

Quality Care For Kids Newsletter

November 2024 | November is American Diabetes Month

Written by Heidi Hotvedt, RN, BSN, Healthy Child Care Iowa Program Coordinator

Type 1 diabetes is a condition in which your pancreas no longer produces an important hormone called insulin. People need insulin to survive, so the missing insulin needs to be replaced through injections or with an insulin pump. The number of children diagnosed with Type 1 diabetes is significantly increasing worldwide and also in Iowa. The cause of this increase is unknown.



Risk factors for type 1 diabetes in children include:

Family history: Anyone with a parent or siblings with type 1 diabetes has a slightly increased risk of developing the condition.

Genetics: Certain genes indicate an increased risk of type 1 diabetes.

Race: In the United States, type 1 diabetes is more common among white children of non-Hispanic descent than among children of other races.

Certain viruses: Exposure to various viruses may trigger the autoimmune destruction of important cells in the pancreas.

Caring for a child with Type 1 diabetes takes extra planning. Children with diabetes must have a care plan at their child care program. Local child care nurse consultants are available to assist with care planning, medication management and training.

National Hunger & Homelessness Awareness Week November 17-23, 2024

Did you know that in the United States 1 in 5 kids is living with hunger and 1 in 18 are experiencing houselessness? Iowa has resources to support families.



Visit the **Apply for Services** webpage on the HHS website to learn more about available resources.

<https://hhs.iowa.gov/apply-services>



Visit the **Homeless or At Risk of Homelessness** webpage on Iowa Finance Authority's website.

<https://www.iowafinance.com/homelessness/experiencing-or-at-risk-of-homelessness/>



Scan the QR code to find your local CCNC or visit online at

<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>