

SPEECH NOTES FOR PRIMARY SCHOOL ASSEMBLY

Today I want to talk to you about **DIABETES**.

Diabetes is the name given to disorders in which the body has trouble regulating its blood-glucose, or blood-sugar, levels. There are two major types of diabetes: type 1 and type 2.

They are not the same!

Let's start with **type 2 diabetes**.

Type 2 diabetes is a disorder in which a person's body still produces insulin but is unable to use it effectively. You can get type 2 diabetes from being overweight and not having enough exercise, or if your parents have type 2 diabetes. Usually only grownups get it, but some children do too, so it is important to get into the habit of eating healthy food and enjoying plenty of exercise. Type 2 diabetes can usually be prevented.

Now let's talk about **type 1 diabetes**.

Around 11,000 kids in Australia have type 1 diabetes. Type 1 diabetes accounts for around 10% of all people with diabetes.

It is important to remember that you cannot catch type 1 diabetes. It's not caused by eating too much sugar or not exercising enough, and it is no one's fault if you do get it. Type 1 diabetes is what's called an autoimmune disease, in which the person's pancreas stops producing insulin. Insulin is a hormone that lets us get energy from the food we eat. Your body needs insulin to give you energy every day to run and play – and do your schoolwork!

Everyone in the world needs insulin to live.

So how does someone manage **type 1 diabetes**?

People with type 1 diabetes must carefully balance eating and other activities all the time. Every day and every night. They must give themselves insulin using an injection or a pump. If they are injecting insulin, they need up to 6 injections **EVERY SINGLE DAY**. This means they will check the amount of glucose in their blood up to 6 times a day by pricking their finger with a very sharp needle. Sometimes, if someone with type 1 diabetes doesn't have enough glucose in their blood, they can feel sick or faint. That's why you may see them eating sugary foods – like jelly babies.

In one year, a person with type 1 diabetes would have at least 730 injections and 1,460 finger pricks.

JDRF Australia supports research to cure, treat and prevent T1D. We're working hard to find a cure, while also finding ways to improve the lives of people with T1D right now.

What is it like to have **type 1 diabetes**?

Well it never goes away. You can **NEVER** go without treatment, **NOT EVEN FOR ONE DAY**. It can be hard, and sometime upsetting, and it never goes away. But at the same time, people with type 1 diabetes don't let it stand in the way of achieving their goals.

[Allow teacher, student or guest speaker with type 1 to speak.]

JDRF helps raise money to help all the scientists around the world to do lots of research to find a cure for type 1 diabetes. This year, our school is going to help raise money for the scientists so they can find a cure for type 1 diabetes!

[Talk about your event, what your school goal is and any incentives for the students/school]