



ALL ABOUT: TYPE 1 DIABETES

www.elbowbumpkidinc.org



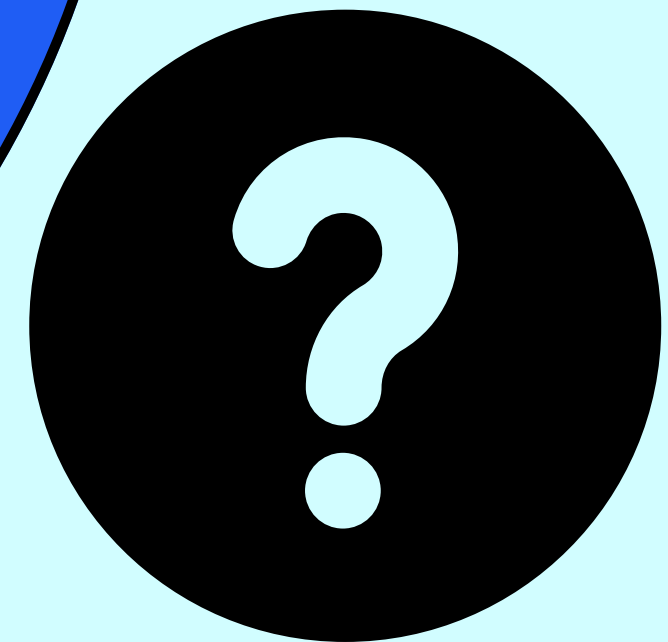


WHO IS ELBOWBUMPKID?

Elbowbumpkid Inc is a
**volunteer powered/community
funded nonprofit.**

Our mission is to provide families impacted with Type 1 Diabetes with the opportunity to connect, thrive, learn and grow. We subsidize education & community events, college programs, annual celebration cards, scholarship grants and partnerships for local initiatives that support the T1D community.

www.elbowbumpkidinc.org





WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is a chronic autoimmune condition that makes the body's **pancreas unable to produce insulin**, a hormone that is necessary to live.

Since insulin is needed to control blood sugar levels in your body, a person with T1D needs to get it in a different way.

www.elbowbumpkidinc.org





TYPE 1 IS NOT PREVENTABLE OR CURABLE

It's **NOT** caused by diet or anything that the family did or didn't do.

It **ISN'T** contagious and you can be diagnosed with T1D even if no one in your family has it.

www.elbowbumpkidinc.org

DID YOU
KNOW?



SIGNS AND SYMPTOMS OF TYPE 1 DIABETES:

- Extreme Thirst
- Increased Urination
- Weight Loss
- Exhaustion
- Excessive Hunger
- Blurred Vision



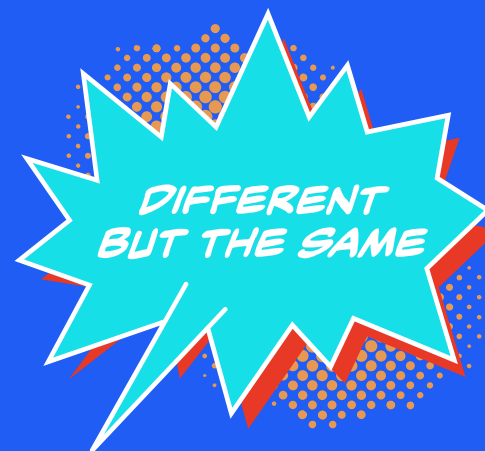
www.elbowbumpkidinc.org





TYPE 1 IS DIFFERENT FOR EVERYONE

No T1D's diabetes is the same.
Families have different
preferences for blood sugar
testing & insulin delivery.
There is no one size fits all.



www.elbowbumpkidinc.org



WHAT CAN A T1D KID EAT?

Anything!

A type 1 diabetic can eat anything that you can eat with parent's permission and providing insulin before the snack/meal.



DID YOU
KNOW?

www.elbowbumpkidinc.org



WHAT'S A "NORMAL" BLOOD SUGAR?

DID YOU
KNOW?

A normal blood sugar range is
usually between 80-120.



