I’m Darby Boingg! Here’s a little quiz to see what you already know about diabetes!

**Pre-test**

Take the pre-test with Darby! Answer the questions true or false.

1. Kids with diabetes should never exercise.
   - True
   - False

2. Too many sweets could make your blood sugar go too high.
   - True
   - False

3. Kids with type 1 diabetes need insulin because their pancreases can’t make it.
   - True
   - False

4. Diabetes is like a cold that you can catch from others.
   - True
   - False

5. A single drop of blood can tell you your blood sugar level.
   - True
   - False

We’ll find the answers at the end of our adventure!
Darby cared about his friend, but he was confused...

What is dia-sweet-eeze?
No, Darby. It's dia-beet-ees! Say it like dye-uh-be-tuss!

Oops, sorry! I get it. Dye-uh-be-tuss!
I'm a bit different from you, Darby. I have to be a little careful about what I eat and when.

Snack Hut

With so much to teach Darby about Type 1 diabetes, Constance continued to explain what Dr. Von Wheezles had told her.

So he said...

...We have a special organ in our bodies called the pancreas. It makes a substance called insulin, and insulin helps our cells use the glucose.

Pancreas

Our cells need that glucose from our food to grow and get energy.

For people with type 1 diabetes, the pancreas can’t make enough insulin, so there’s too much glucose running around wild in the bloodstream!

It is most important to control the level of glucose in the blood.

People with diabetes have trouble controlling that, you can tell your blood glucose or sugar level by just a tiny drop of blood.

Darby wanted to know more about his friend’s Type 1 diabetes, so he asked Constance to explain.

Dr. Von Wheezles explained it to me this way...

The food we eat gets turned into sugar and enters our bloodstream.
This sugar is called glucose. It travels to all of our cells through the bloodstream.

Type 1 diabetes

Glucose (glooo-kose)
Blood? That worries me, Constance!

Even though I have fun, I can’t forget about my diabetes.

Not really. You get used to it!

I can sometimes have different reactions and feelings, just like riding a roller coaster!

Oh Darby, it’s just a little drop.

I have to monitor my blood sugar levels a few times a day!

By doing that and keeping on track, I can do the same things you can, Darby.

Darby thought of himself as tough, but the word “blood” made him nervous for Constance.

Darby was proud that Constance knew so much about her health and had listened to Dr. Von Wheezles.

So Constance explained that one tiny drop of blood can tell you if your blood sugar level is too low, too high, or just right.

Constance was keeping her diabetic ride under control by remembering what to do when her blood sugar got too low.

Low blood sugar (hypoglycemia)
- Sweating
- Trembling
- Hunger
- Fast heartbeat
- Confusion

Diabetes can feel like a roller coaster, but not if you work hard to control it.

You might feel these things when blood sugar levels fall below normal.

Having a piece of candy or some fruit juice can help.

She knows so much!

I know what to do!

Having a piece of candy or some fruit juice can help.

Low blood sugar (hypoglycemia)
- Sweating
- Trembling
- Hunger
- Fast heartbeat
- Confusion

Eating something healthy like...

- Glucose gel
- Glucose tablets
- Milk
- Juice

I know what to do!
Darby was curious what happens to Constance when her sugar levels are too high!

High Blood Sugar (Hyperglycemia)
- Hunger & Thirst
- Frequent Urination
- Blurred Vision
- Sleepiness
- Weight Loss
- Dry Mouth

It’s not good to have blood sugar levels that are too high either!

Darby was starting to catch on, but he was also getting mighty hungry.

I need some fuel in my tank! Can a person with diabetes have sweets?

Sometimes, but in order to control my blood sugar, I have to say no.

Does that mean you can’t ever have sweets?

Sure thing... I’m racing you to the roller coaster next!

Let’s see what they have that will keep my diabetes on “track.”

Can you run and exercise?

No, I can have sweets, but I just have to watch my blood sugar levels and make good choices.

Does it slow you down?

No way, I just have to take time to check my blood sugar levels a few times a day.

What do you want to eat for lunch?

Darby admired Constance for eating right to help control her diabetes, but he still had questions...

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Can you run and exercise?

Does it slow you down?

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Sure thing... I’m racing you to the roller coaster next!

No way, I just have to take time to check my blood sugar levels a few times a day.

What do you want to eat for lunch?

Let’s see what they have that will keep my diabetes on “track.”

