



*A World of Education,  
Inspiration and Support*

## Position Statement Regarding Value Judgment Placed on Blood Sugars

**One of the unnecessary burdens that most people with diabetes experience is the value judgments placed upon blood sugar values (i.e. high numbers are bad; low numbers are good). The possible results of these value judgments include:**

- Children and teens hide high numbers, falsify the numbers, or avoid testing all together in order to keep from being judged.
- Children and teens identify themselves with their numbers (i.e. "I am a bad person when I have high numbers").
- Children and teens have secret lives unknown to their parents and physicians (i.e. hiding not only their numbers but eating when not observed).
- Depression is more common in children, adolescents, and adults with diabetes.
- Opportunities to learn how to adjust insulin for changes in eating patterns and exercise are missed.
- Blood sugars tend to be higher than they otherwise could be.

**At all DYF programs, our staff and volunteers attempt to approach blood sugars and carbohydrate counting in a neutral, non-judgmental manner. Some of the recommendations include:**

- Refrain from using judgmental language or actions when blood sugars are discussed (i.e. "your blood sugar is 450, how much insulin do you think you need?" Instead of "your blood sugar is 450!! What did you eat?")
- Do not react punitively when extra food is found in the camper's possession but rather work with the camper to adjust insulin for extra food.
- Recognize that it is impossible to have normal blood sugars all of the time once out of the honeymoon period.

— ABOVE ALL —

**Blood sugar numbers are nothing more than data with which  
to make decisions regarding insulin adjustment.**

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