

A toolkit to inform on  
diabetes in schools

## Acknowledgements:

This material has been developed in collaboration with the members of the KiDS Advisory Committee:

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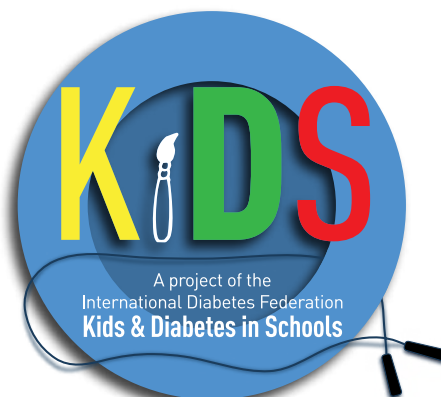
## Partners :



**International  
Diabetes  
Federation**



IDF gratefully acknowledges the support of Sanofi in this project.



## Guidelines:

This pack should be used in tandem with an information session and is not intended to be distributed as a standalone item. A programme on diabetes education should be organised at schools around the pack.

**If you wish to translate the pack into further languages or make culturally specific adaptations, please notify IDF before any changes are made: [communications@idf.org](mailto:communications@idf.org).**

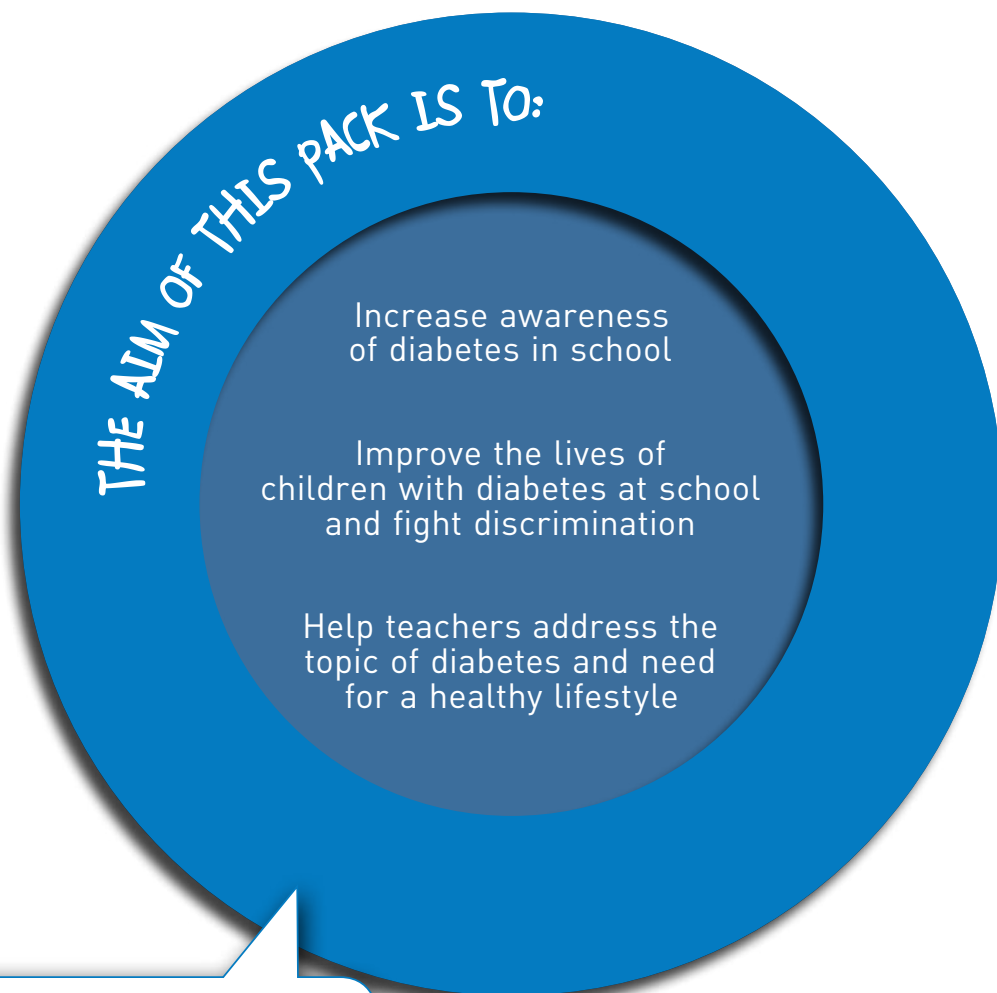
IDF, ISPAD and Sanofi logos must remain visible on this material. If you have a new local partner that endorses the project, make sure to seek IDF permission before adding new logos on the pack.

We would appreciate your feedback on pack usage and photos from your information sessions.

No fees will be asked for using this pack.

# INTRODUCTION

The following KiDS information pack will guide you in making the school environment a better place for children with diabetes. The pack is an awareness and information tool created to inform teachers and children about diabetes. This pack should be seen purely as an information resource and *is not intended to replace the advice of the diabetes team.*



## Why a blue circle?

The icon was designed as a call to unite for diabetes and is a symbol of support for the UN Resolution on Diabetes. The colour blue represents the sky and it is the same colour as the flag of the United Nations