Let’s see what they have that will keep my diabetes on “track.”

Sometimes, but in order to control my blood sugar, I have to say no.

Cookies?

Donuts?

Pie?

Candy?

Ice cream?

No, thanks.
Constance knew the things she should eat to feel well all day and give her the energy that she needed.

Oh, I see some of the things Dr. Von Wheezles told me I can eat up there.

Turkey
Peanut butter
Blueberries
Milk
Apples
Yogurt
Carrots
Oranges
Chicken
Celery

At lunch, Darby and Constance saw their friends Spike Armstrong, Snack-King, Skip Drive-Thru and Claire Springs! They told Darby other tips about diabetes.

I was telling Darby about diabetes today!
Don’t forget to exercise! It’s important and can help you!
Some fruit juice when you’re feeling low can give you the boost you need!
Drinking water is always good!

Kids with diabetes can have some sweets, but they need to carefully monitor what they eat and try to eat healthy snacks.

Constance knew she was going to have a great day with her friends at Sugarland, but she remembered the words of Dr. Von Wheezles...

After a healthy lunch, the group played frisbee and then raced to the roller coaster.

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You cannot catch diabetes from someone else.
Be careful about what you eat!
Check blood sugars often.
See your doctor.
Have fun!

Eat healthy snacks.

Exercise daily.
PUT AN “X” ON THE BALLOONS THAT ARE NOT A GOOD CHOICE FOR YOU.

EXERCISING  
EATING 3 ICE CREAM CONES  
GETTING PLENTY OF SLEEP  
DRINKING WATER  
MONITORING GLUCOSE LEVELS  

EATING VEGETABLES  
WATCHING A LOT OF TV  
GETTING FRESH AIR  
GOING ON A HIKE  
JUMPING ROPE  

RIDING YOUR BIKE  
ENTERING A HOT DOG EATING CONTEST  
GETTING ANGRY  
TALKING TO YOUR DOCTOR  
EATING A WHOLE CAKE

SAY THE NAME OF EACH PICTURE. WRITE EACH WORD ON THE LINE. THEN CIRCLE THE WORDS HIDDEN IN THE PUZZLE.

diabetes  
insulin  
pancreas  
sugar  
exercise

O I N S U L I N V S
S G D U Y G R A J W
A D S G E F W X L E
E I G A H E A Y M E
R A T R B S N Q V T
C B S N L O U I O S
N E X E R C I S E C
A T N A S U Q X K O
P E K W R L P M I H
Z S R E L G T O D G
Help Darby, Constance and friends get to the Snack Hut.

Connect the dots to make a picture.

How fun!

Cool!
MAKE THE CARNIVAL COME ALIVE WITH COLOR!
Now leaving the Claytown Twister!

Lollipop stop

Now leaving the Claytown Tornado!

Circle ten differences between the two pictures!

POST-TEST

TAKE THE POST-TEST AND COMPARE YOUR PRE-TEST ANSWERS!

1. KIDS WITH DIABETES SHOULD NEVER EXERCISE.
   - True [ ] False [ ]

2. TOO MANY SWEETS COULD MAKE YOUR BLOOD SUGAR GO TOO HIGH.
   - True [ ] False [ ]

3. KIDS WITH TYPE 1 DIABETES NEED INSULIN BECAUSE THEIR PANCREASES CAN’T MAKE IT.
   - True [ ] False [ ]

4. DIABETES IS LIKE A COLD THAT YOU CAN CATCH FROM OTHERS.
   - True [ ] False [ ]

5. A SINGLE DROP OF BLOOD CAN TELL YOU YOUR BLOOD SUGAR LEVEL.
   - True [ ] False [ ]

Flip over to see the answers!

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I HAVE DIABETES, WHICH IS SPECIAL, YOU SEE.

I WATCH MY DIET CLOSELY AND THE THINGS THAT I EAT.

I CAN DO ALL THE STUFF THAT OTHER KIDS DO.

I PLEDGE TO TAKE CARE OF MY BODY AND SELF.

I JUST CHECK MY BLOOD SUGARS TO MAKE SURE THEY'RE COOL!

I PLEDGE TO TAKE CARE OF ME AND MY DAILY HEALTH!

TO FOCUS ON ME AND MY DAILY HEALTH,

Sugarpedia Pledge

Take the Sugarpedia Pledge and be part of the Super Cente5m Crew!