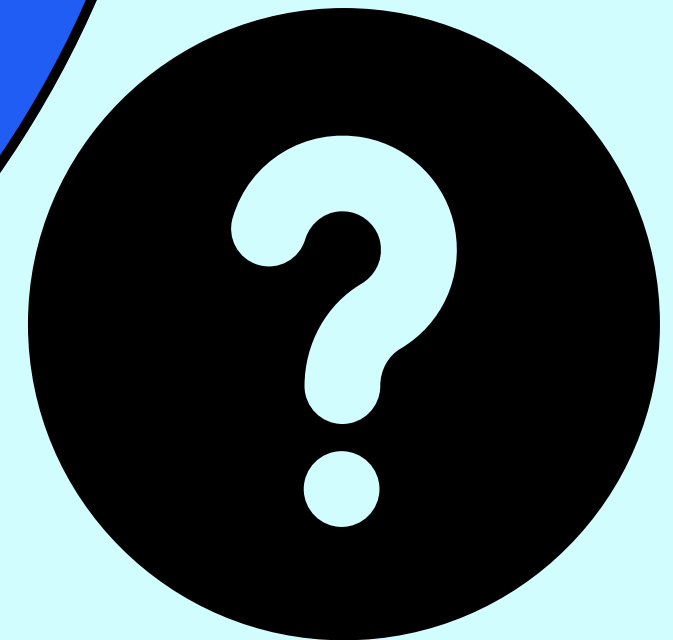
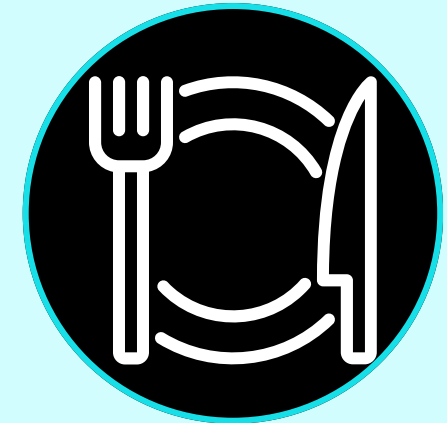
www.elbowbumpkidinc.org



WHY DO BLOOD SUGARS GO OUT OF RANGE?

Many different factors impact blood sugar, and many children react differently to the same exercise, snacks, and emotions.

www.elbowbumpkidinc.org

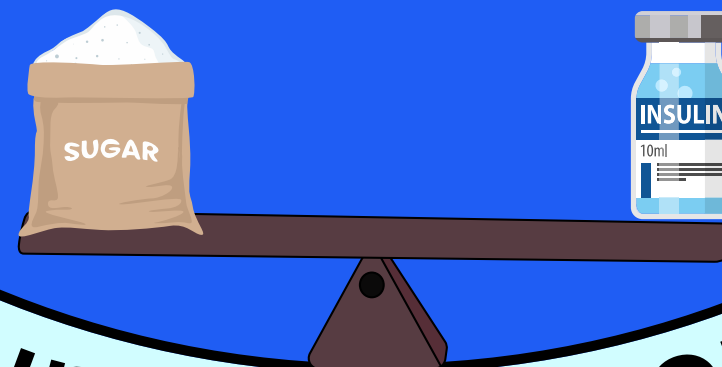




TREATING LOW VS HIGH BLOOD SUGARS

 **LOW BLOOD SUGAR**
We need sugar/glucose
(Glucose raises blood sugar) 

HIGH BLOOD SUGAR
We need insulin
(Insulin lowers blood sugar) 



DID YOU
KNOW?

www.elbowbumpkidinc.org

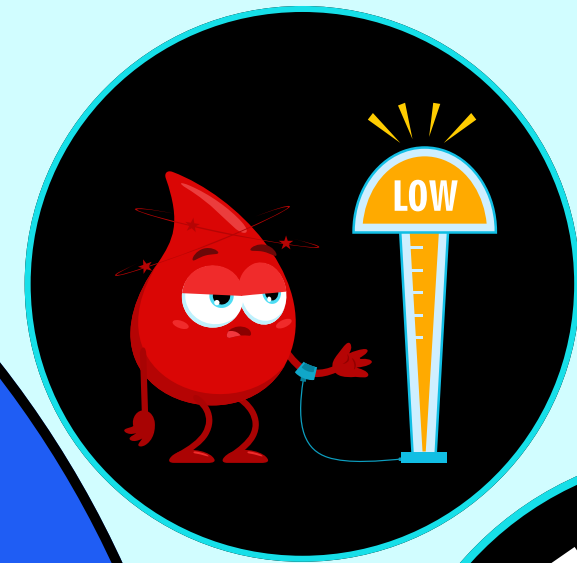


WHAT IF THE T1D'S BLOOD SUGAR IS LOW?

They need a low blood sugar treatment like **juice or candy** immediately. The amount needed will depend on their blood sugar level. (If really low, they may need an extra low blood sugar treatment.)