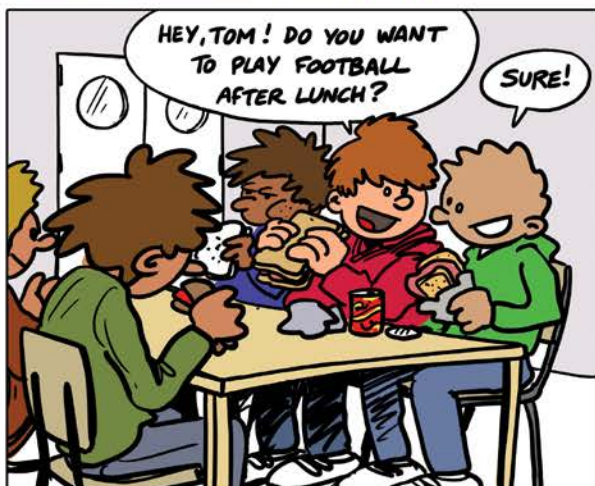
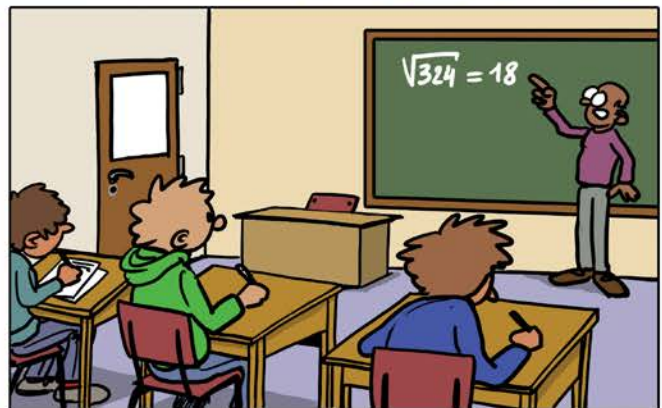
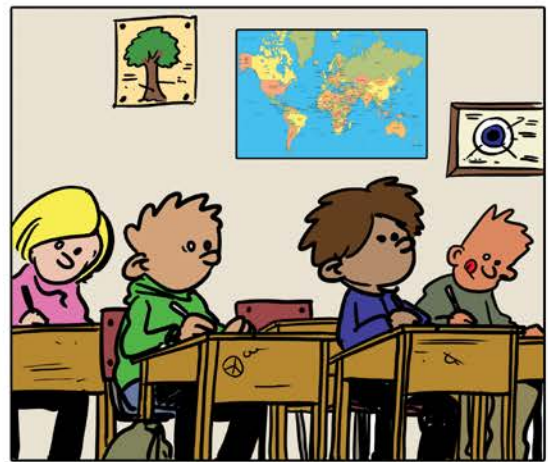
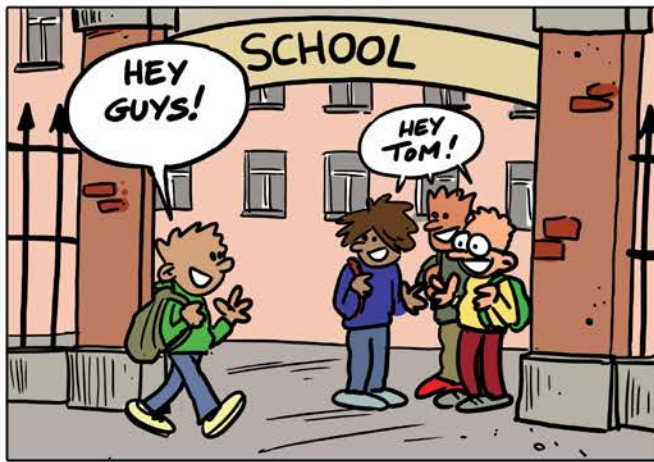


# WHAT IS DIABETES?

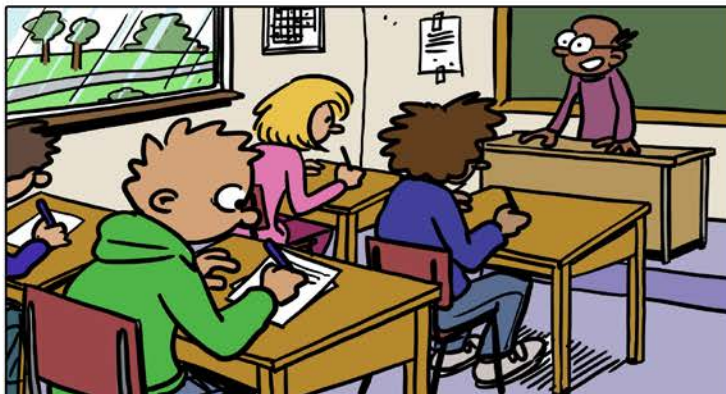
A day in the life of Tom, living with type 1 diabetes



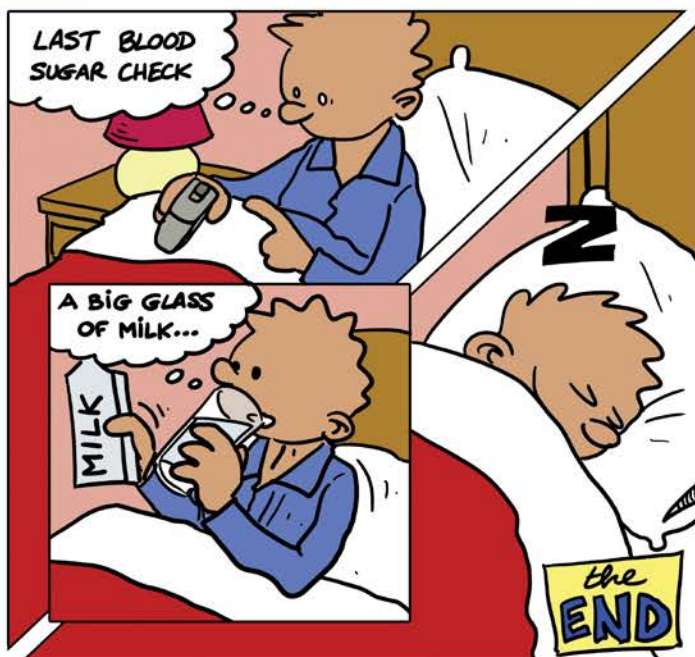
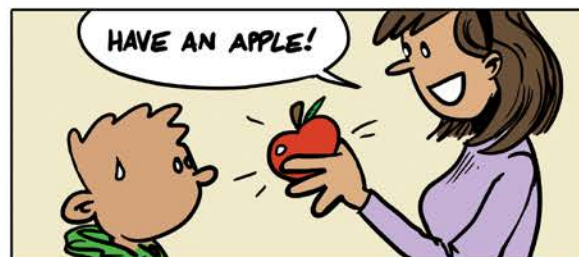
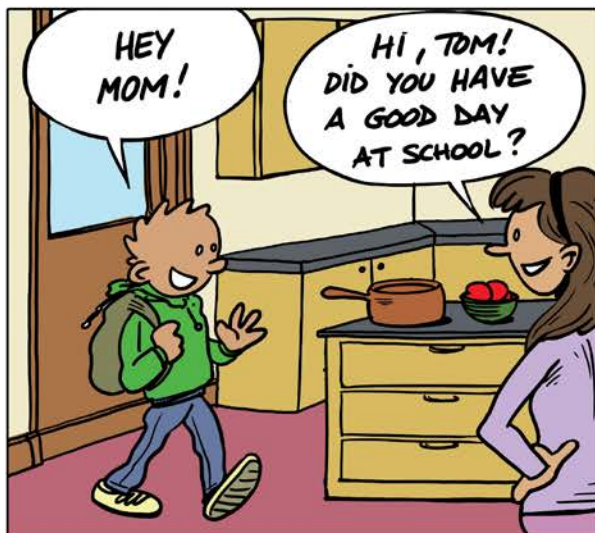








