Breakthrough T1D™
Formerly JDRF

When To Call It Type 1 Diabetes

Type 1 diabetes (also T1D or type 1) is an autoimmune disease in which the body attacks the insulin-producing cells in the pancreas. It is diagnosed in people of all ages around the world. People with the disease depend on insulin therapy to survive.

Correct and Incorrect Terms

Type 1 diabetes, T1D, and type 1 are the preferred, correct terms to use when referring to diabetes caused by the body's autoimmune attack of the insulin-producing cells in the pancreas. This is based on the consensus of leaders and experts in the scientific and clinical fields.

Below is a chart of the terms people have used to refer to the different types of diabetes, including those that actually are type 1 diabetes, and those that are not.

Term	Description
aT1D	This is actually type 1 diabetes. Short for autoimmune type 1 diabetes, aT1D is redundant as all type 1 diabetes is autoimmune (even when no autoantibodies can be detected at time of diagnosis). **When referring to diabetes caused by autoimmunity (regardless of whether autoantibodies can be detected at time of diagnosis), people should use the terms type 1 diabetes, T1D, or type 1 instead of the term aT1D.**
Childhood Onset Diabetes or Juvenile Diabetes	These are outdated terms for type 1 diabetes. Today, we know that type 1 diabetes is an autoimmune disease that can be diagnosed in anyone at any age, not just children. Additionally, while rare, children can be diagnosed with other types of diabetes—not just T1D (see below entries for Maturity Onset Diabetes of the Young/MODY, Neonatal Diabetes, and Type 2 Diabetes). **When referring to diabetes caused by autoimmunity (in any person of any age) people should use the terms type 1 diabetes, T1D, or type 1 instead of the terms Childhood Onset Diabetes or Juvenile Diabetes.**

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October 2024

Term	Description
Diabetes Mellitus	This term can refer to any type of diabetes, of which there are many. It was derived from the Greek word diabetes, meaning to siphon or to pass through, and the Latin word mellitus, meaning honeyed or sweet. When a person has diabetes, excess sugar is found in blood as well as the urine. Today, we know that these symptoms are shared by many different underlying diseases, including the many different types of diabetes. **When referring to diabetes caused by autoimmunity (in any person of any age) people should use the terms type 1 diabetes, T1D, or type 1 instead of the term Diabetes Mellitus.**
Double Diabetes or Diabetes 1.5	This is actually type 1 diabetes. Double Diabetes or Diabetes 1.5 are terms that have been used to refer to individuals with type 1 diabetes who are overweight, have a family history of type 2 diabetes, and/or clinical features of insulin resistance. Double Diabetes and Diabetes 1.5 are not clearly defined diseases recognized by the medical community. **When referring to diabetes caused by autoimmunity (in any person of any age) people should use the terms type 1 diabetes, T1D, or type 1 instead of the terms Double Diabetes or Diabetes 1.5.**
Gestational Diabetes	**This is not type 1 diabetes.** This type of diabetes is diagnosed for the first time during pregnancy (gestation). Gestational diabetes causes high blood sugar that can affect the pregnancy and the baby's health. Unlike T1D, gestational diabetes is not autoimmune or caused by a lack of insulin, but by other hormones produced during pregnancy that can make insulin less effective. Gestational diabetes usually goes away after the baby is born, but there is a 50% higher risk of developing type 2 diabetes later in life, possibly within the next five years. Some women who develop gestational diabetes may have had undiagnosed diabetes before pregnancy.
Insulin-Dependent Diabetes Mellitus (IDDM)	This is an outdated term for type 1 diabetes. Like people with T1D, many people with non-autoimmune forms of diabetes (such as type 2 diabetes) can also require insulin for treatment. **When referring to diabetes caused by autoimmunity (in any person of any age) people should use the terms type 1 diabetes, T1D, or type 1 instead of the term Insulin-Dependent Diabetes Mellitus (IDDM).**
Latent Autoimmune Diabetes of Adults (LADA)	This is actually type 1 diabetes that begins in adulthood and has slow progression. Adults diagnosed with T1D may not require insulin for glycemic control at least during the first six months after diagnosis. This kind of T1D progression shares genetic, immunologic, and metabolic features with type 1 and type 2 diabetes as some residual beta cell function may be present. **When referring to diabetes caused by autoimmunity (in any person of any age) people should use the terms type 1 diabetes, T1D, or type 1 instead of the term Latent Autoimmune Diabetes of Adults (LADA).**

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Maturity Onset Diabetes of the Young (MODY)	**This is not type 1 diabetes.** Maturity Onset Diabetes of the Young (MODY) is a term for rare forms of diabetes which were first described as mild and asymptomatic and were observed in non-obese children, adolescents, and young adults. We know now that at least 13 dominantly inherited single-gene mutations causing defects in insulin production are at the root of this type of diabetes. Rather than Maturity Onset Diabetes of the Young (MODY), it is becoming more common for people to use the name of the underlying genetic cause for this type of diabetes (for example: mutation in the HNF1A, GCK, HNF4A, or HNF1B gene).
Neonatal Diabetes	**This is not type 1 diabetes.** This type of diabetes is defined by the onset of persistent high blood glucose within the first six months of life. T1D in this age group is extremely rare. Neonatal diabetes is frequently caused by a mutation in a single gene affecting pancreatic beta cell function and/or impaired insulin function.
Non-Insulin-Dependent Diabetes Mellitus (NIDDM)	**This is not type 1 diabetes.** This is an outdated term for type 2 diabetes. As many people with type 2 diabetes also need insulin, they cannot be described as having non-insulin dependent diabetes.
Type 2 Diabetes (T2D)	**This is not type 1 diabetes.**T2D is not caused by an autoimmune attack on the insulin-producing cells in the pancreas. Rather, T2D is mainly the result of cells in muscle, fat, and the liver becoming resistant to insulin. This is often—but not always—associated with obesity and the pancreas can't make enough insulin to keep blood sugar levels within a healthy range. T2D mostly occurs in adults, with chances of onset increasing with age. It can, however, also occur in children and teens and has been rising with rates of childhood obesity. Approximately 40% of adult-onset T1D is initially misdiagnosed as T2D.
Type 3 Diabetes (T3D)	**This is not type 1 diabetes.** Furthermore, it is not an officially recognized health condition. Some health care professionals have suggested this term for the plethora of rare (often genetic) diabetes forms. Others use the term to describe a disease where insulin dysregulation in the brain causes Alzheimer's disease and dementia. The term type 3c diabetes is sometimes used for diabetes that develops because of non-autoimmune attack damage to the pancreas, which can happen due to a few different reasons.