



TORRANCE UNIFIED SCHOOL DISTRICT

2335 PLAZA DEL AMO
P.O. BOX 2954
TORRANCE, CALIFORNIA 90509-2954

TELEPHONE (310) 972-6500
www.tusd.org

BOARD OF EDUCATION
DON LEE
ALBERT Y. MURATSUCHI, ESQ.
TERRY L. RAGINS
MARK STEFFEN
MICHAEL WERMERS

SUPERINTENDENT OF
SCHOOLS
DR. GEORGE MANNON

January 23, 2017

Dear Parent/Guardian,

Effective July 1, 2010 California Education Code Section 49452.7 states that school districts must provide information to parents about type 2 diabetes. The Centers for Disease Control (CDC) estimates that *one in three children born after 2000 will develop type 2 diabetes in his or her lifetime.*

What is Type 2 diabetes? Type 2 diabetes affects the way the body is able to use sugar (glucose) for energy. Insulin is the hormone used to help “carry” the glucose or sugar to cells in your body. In type 2 diabetes the body is resisting the insulin that is being produced by the pancreas which can lead to overproduction, and through time, the pancreas can stop producing insulin all together. Until a few years ago, type 2 diabetes was rare in children, but it is becoming more common, especially for overweight teens.

What are the risk factors? Risk factors include: being overweight, family history of diabetes, inactivity, specific racial/ethnic groups, and puberty. It is recommended that students displaying or possibly experiencing the risk factors and warning signs associated with type 2 diabetes be screened (tested) for the disease.

What are the warning signs and symptoms? Warning signs may include increased hunger, unexplained weight loss, increased thirst with dry mouth or frequent urination, tiredness, blurred vision, slow healing of sores or cuts, irregular periods and/or excess facial hair growth in girls, and high blood pressure or abnormal blood fats levels. Another warning sign is Acanthosis Nigricans (AN). This is a skin discoloration characterized by dark velvety or ridged patches of skin, especially on the back of the neck, under the arms, and/or over the knuckles. AN may be an indication of insulin resistance and high insulin levels.

Torrance Unified School District Nurses will continue to observe for Acanthosis Nigricans and other warning signs or symptoms during interactions and periodic screenings with students. If your child is found to have AN and/or other warning signs of type 2 diabetes, the District Nurse will send notification recommending that he/she be seen by their primary care practitioner.

Can Type 2 diabetes be prevented? Healthy lifestyle choices can help prevent and treat type 2 diabetes. Choosing foods low in fat and calories, maintaining a healthy weight, as well as increasing physical activity to at least 60 minutes every day will help to prevent and/or treat the disease. If diet and exercise are not enough, it may be necessary for your primary care practitioner to prescribe medication for treatment.

For official and detailed information from the California Department of Education go to: www.cde.ca.gov/ls/he/hn/type2diabetes.asp. If you have any questions or concerns, please contact your District Nurse or health care provider.

Sincerely,

T.U.S.D. District Nurses