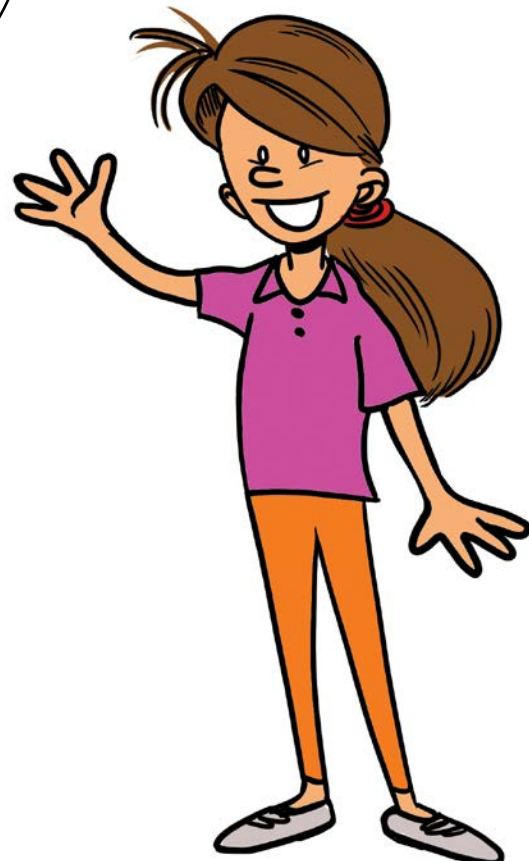




# WHAT IS TYPE 1 DIABETES?

Diabetes can develop in a child of any age, including infants and toddlers. Type 1 diabetes often develops quickly and may be life-threatening if not diagnosed early.

Type 1 diabetes is diagnosed when the pancreas stops making insulin completely. It is an autoimmune disease which means the body's own immune system attacks the pancreas destroying the cells that make insulin. This results in the body being unable to control the amount of sugar in the blood.





# MYTHS ABOUT DIABETES?

Quiz true or false

TRUE OR FALSE:

Eating too much sugar  
causes diabetes

**FALSE:** When kids get type 1 diabetes, it's because their bodies can't make insulin anymore. It has nothing to do with eating too much sugar. When kids get type 2 diabetes there might be a connection because eating too much sugar (or foods with sugar, like candy or regular soda) can cause weight gain, and weight gain can lead to type 2 diabetes.

TRUE OR FALSE:

People with diabetes should  
not exercise

**FALSE:** Exercise is important for all children— with or without diabetes. Exercise has many benefits. It keeps kids healthy and fit, and also helps them balance their blood sugar.

TRUE OR FALSE:

You can catch diabetes  
from another person

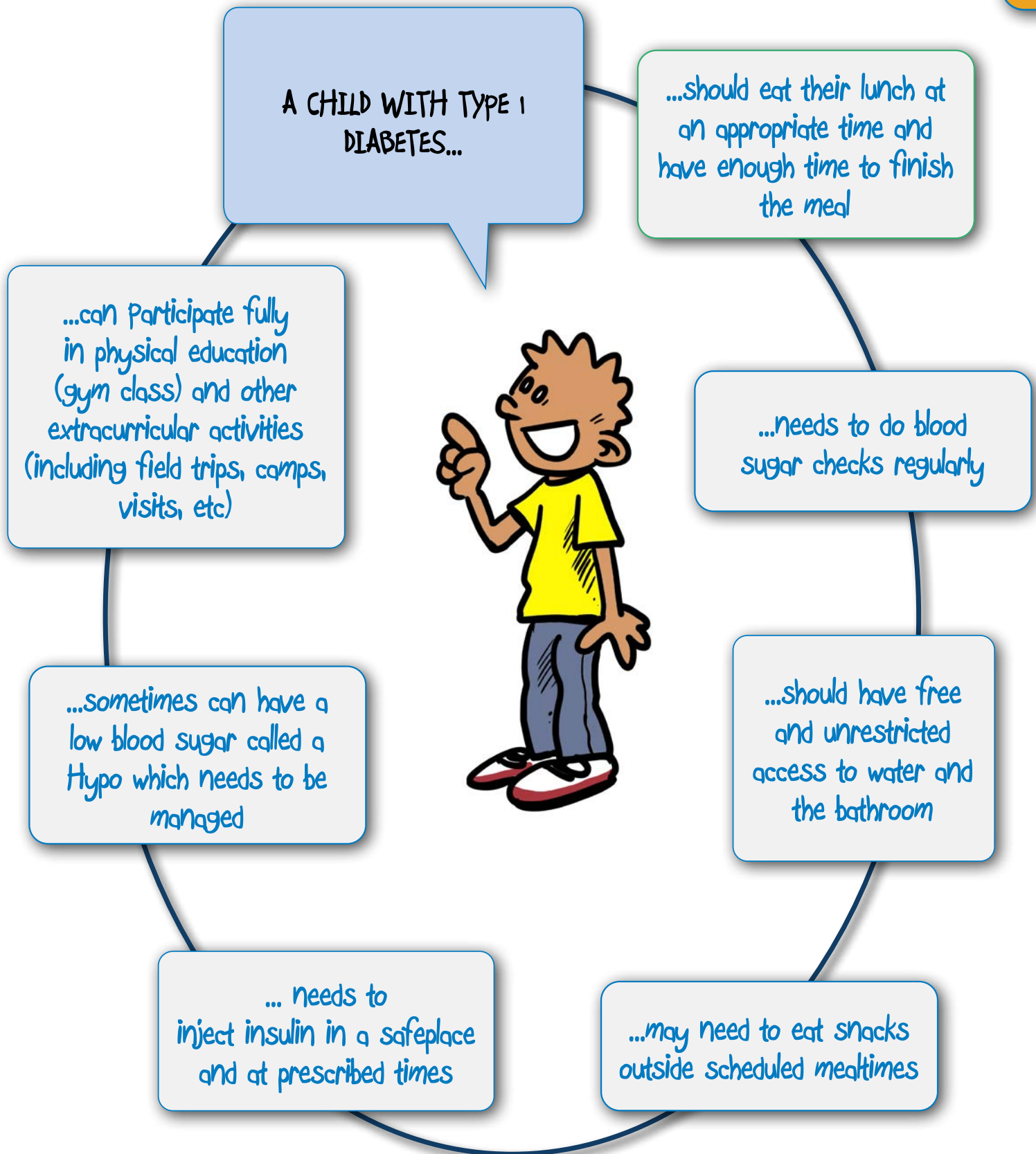
**FALSE:** Diabetes is not contagious, so you can't catch it from someone who has it.

