

# Transitioning to Campus Life for students with Diabetes:

Universities present lifestyle challenges due to distance from families and familiar medical care (even if only a few miles), changes in physical activity level, dining in a cafeteria, exposure to alcohol, and changes in friends and relationships. You may have considered many of these factors already, but if not, you may begin to think about how these will affect your diabetes management. There may be additional challenges with managing your diabetes and your busy schedule.

There are resources at Johns Hopkins available to assist you along this transition. The Student Health and Wellness Center is available to provide primary care services. In addition, SHWC offers general nutrition and wellness counseling. Our case management nurse at SHWC is available to assist you with managing your medical needs. You may contact her at (410)516-8270 for help obtaining the care you need while on campus.

Another important resource for you is the [College Diabetes Network](#), which offers a wealth of information about preparing for university life.

Some things to consider as you prepare for Johns Hopkins include:

Medication and supplies	<ul style="list-style-type: none"><li>▪ Plan adequate supplies. If you use insulin you will need to bring your syringes and plan for refrigeration.</li><li>▪ There are multiple pharmacies located within 1 mile of campus. A complete list can be found on our <a href="#">local pharmacies page</a>.</li><li>▪ Your blood glucose monitoring system should be included on your packing list.</li></ul>
Diet	<ul style="list-style-type: none"><li>▪ The campus cafeterias and food shops include healthy choices. Whether you are relying on cafeteria food, or cooking on your own there will be freedom to choose unhealthy choices also. Keep in mind that dietary changes could have a negative impact on your glucose control.</li><li>▪ Review <a href="#">tips on dining hall</a> eating from the College Diabetes Network.</li><li>▪ <a href="#">Dining Programs</a> makes every effort to provide a variety of menu options for students who have food allergies, food restrictions and/or special diets. Students are encouraged to contact <a href="mailto:hopkinsdining@jhu.edu">hopkinsdining@jhu.edu</a> for additional information.</li><li>▪ Alcohol use has a negative impact on glycemic control and is a known risk factor for severe hypoglycemia. <a href="#">Learn more about drinking with diabetes</a>.</li></ul>

Accommodations and roommates and friends	<ul style="list-style-type: none"><li>▪ <a href="#">Student Disability Services</a> is available for student to request medical accommodations.</li><li>▪ Use this <a href="#">tip sheet</a> when talking with roommates, Resident Advisors (RA), close friends, and professors (as needed).</li></ul>
Medical appointments	<ul style="list-style-type: none"><li>▪ Many students find it helpful to have a local endocrinologist while on campus. You may wish to talk to your endocrinologist for a recommendation. If you need a referral to an endocrinologist while you are on campus, one of the SHWC clinicians may make a referral for you. Please note that you will have to check with your insurance for covered providers.</li><li>▪ Ongoing visits should occur every 3 months for patients taking insulin and every 3-6 months for patients with type 2 diabetes not taking insulin, according to ADA recommendations.</li><li>▪ Illnesses may affect your blood sugar level. Make sure you closely monitor your blood glucose when you are ill. Do not wait to schedule an appointment at SHWC if you are ill. If you are not sure whether you need a visit, SHWC has a nurse who is available by phone. In addition, a nurse advice service is available after hours for phone advice.</li><li>▪ Annual eye exams should be completed when you go home during breaks.</li><li>▪ You should consider getting a flu shot when available in the fall. SHWC offers the flu vaccine at no charge with the <a href="#">Student Health Benefit Plan</a> (CHP).</li></ul>
Coping in college	<ul style="list-style-type: none"><li>▪ The <a href="#">Counseling Center</a> is dedicated to student mental health and well-being. If you are feeling overwhelmed or just need a little help in dealing with things, we encourage you to contact the Counseling Center to schedule an appointment.</li><li>▪ The CDN provides information on <a href="#">dealing with burnout</a>—complete with a collection of photos and videos featuring cute puppies.</li></ul>
Insurance	<ul style="list-style-type: none"><li>▪ If you are not planning to sign up for the Student Health Benefit Plan, you should check to make sure your current insurance covers specialist care in the Baltimore area.</li></ul>