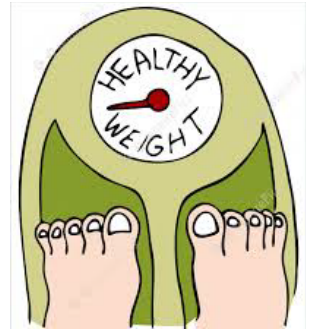


# Activity & Children with Diabetes

Activity is an important part of every child's day and is associated with many health, psychological and social benefits. Activity helps to strengthen their muscles & bones. It helps to increase endurance, coordination, and balance.

Weight management is also an added benefit of activity. It helps reduce the risk of type 2 diabetes and heart disease, especially in those children with a family risk.



Benefits for children with diabetes:

- Lower blood glucose levels
- Lower insulin requirements
- May allow greater food intake to help them grow

Speak to your healthcare team for ways to balance activity, carbohydrates, and insulin for optimal blood sugar control.

The impact of activity on blood sugars may be experienced for up to 24 hours after the activity. This can create a challenge in managing the blood sugars.

Various activities will affect the blood sugar differently and as your child grows, their insulin requirements change.

It is important that at the beginning of each new season or new activity, to closely monitor the blood sugar to help identify any patterns. These patterns will help guide insulin dose adjustments.

## The Key is to Get Children Moving!

- Participate in activities they enjoy (don't let it feel like exercise!)
- Team sports: soccer, basketball, baseball, hockey, football, swimming, track & field, etc...
- Go to the park for a walk after dinner with the whole family
- Take the dog for a walk
- Dance (for fun or in a group)
- Play catch in the yard
- Walk up & down each aisle at the store



## Tips for Activity & Diabetes

- Always pack a bag of supplies and keep it close by; it should include:
  - Snacks to prevent hypoglycemia (Gatorade, fruit, granola bar, yogurt, protein)
  - Glucagon
  - Water &/or low-carb electrolyte drink (Powerade zero)
  - Ketone test strips
  - Insulin
  - Glucometer
  - Test strips
  - Extra pump & CGM supplies (if applicable)



- Educate teammates, coaches, &/or other persons with whom the child is surrounded by about what signs to look for in case of hypoglycemia and the required treatment
- For weight management, consider a decrease in the insulin dose instead of an increase in calories/carbohydrates for planned activity
- Pumpers – Utilize the temp basal feature or consider removal of the pump to help manage blood sugar during & after the activity
- Continuous glucose monitors – provides trends in blood sugar and help with decision-making for proper blood glucose treatment

- Do not exercise if ketones are present – check for ketones before the activity if the blood sugar is above 250 mg/dl because activity can increase ketones if present



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