TRUE OR FALSE:

Kids with diabetes can  
never eat sweets

**FALSE:** Kids with diabetes can eat sweets — as part of a balanced, healthy diet. Like everyone else, a person with diabetes shouldn't eat too many sweets because they may cause damage to teeth and they don't have many vitamins and minerals.

# AS A TEACHER WHAT DO I NEED TO KNOW?





# WHAT DO I NEED TO KNOW ABOUT LOW BLOOD SUGAR?

Hypoglycaemia or low blood sugar

## CAUSES

Low blood sugar  
may be caused by:

Too much insulin on board

Too little carbohydrate

Unplanned exercise and activities

Missed or delayed meals/snacks

## SYMPTOMS



# WHAT TO DO IF A CHILD HAS LOW BLOOD SUGAR

How to cope with hypoglycaemia or low blood sugar

When a hypo does happen it is very important to act quickly:

**Ask the child to check his/her blood sugar if he/she has a (gluco)meter**

**Ensure that the child consumes a fast acting carbohydrate**  
(see next page)

**Listen to the child, don't ignore their needs or their friends' worries**

## **FOLLOW WITH A SNACK OR MEAL IF DUE**

Be aware of the level of consciousness of the child. If the child is unconscious seek immediate medical attention and contact his/her family.

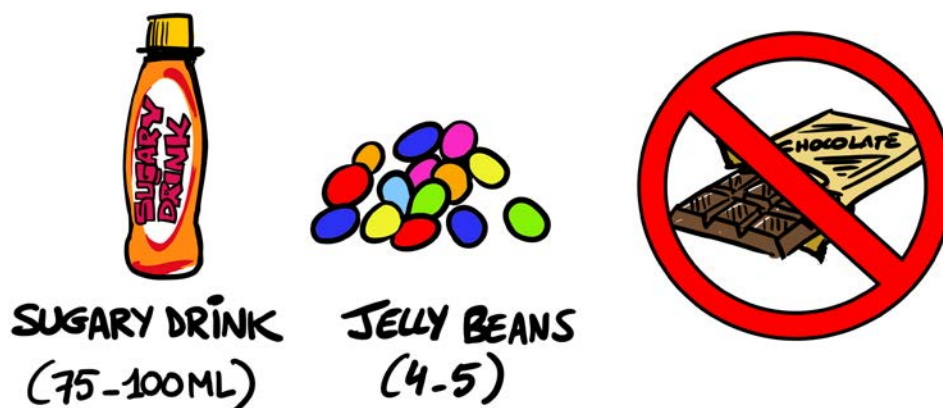
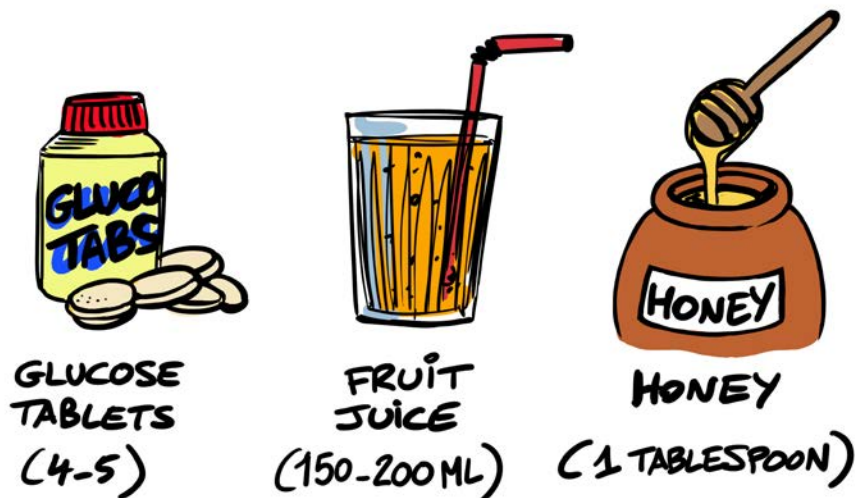
**Ensure that child is supervised during hypoglycaemia and until recovery.**

Check blood glucose again after 15 minutes.



