

Quality Care For Kids Newsletter

November 2023 | National Diabetes Month and Lung Cancer Awareness Month

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National Diabetes Month

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. Diagnosed cases of diabetes are growing quickly among youth in the United States. From 2001 to 2017, the number of children with insulin dependent diabetes increased by 45%.

Although there is no cure for diabetes, children with this disease can live normal lives. When diabetes is kept under control there is a lower risk of long-term health problems.

In early care and education programs, children with diabetes are required to have a care plan by the child's doctor. The care plan has specific blood sugar monitoring, medications and diet information. Your local Child Care Nurse Consultant (CCNC) can help with care planning. Your CCNC can help you and your staff understand the child's diabetic care plan, diet, activity needs and provide training.

Managing diabetes focuses on:



Blood sugar monitoring



A healthy diet



Treatment like insulin therapy, given as multiple injections per day or through an insulin pump



At least 30 minutes of exercise daily

Lung Cancer Awareness Month

Did you know that radon is the number one cause of lung cancer among non-smokers? Radon is a naturally occurring, radioactive gas that can get into your home through very small openings in basement walls or floors. Iowa has the highest portion of homes with elevated radon in the United States. Iowa schools and child care centers are required to test for radon. Child development Home providers are encouraged to test. Low cost test kits can be purchased locally at many county health departments or by calling Iowa's Radon Hotline at 1-800-383-5992.



Scan the QR code to find your local CCNC or visit online at hhs.iowa.gov/hcci/consultants

