



FREIRE
CHARTER WILMINGTON

Type 1 Diabetes Awareness

Type 1 diabetes is a chronic autoimmune condition in which the body's immune system attacks and destroys insulin-producing beta cells in the pancreas, leading to little or no insulin production. Because insulin is essential for allowing glucose to enter cells for energy, people with type 1 diabetes must take insulin daily to survive. It is often diagnosed in children and young adults, though it can occur at any age, and its exact cause is not fully understood but likely involves genetic and environmental factors. Common symptoms include frequent urination, excessive thirst, unexplained weight loss, fatigue, and blurred vision. Management focuses on regular blood glucose monitoring, insulin therapy, healthy eating, and physical activity to prevent complications such as nerve damage, kidney disease, and cardiovascular problems.

The Delaware Diabetes and Heart Disease Prevention and Control Program (DHDPCP) supports efforts to reduce the emotional, physical, and financial burden of diabetes and heart disease by preventing these conditions and minimizing complications through community-clinical linkages, health system interventions, environmental strategies, and public health surveillance. Funded by the CDC and the Delaware Health Fund, the program also provides accurate data, promotes healthy lifestyles, develops strategies to lessen disease impact, and coordinates efforts among public and private health organizations.

To learn more about Type 1 Diabetes and management, please go to:
<https://dhss.delaware.gov/dph/dpc/diabetes/>