# WHAT TO DO IF A CHILD HAS LOW BLOOD SUGAR

How to cope with hypoglycaemia or low blood sugar?



**Get the child to recheck his/her blood sugar in 10 – 15 minutes.  
if still low, repeat the treatment.**

**Send a note to parents to let them know their child had a low  
blood sugar at school.**

# WHAT DO I NEED TO KNOW ABOUT HIGH BLOOD SUGAR?

Hyperglycaemia or high blood sugar

## CAUSES

High blood sugar  
may be caused by:

**Too little insulin on board.**  
**Eating too much carbohydrate.**

**Stress from an illness.**  
(such as a cold or flu)

**Other stress/anxiety.**  
(such as family conflicts or exams)

## SYMPTOMS



**VERY THIRSTY**



**NEED TO URINATE  
OFTEN**



**IRRITABILITY**



**STOMACH PAIN**



# WHAT TO DO IF A CHILD HAS A HIGH BLOOD SUGAR

How to cope with high blood sugar

## What to do in case of high blood sugar

A CHILD WITH A HIGH BLOOD SUGAR LEVEL SHOULD BE ADVISED TO:

**Drink plenty of water to keep hydrated**

**Check his/her blood sugar and repeat the blood sugar test level in about 2 hours**

**If his/her blood sugar level is very high (15 mmol/l or 270 mg/l) contact the school nurse or child parents so they can seek further advice**

## ATTENTION

**When high blood sugar occurs over a number of days, it is important to report to parents and school nurse.**

# WHAT DO YOU NEED TO KNOW ABOUT EXERCISE AND DIABETES?

The duration and intensity of exercise will have an influence on blood glucose levels. To avoid low blood sugar episodes, a child with diabetes may need to eat an **additional snack before, during and after exercising.**

If a child has symptoms of low blood sugar or will be participating in more than 40-45 minutes of physical activity,

**blood glucose levels should be checked before exercising.**

**Exercise is a key component of diabetes management.**

With few special considerations, a child with diabetes can fully participate in all athletic opportunities available in schools.

All of the students with diabetes need to have their **"Hypo Pack"** (see guidelines in annex).



# WHAT ABOUT EXTRA CURRICULAR ACTIVITIES?

I CAN participate in all after-school activities. My teacher should notify my parents as soon as possible and invite them to the planning stage of the activity especially if this involves an overnight.



I'll bring with me:

- ☐ a diabetes pack with a meter, insulin and a sugar source.
- ☐ a fast-acting carbohydrate snack or drink in case of hypoglycaemia.
- ☐ extra snacks in case lunch is delayed or we get more exercise than usual.
- ☐ a bottle of water.

An overnight activity means I need to be able to inject my insulin or this needs to be arranged with my parents.



# WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is being diagnosed in children in a growing number of countries. In the United States, up to 1 in 3 new cases of type 2 diabetes, is diagnosed in youth younger than 18.

Type 2 diabetes is diagnosed when the body does not produce enough insulin to function properly, or the body's cells don't react to insulin. This is known as insulin resistance. If this happens, the body is unable to control the amount of glucose in the blood.

## SYMPTOMS:

Unlike type 1 diabetes, in people with type 2 diabetes the symptoms are often mild or absent, making this type of diabetes hard to detect.



In general the most common signs are



WEIGHT LOSS



VERY THIRSTY



NEED TO URINATE OFTEN



WEAKNESS FATIGUE

# AS A TEACHER WHAT DO I NEED TO KNOW?

A CHILD WITH TYPE  
2 DIABETES...

... may need to monitor  
blood sugar regularly



... should have free and  
unrestricted access to  
water and the bathroom

... needs to eat healthy  
food

... needs to  
practise physical  
activity regularly

... might take insulin or  
other medications

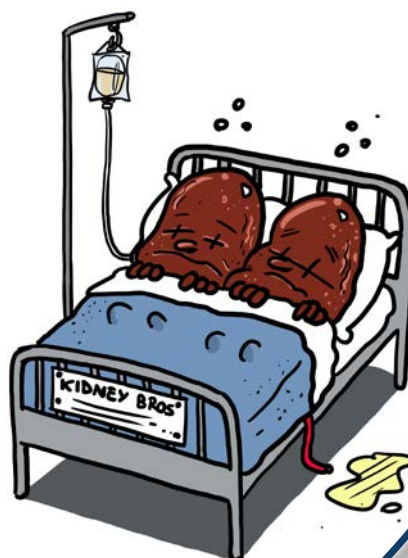
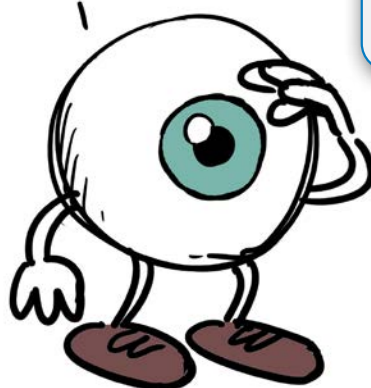
# WHY DO PEOPLE NEED TO PREVENT & TAKE CARE OF DIABETES

BECAUSE IT CAN LEAD TO :

I CAN'T SEE...