Do NOT leave a person with T1D alone if they are low, stay with them until they recover!

www.elbowbumpkidinc.org



Common Low Blood Sugar Symptoms

- Fast heartbeat
- Shaking
- Sweating
- Nervousness
- Anxiety
- Irritability
- Confusion
- Dizziness
- Hunger



WHAT IF THE T1D'S BLOOD SUGAR IS HIGH?

They need **insulin and hydration**. Blood sugar should be monitored by CGM or finger prick to make sure it's going back in range to avoid DKA. They may be irritable, angry, need to drink and go to the bathroom more. That's normal with a high blood sugar and we need to be patient until they are back in range.

www.elbowbumpkidinc.org



Common High Blood Sugar Symptoms

- Extreme Thirst
- Frequent Urination
- Blurred Vision
- Fatigue
- Irritability



DIFFERENCE BETWEEN TYPE 1 & TYPE 2

DID YOU
KNOW?

Type 1 diabetes (T1D) is an *incurable, autoimmune disease*, not a lifestyle disease. Roughly 8.7 million people live with T1D around the world. People with type 1 are insulin-dependent for life.

Type 2 diabetes (T2D) is a *metabolic disease* influenced by genetic, socioeconomic and lifestyle factors. Over 525 million people live with T2D around the world. The body can't properly use insulin & can often be treated through diet, exercise and medication.

www.elbowbumpkidinc.org



WHAT CAN YOU DO TO HELP?

- If the T1D is acting funny or different than usual, ask if they checked their blood sugar.
- Keep low blood sugar snacks around at all times.
- Be patient & understanding.
- Know what to do in case of a diabetes emergency.

www.elbowbumpkidinc.org

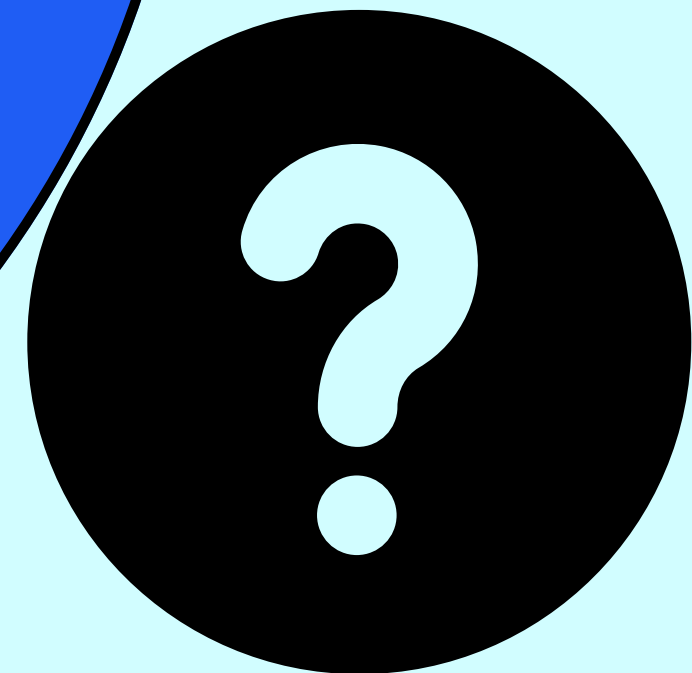
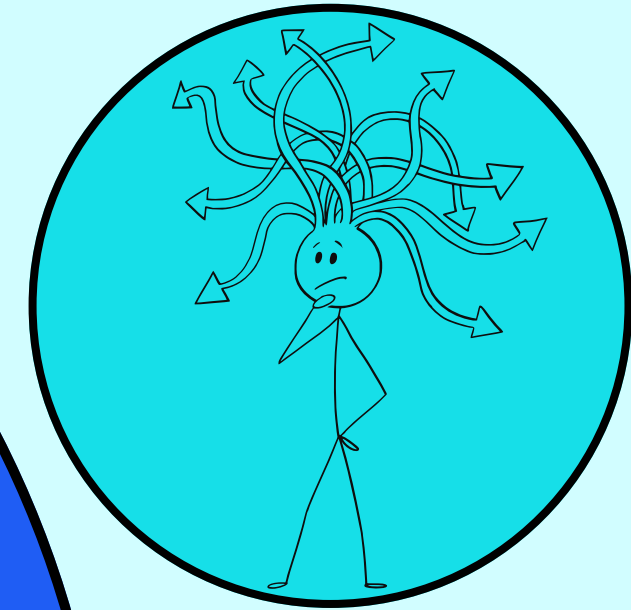




