

3 Type 2 diabetes: Management

Lifestyle modifications such as diet, nutrition, weight loss and exercise are the key factors in the management of type 2 diabetes.

Other treatment options for type 2 diabetes may include insulin therapy or medication. A young person with type 2 diabetes, who is not on tablets or insulin therapy, is unlikely to experience low blood glucose levels (hypoglycaemia).



The health support plan should cover special needs and considerations including:

- creating a safe environment for the child or student
- assistance with recognition of signs and symptoms and appropriate treatment of hypoglycaemia (low blood glucose level) if using insulin
- adequate supervision of and ability to perform blood glucose monitoring
- taking of medication and/or insulin injections
- advocating and positively supporting healthy dietary behaviour
- encouraging physical activity.

The challenge of the future lies in the prevention of type 2 diabetes in young people, as well as supporting those already diagnosed to live a healthy and fulfilling life free of diabetes health-related complications.