damage to the retina

foot problems



kidney disease



# WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



OVERWEIGHT



TIREDDNESS



FEELING SICK

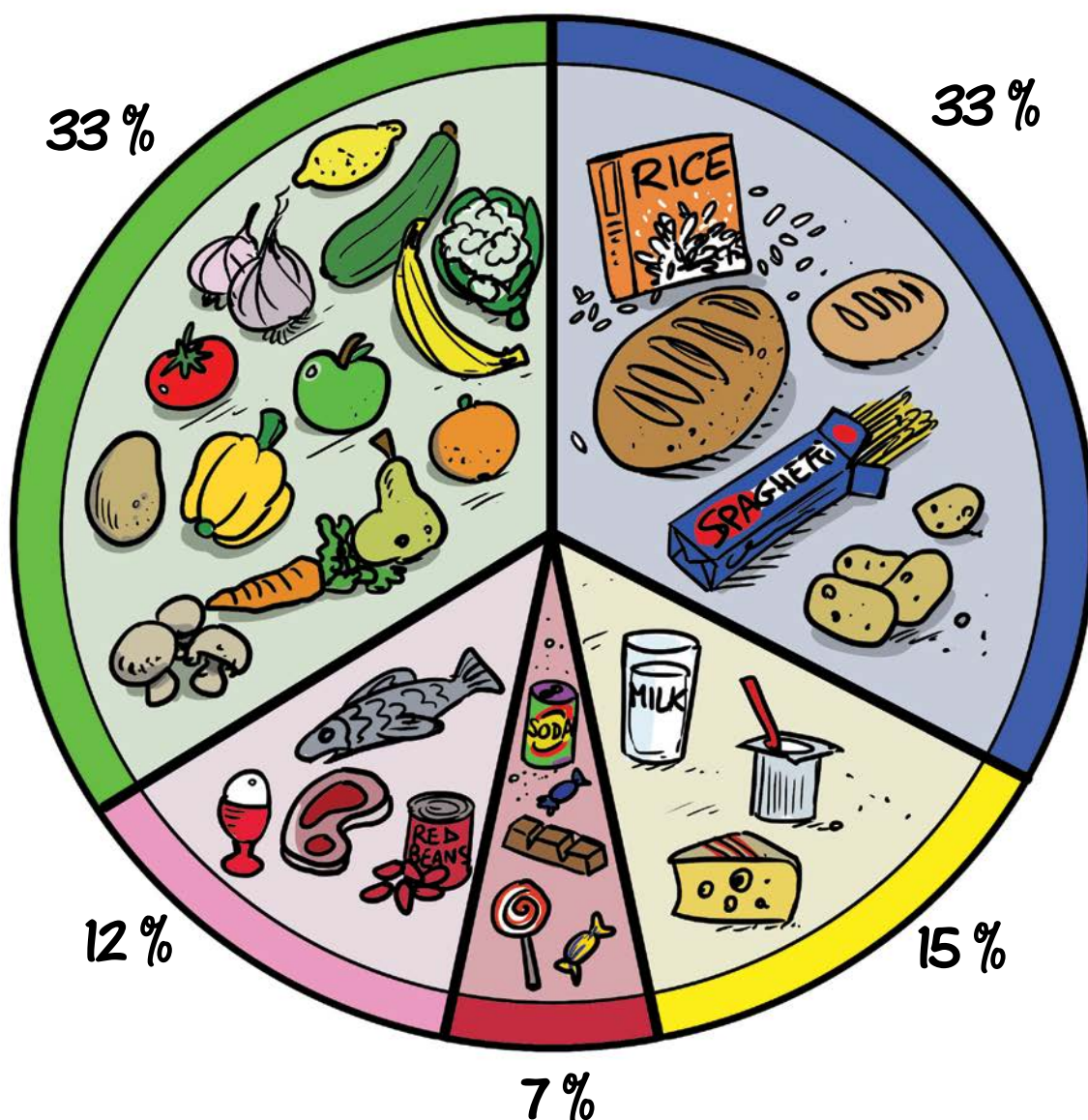


UNHEALTHY HEART

# HOW TO STAY HEALTHY? EAT WELL

There is a lot of evidence that lifestyle changes can help prevent the development of type 2 diabetes.

## THE EATWELL PLATE



Try to remember these proportions in your daily meals.

# HOW TO STAY HEALTHY?

## MOVE WELL

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

### TIPS TO GET ACTIVE:

- ☐ Try sports and choose one you like
- ☐ Set regular times for activities; make it a part of your daily schedule
- ☐ Reduce use of screen time (TV, computers etc..) and play with friends
- ☐ Walk to school
- ☐ Take the stairs instead of an elevator
- ☐ Learn to use the skateboard, the bike or run instead of getting a ride
- ☐ Walk the dog with your parents



☐ Turn off your TV, smart phone or computer and spend some time playing with your friends

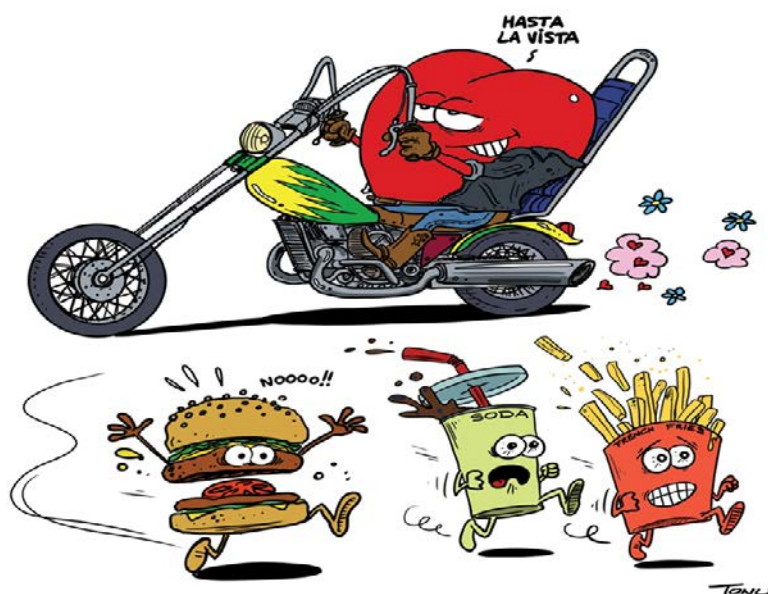
☐ Stay active: do a minimum of 30 minutes of exercise per day!