A T1D MAKES EXTRA DECISIONS EVERY DAY

Every bite of food that contains carbohydrates must be balanced with an insulin dose.
If they are stressed or sick they need to manage differently.
It's **a lot** of thinking and it doesn't discriminate by age, even the littlest kids have work to do every day to stay safe.

www.elbowbumpkidinc.org





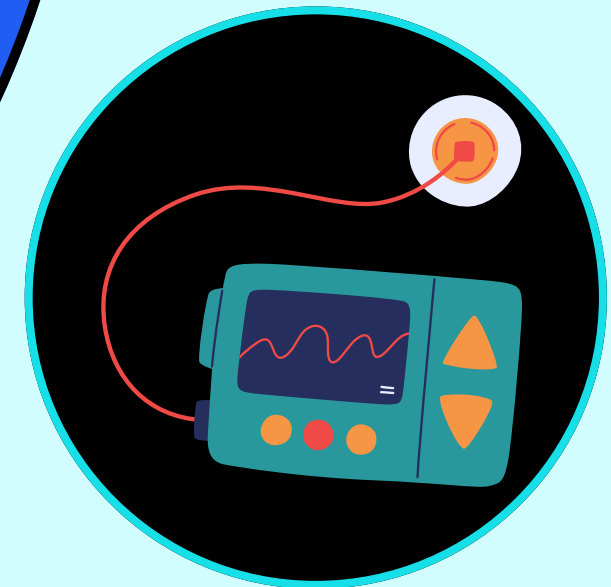
HOW DO T1D'S GET INSULIN?

Since Type 1 diabetics don't make their own insulin, they have to take insulin.

A person with Type 1 may have an insulin **pump** attached to their body or give themselves **shots** before eating. This keeps them alive and is normal for them.

www.elbowbumpkidinc.org

DID YOU
KNOW?





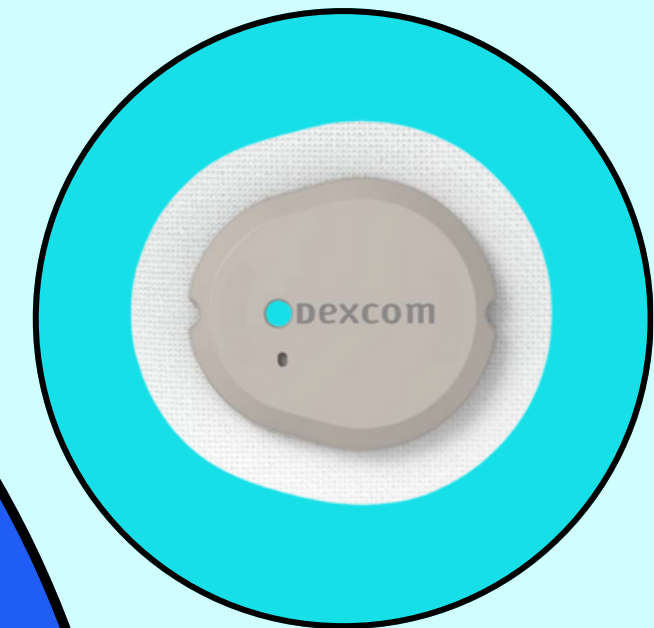
WHAT ARE T1D DEVICES?

Some Type 1 diabetics use devices to help them manage their blood sugars.

CGM - Some T1D's use continuous glucose monitors.
(This allows them to see their levels without pricking their finger)

PUMP - Some T1Ds use an insulin pump to deliver insulin into their bodies.
(This allows them to get insulin without getting an injection)

www.elbowbumpkidinc.org





HOW TO HELP- DISCUSSION

- My blood sugar should be between _____ and _____.
- If my blood sugar is below _____, give me _____.
- If my blood sugar is above _____, give me _____.
- I use _____ to receive insulin.

www.elbowbumpkidinc.org

RESOURCES TO LEARN MORE ABOUT T1D



Beyond Type 1 New
Patient Resource
Guide

Breakthrough T1D
Resource Guide



EBK Resource
Page





This information should not be considered medical advice, nor is it intended to replace consultation with your healthcare provider. If you have questions about your health, please contact your healthcare provider.

© Copyright 2025 Elbowbumpkid Inc, do not redistribute or modify without permission

www.elbowbumpkidinc.org



THANK YOU
FOR LEARNING
MORE ABOUT
TYPE 1 DIABETES!



www.elbowbumpkidinc.org