

How Does Type 1 (Juvenile) Diabetes Affect Students?

Type 1 diabetes is an autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells in the pancreas. It strikes children suddenly, makes them insulin dependent for life, and carries the constant threat of devastating complications.

People with type 1 diabetes must take multiple insulin injections daily or use an insulin pump, and test their blood sugar by pricking their finger six or more times per day. The disease is difficult to manage and requires constant attention and a rigorous regimen including a strict meal plan and exercise program.

While insulin keeps people with type 1 diabetes alive, it is not a cure nor does it prevent its devastating effects: kidney failure, blindness, nerve damage, amputations, heart attack and stroke.

More than three million Americans have type 1 diabetes. Each year over 13,000 children are diagnosed with diabetes. That's 35 children each and every day.

Ask students who have juvenile diabetes. It's difficult. It's upsetting. It's life threatening. It doesn't go away.

"Every day, I have to endure up to six injections of insulin and more than ten finger pricks to keep me alive. When my blood sugar is high, my head hurts, I feel angry and sad, and it's hard to concentrate. When my blood sugar is low, I am dizzy, shaky, and in danger of becoming unconscious." -Emma Melton, age 16

"I already have problems with my kidneys, and I take medicine every day so my kidneys won't fail. I worry about what will happen if a cure isn't found soon." -LaNiece Evans-Scott, age 11

Why Hold A Kids Walk To Cure Diabetes At Your School?

The two goals of this program are to teach students about diabetes, and to raise money for type 1 diabetes research. The program gives students an opportunity to help fellow students affected by diabetes AND raise money for their school!

Benefits for your school:

- Your PE department receives 10% of the money raised.
- Students earn fun prizes depending on the amount of money they collect.
- Your school will receive one of the following banners for the respective dollar amounts:
 Raise \$1,000-\$4,999 to win the Silver-Star Banner!
 Raise \$5,000-\$9,999 to win the Gold-Star Banner!
 Raise \$10,000 or more to win the Diamond-Star Banner!

It's EASY and the kids love it!

"Your organization made it (Juvenile Diabetes Research Foundation Kids Walk Program) a very easy, rewarding experience. The students and community really came together as one to support this event and it was a wonderful feeling to share their enthusiasm."

– Amy Flores, Elementary School PE Teacher

"They were very positive, insightful, but in control of our student's behavior. I initially, thought we could spend less time on the \$\$\$ and soliciting portion, but later changed my mind - the students need to have instruction re: what and what not to do! Our student body was very compassionate and enthused for this project. I truly believe they felt - they could "make a difference"! It was our honor to help."

– Jo Davis, Elementary School PE Teacher

**JDRF Kids Walk Contact:
 JDRF North Florida Chapter
 Lauren Setzer–Development Coordinator
Lsetzer@jdrf.org (904) 739-2101**



How The Kids Walk To Cure Diabetes Program Works

Step 1: Contact your local JDRF Chapter to schedule your Kids Walk. Pick **two** days, two weeks apart. Your school can participate any time of the year!

Step 2: On the first scheduled date, JDRF volunteers come in during your PE classes to teach your students about diabetes and explain the Kids Walk program, giving them ideas on how to collect donations.

Step 3: Students have two weeks to collect donations.

Step 4: Two weeks after we have taught the classes, we hold a Kids Walk to Cure Diabetes on your campus. JDRF volunteers come back to your school on the walk day and help run it. We take care of collecting the money. The teacher never has to collect, count, or keep track of the money. We do all the work!

Step 5: Wrap up your campaign. Expect Kids Walk prizes, your school banner and your 10% appreciation check to arrive six weeks after your donations and order forms are received by your local JDRF Chapter.

About the Juvenile Diabetes Research Foundation (JDRF)

JDRF's mission is to find a cure for diabetes and its complications through the support of research. JDRF is the world's largest charitable funder and advocate of type 1 diabetes research and is responsible for more than \$1 billion in direct funding since it was founded. JDRF funds research with the greatest impact throughout the world, leading to results as soon as possible.

More than 80 percent of JDRF's expenditures directly support research and research-related education. Because of its unwavering focus on its mission to find a cure, JDRF annually receives top rankings from independent sources that rate charitable giving.

JDRF was founded in 1970 by the parents of children with type 1 diabetes. As a result, JDRF volunteers have a personal connection to type 1 diabetes, which translates into an unrelenting commitment to finding a cure. These volunteers are the driving force behind more than 100 locations worldwide that raise money and advocate for government spending for type 1 diabetes research

Know The Warning Signs

Warning signs of type 1 diabetes include: extreme thirst, frequent urination, drowsiness, increased appetite, sudden weight loss for no reason, sudden vision changes, sugar in urine, fruity odor on breath, heavy or labored breathing, stupor or unconsciousness. These symptoms can occur suddenly. Seek medical attention immediately if these symptoms appear.

THANK YOU FOR HELPING TO FIND A CURE FOR DIABETES!

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Lauren Setzer—Development Coordinator
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YES! WE'RE INTERESTED IN HOLDING A KIDS WALK TO CURE DIABETES AT OUR SCHOOL!

NAME: _____

TITLE: _____

SCHOOL: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WORK #: _____ FAX #: _____ E-MAIL: _____

NUMBER OF STUDENTS: _____

Choose two dates, two weeks apart. On the first scheduled date (PE Class Day), JDRF volunteers will come in during your PE classes to teach your students about diabetes and explain the Kids Walk program. Students have two weeks to collect donations. Two weeks after the class day, we will hold a Kids Walk to Cure Diabetes on your campus (Kids Walk Day).

JDRF PE CLASS DAY

1st choice: _____

2nd choice: _____

3rd choice: _____

KIDS WALK DAY

1st choice: _____

2nd choice: _____

3rd choice: _____

Please fax this form to:

JDRF Kids Walk Contact:
[Insert Chapter Name]
[INSERT STAFF CONTACT NAME]
[INSERT EMAIL ADDRESS, PHONE AND FAX #]

A JDRF Staff member will contact you to confirm your dates and go over the details of your school's Kids Walk To Cure Diabetes.

THANK YOU FOR HELPING TO FIND A CURE FOR DIABETES!