☐ Exercise with a friend



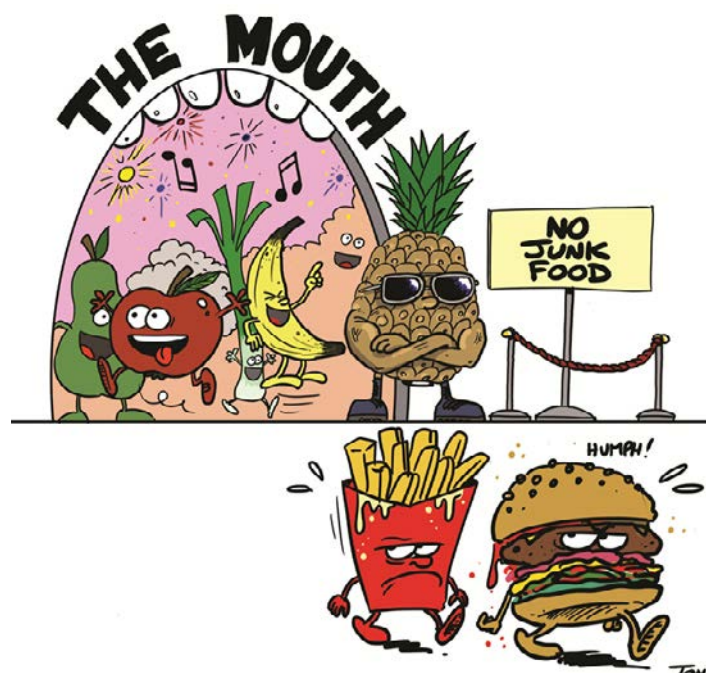
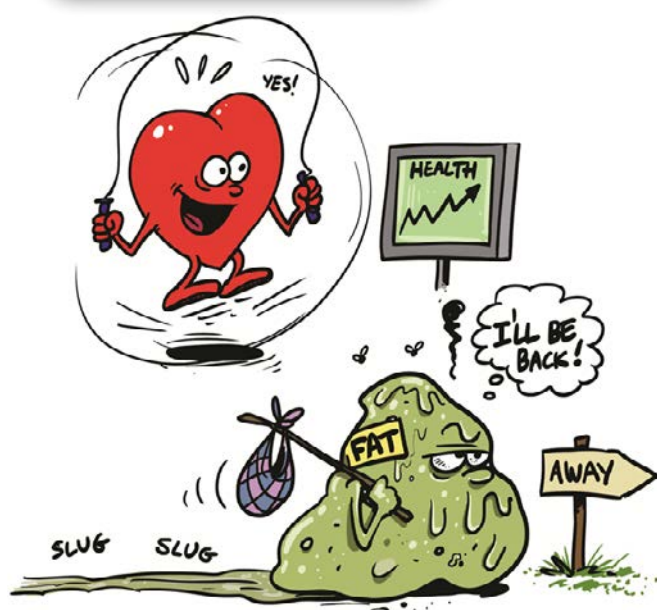
# STAY HEALTHY: FOLLOW YOUR HEART

## BECOME A HEALTH ANGEL!



PHYSICAL ACTIVITY KEEPS  
YOUR HEART HEALTHY

REDUCING INTAKE OF  
JUNK FOOD CAN HELP  
REDUCE YOUR RISK OF  
TYPE 2 DIABETES



## **1. About the history of the Association**

The Diabetes Association of Barbados is a Charitable Organization which was founded in 1975 because it was recognized that literature was available for free distribution, but persons living with diabetes were not receiving the necessary attention or guidance for their condition.

In 2020 the organization was renamed to The Diabetes and Hypertension Association of Barbados.

## **2. Main focus of the Association?**

The Association's primary focus is to provide

- Support - meetings
- Education - lectures, presentations, lots of printed materials
- Advocacy and
- Screening and thus

Help to improve the lives of all people living with diabetes and or hypertension, and assist in prevention of these conditions and their complications.

## **3. The services that are available to the public**

The services available include,

- ☐ Counselling
- ☐ Diabetes Risk Assessment – looks at family history, med
- ☐ Cholesterol, haemoglobin A1c, blood glucose and blood pressure checks
- ☐ Mobile unit for community Outreach
- ☐ Provision of weight management advice

- ❑ Distribution and demonstration of blood glucose monitors
- ❑ Distribution of diabetes supplies under the Insulin for Life USA Programme
- ❑ Sale of Diabetes identification chains, bracelets, blue pins and wrist bands

#### **4. Current programmes**

- a. The Diabetes and Hypertension Association of Barbados, in recognition of the financial burden on families, embarked upon an initiative called ***“Sponsor-A-Child with Diabetes”***. Since 2012, children enrolled in this programme receive monthly assistance from the Association to help with diabetes-related expenses. The programme is funded by the public.
- b. CDSMP: There is the Chronic Disease Self-Management Programme which was developed by the Stanford University and funded by the Pan American Health Organization. It aims to build participants’ confidence in managing their health and keep them active and engaged in their lives. Participants attend a 2 1/2-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, creating action plans, medication management and other techniques for managing problems common to people with chronic diseases.

#### **5. How can persons get involved?**

- a. You can become a member. Membership is open to anyone, with or without Diabetes or Hypertension.



- i. If you have pre- diabetes, diabetes, hypertension or are at high risk we invite you to become a member of The Diabetes and Hypertension Association of Barbados. The membership fee is \$25.00 per year or \$100.00 for 5 years.
- ii. We are also looking for volunteers.

Our office is opened Monday to Friday 9:00 A.M. to 4:30 P.M. and is located at "Saverne", Monteith Gardens, Barbarees Hill, St. Michael. The telephone numbers are 437-2285, 228-3422 or mobile 243-7327 and email: [dab40a@gmail.com](mailto:dab40a@gmail.com)

# INFO ON THE DIABETES AND HYPERTENSION ASSOCIATION OF BARBADOS

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## **CONCEPT**

The Diabetes and Hypertension Association of Barbados, formerly the Diabetes Association of Barbados and the Barbados Diabetic Association, was the fulfilment of a concept envisioned by Mr. John Grace, Mr. Hugh Mapp, Mrs. Dorothy Talma-Monteil, Mr. Don Norville (all deceased) and Mr. Wilfred Ferguson. At that time, the fundamental issues to be addressed were the dissemination of free literature on diabetes and provision of guidance to persons on the management of their condition. April 30, 1975 became the launchpad of an association which celebrates its fortieth anniversary of existence this year.

