient Neonatal Diabetes. [<https://www.ncbi.nlm.nih.gov/pubmed/40302951>]
- Diabetes in Children and Teens -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Diabetes+Mellitus%22%5Bmajr%3Anoexp%5D+AND+child+%5Bmh%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- American Diabetes Association [<https://diabetes.org/>]
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 
- NIDDK Information Clearinghouses and Health Information Center [<https://www.niddk.nih.gov/health-information/community-health-outreach/information-clearinghouses>]  
 (National Institute of Diabetes and Digestive and Kidney Diseases)

## Patient Handouts

- A1C test [<https://medlineplus.gov/ency/article/003640.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003640.htm>]
- Blood sugar test [<https://medlineplus.gov/ency/article/003482.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003482.htm>]
- Giving an insulin injection [<https://medlineplus.gov/ency/patientinstructions/000660.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000660.htm>]
- Type 1 diabetes [<https://medlineplus.gov/ency/article/000305.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000305.htm>]



## MEDICAL ENCYCLOPEDIA

A1C test [<https://medlineplus.gov/ency/article/003640.htm>]

Blood sugar test [<https://medlineplus.gov/ency/article/003482.htm>]

Counting carbohydrates [<https://medlineplus.gov/ency/patientinstructions/000321.htm>]

Diabetes [<https://medlineplus.gov/ency/article/001214.htm>]

Diabetes - keeping active [<https://medlineplus.gov/ency/patientinstructions/000084.htm>]

Diabetes - when you are sick [<https://medlineplus.gov/ency/patientinstructions/000079.htm>]

Diabetes and exercise [<https://medlineplus.gov/ency/patientinstructions/000083.htm>]

Diabetes type 2 - meal planning [<https://medlineplus.gov/ency/article/007429.htm>]

Giving an insulin injection [<https://medlineplus.gov/ency/patientinstructions/000660.htm>]

Glucose tolerance test - non-pregnant [<https://medlineplus.gov/ency/article/003466.htm>]

Glucose urine test [<https://medlineplus.gov/ency/article/003581.htm>]

High blood sugar - self-care [<https://medlineplus.gov/ency/patientinstructions/000332.htm>]

Insulin C-peptide test [<https://medlineplus.gov/ency/article/003701.htm>]

Ketones blood test [<https://medlineplus.gov/ency/article/003498.htm>]

Ketones urine test [<https://medlineplus.gov/ency/article/003585.htm>]

Microalbuminuria test [<https://medlineplus.gov/ency/article/003591.htm>]

Oral hypoglycemics overdose [<https://medlineplus.gov/ency/article/002588.htm>]

Snacking when you have diabetes [<https://medlineplus.gov/ency/patientinstructions/000322.htm>]

Sweeteners - sugar substitutes [<https://medlineplus.gov/ency/article/007492.htm>]

Type 1 diabetes [<https://medlineplus.gov/ency/article/000305.htm>]

Type 2 diabetes - self-care [<https://medlineplus.gov/ency/patientinstructions/000328.htm>]

Type 2 diabetes - what to ask your doctor [<https://medlineplus.gov/ency/patientinstructions/000217.htm>]

## Related Health Topics

A1C [<https://medlineplus.gov/a1c.html>]

Blood Glucose [<https://medlineplus.gov/bloodglucose.html>]

[Diabetes \[https://medlineplus.gov/diabetes.html\]](https://medlineplus.gov/diabetes.html)

[Diabetes Complications \[https://medlineplus.gov/diabetescomplications.html\]](https://medlineplus.gov/diabetescomplications.html)

[Diabetes Medicines \[https://medlineplus.gov/diabetesmedicines.html\]](https://medlineplus.gov/diabetesmedicines.html)

[Diabetes Type 1 \[https://medlineplus.gov/diabetestype1.html\]](https://medlineplus.gov/diabetestype1.html)

[Diabetes Type 2 \[https://medlineplus.gov/diabetestype2.html\]](https://medlineplus.gov/diabetestype2.html)

[Diabetic Diet \[https://medlineplus.gov/diabeticdiet.html\]](https://medlineplus.gov/diabeticdiet.html)

[Prediabetes \[https://medlineplus.gov/prediabetes.html\]](https://medlineplus.gov/prediabetes.html)

## National Institutes of Health

The primary NIH organization for research on *Diabetes in Children and Teens* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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[<https://medlineplus.gov/disclaimers.html>] about external links and our [quality guidelines](https://medlineplus.gov/criteria.html)

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