



# GrowSmart

## EPSDT Health Promotion

EPSDT Health Promotion: November 2025

### Juvenile Diabetes

Juvenile diabetes is when the body does not make enough insulin (Type I) or does not use insulin the right way (Type II). It can affect children. If not treated, it can cause problems with the heart, kidneys, or eyes.

#### What is Juvenile Diabetes?

- \* **Type 1:** Autoimmune—body stops making insulin
- \* **Type 2:** Lifestyle-related—body doesn't use insulin properly

Type 2 is rising in youth due to obesity and inactivity.

#### Watch for symptoms:

- Increased thirst or urination
- Fatigue, blurred vision
- Unexplained weight loss
- Slow-healing sores

Without care, diabetes can harm the heart, kidneys, eyes, and nerves.

#### Tips for Families

##### Healthy Eating

- Choose fruits, veggies, whole grains, lean proteins
- Limit sugary drinks and snacks
- Involve kids in meal prep

##### Daily Activity

- Aim for 60 minutes of movement
- Encourage fun, screen-free play
- Make it a family routine

##### Know the Risk Factors

- Family history
- Overweight or obesity
- Sedentary lifestyle
- High-risk ethnic background



## Why Well-Child Visits Matter

These visits are your first line of defense against conditions like juvenile diabetes. Prevention starts with regular checkups.

- Track growth, BMI, and development
- Catch early signs of diabetes
- Provide nutrition and activity counseling
- Refer for labs or specialists if needed

## Terms to Know

- **BMI:** Body Mass Index, a measurement of a person's height and weight. It is sometimes used to find potential health risks.
- **A1C:** A blood test that measures average blood sugar levels.
- **Glucose:** A simple sugar used by the cells in our body for energy.
- **Insulin:** a hormone that helps control how much glucose is in the blood.

# Stay Engaged in Your Child's Health

- Schedule Well Child Visits
- Ask about diabetes screening
- Encourage healthy habits
- Watch for symptoms

## Well-Child Visit Timeline at a Glance

- | Age         | Key Actions                                    |
|-------------|--|
| 9–12 months | Growth and nutrition counseling                |
| 2–5 years   | Monitor BMI and risk factors                   |
| ≥10 yr      | Begin diabetes screening if risk factors exist |
| Every year  | Continue screening and healthy lifestyle talks |

Questions? Call your care manager for more details.

Member & Recipient Services:  
1-877-685-2415

Sources:

[CDC: Preventing Type 2 Diabetes in Kids](#)  
[ADA Standards of Care 2025](#)

[AAP: Prevention & Treatment of Type 2 Diabetes in Youth](#)  
[2025 Pediatric HEDIS Measures](#)

