

Ramadan Mubarak!

We recognize this is an important time for Muslim families! The SPP Diabetes SIG has some information and recommendations for families, medical providers, and psychologists in **navigating the Holy month of Ramadan while managing diabetes.**

How can youth with diabetes celebrate Ramadan?

Have a conversation with your doctor and your spiritual leader to create a plan for your family that balances your health and spirituality. After discussing with your provider, your Imam can provide insight into how your family can successfully observe worship during Ramadan while attending to your child or adolescent's health.

WHAT IS RAMADAN?

The Holy month of Ramadan is a sacred time for the Muslim community to connect with the Qur'an, community, and prayer. The month also reaffirms self-restraint.

Do children participate in Ramadan?

Children may participate in Ramadan fasting in shorter durations until they become an adult in the Muslim community (which happens around puberty, or the age of 15). Children may have a treat after fasting to increase positive associations with Ramadan.

Do individuals with chronic medical conditions participate in fasting?

Yes and no. People may be exempt from fasting if fasting would impact their health. There are alternative activities they can engage in to fully participate in Ramadan without fasting.

Providers may recommend refraining from fasting if individuals have difficulty managing their blood sugars, or experience frequent hospitalizations due to their diabetes.

SOME ACCOMMODATIONS (IN ORDER) MAY INCLUDE:

1. Eating later in the evening/night and sleeping in to shorten hours awake while fasting
2. Fasting during the winter months where daylight is shorter and therefore fasting will be shorter
3. Engaging in charity in place of fasting by feeding a person within the Muslim community

Tips for Preteens

Prepubescent children who want to fast may adjust fasting start times (e.g., start fasting at 1 p.m.) that intentionally decrease length of fast and align to end fast with the community at sunset.

Pending doctor recommendations for your child's health, refraining from fasting may be advised.

Create a plan for your family to engage in additional worship activities central to Ramadan including community, charity, and prayer.

If I do fast, how do I stay healthy?

- Experts at the Mayo Clinic (2021) recommend:
- Working with your provider to ensure close monitoring of your blood sugar
 - Adjusting medications, if necessary
 - Creating a plan if you need to stop fasting due to blood sugar levels



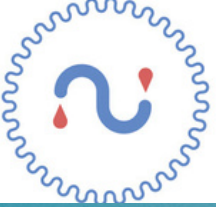
Find more information on celebrating **RAMADAN WHILE MANAGING T1D**



- <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>
- <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-diabetes-and-fasting-during-ramadan-2/>
- <https://newsnetwork.mayoclinic.org/discussion/tips-to-remain-healthy-while-fasting-during-ramadan/>



T1D & Ramadan Resources



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T1D & Ramadan Resources

References and Resources

- **Thank you to Imam Hanif Fouse from the United Muslim Masjid, Philadelphia, PA.**
- Al-Arouj, M., et al. (2010). Recommendations for Management of Diabetes During Ramadan: Update 2010. *Diabetes Care*, 33(8), 1895-1902. <https://doi.org/10.2337/dc10-0896>
- Hassanein, M., et al. (2022). Diabetes and Ramadan: Practice Guidelines 2021. *Diabetes Research and Clinical Practice*, 185, 1-19. <https://doi.org/10.1016/j.diabres.2021.109185>
- Ochani, R.K., et al. (2023). Diabetes among Muslims during Ramadan: A Narrative Review. *World Journal of Clinical Cases*, 11(26), 6031–6039. <https://doi.org/10.12998/wjcc.v11.i26.6031>

We hope this information is helpful for families, medical providers, and psychologists in navigating the Holy month of Ramadan while managing diabetes.

