



# What is type 2 diabetes?

**Type 2 diabetes results in blood glucose (sugar) levels that are too high. It is a condition where the body becomes resistant to insulin and/or gradually loses the ability to produce insulin. Insulin is a hormone, made by the beta cells in the pancreas.**

Type 2 diabetes is becoming more common in adolescent students. Management usually involves modifications to diet and exercise, glucose monitoring and occasionally medication.

Glucose is an important source of energy for the body. It comes from foods that contain carbohydrates, such as bread, pasta, rice, cereals, fruits, starchy vegetables and milk. The body breaks

down carbohydrates into glucose, which then enters the bloodstream.

Insulin is needed to allow the glucose from the bloodstream to enter the body's cells to be used for energy. In type 2 diabetes, insulin-producing cells become overworked and tired, they start to make and release less insulin. As a result, blood glucose levels rise.

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Students with type 2 diabetes can be supported by school staff. Daily support needs include glucose monitoring and the administration of insulin.

### Common reasonable adjustments

Reasonable adjustments are measures or actions that schools make to support a student with their type 2 diabetes management so they can fully participate in school life. Examples of reasonable adjustments may include:

- monitoring glucose levels anywhere at anytime
- allowing food and drink to be consumed in class to manage a low or high glucose level
- ensuring diabetes equipment, supplies and hypo kits are always accessible
- providing access to drinking water and bathroom facilities
- supervising or administering insulin dose (if required)

### Links

<https://www.ndss.com.au/wp-content/uploads/fact-sheets/fact-sheet-understanding-type2-diabetes.pdf>