The primary aim of the Association is to provide advocacy and education in order to improve the lives of those at risk for developing diabetes and persons living with diabetes. The aim also extends to encouraging greater self-management in order to prevent complications. As a local charitable non-governmental organisation, the Association is determined to fulfill its mission “*to improve the quality of life for persons living with diabetes and those at risk of developing diabetes through up-to-date education, good self-management and control of their condition*”.

## **OUR LEADERS**

In addition to our founding members, the Association has been well served under the leadership of healthcare professionals as well as members of the community. The persons who served as Presidents include Mr. John Grace (1975-1977, 2001-2010), Mr. Hugh Mapp (1977-1989), Mr. Don Norville (1989-1992), Dr. Livingstone Forde (1992-1998) and Sir Cliviston King (1998-2001). Mrs. Noreen Merritt is the first female to serve the Association in the capacity of President (2010-2017). Ms. Trudy Griffith (2017-2024) and Mr. Tyrone Lowe is the current President of the Association.

## **MINISTERIAL SUPPORT**

The Association has had a close working relationship with the Ministry of Health and Wellness since its inception. The Ministry continues to recognise the governmental obligation to address the societal burden of chronic non-communicable diseases (NCDs). It supports the work of the Association in engaging the general population as well as the involvement of the members of various healthcare professionals who are involved in the care provided to persons with diabetes.

## **EXTERNAL AFFILIATIONS**

The Association is a member of the Diabetes Associations of the Caribbean as well as the North American & Caribbean (NAC) Region of the International Diabetes Federation (IDF). The Association continues to be represented at the IDF World Conferences biennially where members of our Association have been asked to be speakers or chair sessions at these conferences.

## **PHYSICAL AMENITIES**

In April 2000, as the Association celebrated 25 years of operation, a new era was born. The Association opened a physical office and hired its first employee to perform the day-to-day operations of the “Guidance and Education” programme. The Office is a hub for the Association’s administrative support, activity and programme coordination and resource centre. The office is located at "Saverne", Monteith Gardens, Barbarees Hill, St. Michael, Barbados.

## **VOLUNTEERISM**

The work of the Association is performed by the efforts and dedication of a multitude of volunteers who willingly give of their time and talents. Appreciation is extended both informally and formally for the efforts and yeoman service extended by volunteers in the furtherance of the Association’s mandate.

The Association is also one of the organisations where tertiary students enrolled at a government institution may volunteer their service hours with the association for the “Give Back Programme” organized by the government.

## **SERVICES**

We provide in-house counselling by Diabetes Educators, as well as blood sugar, HbA1c, blood pressure, cholesterol and Body Mass Index checks. We also provide blood glucose monitors and instruct persons on the proper use of these monitors. Follow-up sessions are scheduled for re-enforcement of information and advice provided. Clients also receive advice and information on the benefits of proper nutrition, planned physical activity and regular blood glucose/sugar monitoring as part of their self- management plan. Persons can also take advantage of the Diabetes Conversation Map Education Programme conducted in a relaxed atmosphere to learn how to integrate self-management skills in their daily lives.

## **COMMUNITY OUTREACH**

To fulfil its mandate, the Association runs various programmes to address our nation’s needs. Activities and programmes are conducted both onsite at the Office, or offsite through various presentations delivered in the community as well as the Mobile Unit, which was donated to the Association by Republic Bank (Barbados) Limited in 2013.

Our outreach programmes include but not limited to diabetes risk assessment, blood glucose screenings, training seminars and presentations about diabetes and prevention of diabetes and its complications to all age groups starting from preschool, general public and public and private sector organizations.

## **ACADEMIC RECOGNITION**

The work of the Association has gained the recognition of McGill University in Canada. This has fostered a partnership with the University where final year students pursuing postgraduate studies in Dietetics complete a six week internship with the Association. The students assisted with counselling while based at the Office as well as at outreach activities. Participation in the



Association's work extended to group education sessions, media interviews and preparation of resource materials.

## **NURTURING THE NATION'S FUTURE: OUR CHILDREN**

### ***Sponsor-A-Child with Diabetes***

The Ministry of Health, through the Barbados Drug Service, provides some medications and supplies required by children with diabetes. However, this concession does not fully address the needs of children with diabetes. In 2010, after careful consideration, the Association created the Adopt-A-Child with Diabetes programme. In December 2011, funding was secured for the programme which commenced in January 2012 with 10 children. In 2014, because some individuals and organisations thought they had to adopt a child, the name of the programme was changed to Sponsor-A-Child with Diabetes. Financial assistance is provided to cover medical supplies and services as well as counselling and education.

## **FINANCIAL SUPPORT**

The Association runs various programmes to address our nation's needs. In addition to the fundraising activities held annually to assist the Association with its projects, the sustainability of these programmes is heavily reliant on the support of civic-minded corporate entities. The Association is indeed grateful to all corporate bodies, other Non-Governmental Organisations (NGOs), Service Clubs and the various individuals who make Deeds of Covenants or provide sponsorship/donations from time to time to assist in the work of the Association on the behalf of persons with diabetes.

## **ASSOCIATION'S SUPPORT OF WORLD DIABETES DAY**

Since 1991, November 14 has been recognised as World Diabetes Day. The Association plans and is involved in activities in recognition of this global event to engage the global population of diabetes advocacy and awareness.

## **OFFICE HOURS**

The Office is open Monday to Friday, 9:00 a.m. to 4:30 p.m. Feel free to contact us if you wish to take advantage of the services offered, join the Association or perhaps volunteer your talent, skills or time. Remember, you do not have to have diabetes or hypertension to be a member!

The office numbers are 228-3422, 437-2285; mobile 243-7327/ 230-2975 and email [dab40a@gmail.com](mailto:dab40a@gmail.com).