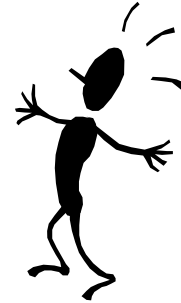


# Kids and Type 2 Diabetes: What You Need to Know

## ***What You Need to Know***

- Kids are developing **adult** (type 2) diabetes.
- Many may have diabetes and not know it!
- Diabetes can cause many serious problems if not caught early and treated.



## ***Which Kids Are at Risk for Having or Developing Type 2 Diabetes?***

- ◆ Kids who are overweight.
- ◆ Kids who are not very active.
- ◆ Kids who have family members with diabetes.
- ◆ American Indian, African American, Hispanic/Latino, and Asian/South Pacific Islander children, but it also occurs in Caucasians.
- ◆ Kids between the ages of 8 and 19.

## ***Should Your Child Be Checked for Type 2 Diabetes?***

- See your doctor.



## ***How Can I Find Out if my Child Has Type 2 Diabetes?***

- ◆ One or two blood tests that check for extra glucose (sugar) in the blood can be done by your doctor.

## What are Some Signs of Diabetes?

**In type 2 diabetes, often there are no signs!!!**

**Some Children May Have One Or More of the Following:**

- ◆ Dark patches of skin on their necks or underarms. It often looks like dirt on their skin! This is the most common in kids with dark skin.
- ◆ Eat or drink more than usual.
- ◆ Weight loss even though they may be eating a lot.
- ◆ Need to urinate often.
- ◆ Feel tired.

## Can I Reduce the Risk of My Child Developing Diabetes?

**You can help your child reduce the risk of developing Diabetes by encouraging:**

- \* At least 60 minutes of activity on most days.  
Let them choose an activity they will enjoy.
- \* Fruits and vegetables.
- \* Whole grain bread and cereals.
- \* Low-fat foods more often than high-fat foods.
- \* Small portions at meals and for snacks.



**If your child develops diabetes,  
all of the tips listed above can help control diabetes.**

Check with your doctor before changing your level of activity.

**U.P. Diabetes Outreach Network**  
*Strengthening Diabetes Care in Upper Michigan since 1985*  
(906) 228-9203  
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