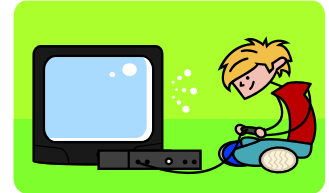


# Preventing Type 2 Diabetes In Youth



***Type 2 diabetes used to be a disease of older adults. Now children are getting type 2 diabetes at an alarming rate!  
Why?***

- ▶ Children who are not active and are above the recommended weight for their height are at high risk for type 2 diabetes.
- ▶ Inactivity and being overweight often bring on and worsen other diseases such as heart disease and high blood pressure.

## ***Signs of Type 2 Diabetes in Youth***



- ▶ Fatigue
- ▶ Thirst
- ▶ Hunger
- ▶ Frequent Urination
- ▶ Darker skin around the neck and underarms



**Unfortunately, there may be no signs or symptoms at first.**

- ▶ It is important to determine if a child has type 2 diabetes, because every day that the blood sugar is elevated, hurts the body.
- ▶ If there is type 2 diabetes in adult relatives, watch for signs of diabetes in your children (and yourself) and get tested.

## ***What You Can Do to Keep Your Children From Getting Type 2 Diabetes***

### ***Help your children to be active every day.***

- ☺ Encourage activities (outdoor play, bike riding and other sports).
- ☺ Reduce time spent watching TV, playing videos, using the computer.
- ☺ Promote chores that are safe for your child's age (cutting the grass, raking, gardening, cleaning their room, etc).
- ☺ Enlist your child's help with chores (washing or waxing the car).
- ☺ Do fun activities with your children.
- ☺ Take short walks. Family walks can be fun.
- ☺ Have children walk or bike rather than be driven.
- ☺ Promote walking the dog.
- ☺ Plan vacations which include active play.
- ☺ Have outdoor home sports available (volleyball, badminton, basketball, trampoline, etc).
- ☺ Include a friend to join in your child's activities for more fun.
- ☺ Promote activity after school before homework.
- ☺ Choose gifts that include physical activity (balls, skates, kites, etc).
- ☺ Be active yourself and show your children it's fun.



### ***Prepare healthy meals and healthy snacks for your children to eat.***

- ☺ Avoid high fat food choices (fried foods and desserts).
- ☺ Select restaurants with healthy choices.
- ☺ Avoid "super-sizing" fast-food choices.
- ☺ Have healthy snacks (fruit, vegetables, whole grain snacks) in the house.
- ☺ Encourage a variety of foods for good nutrition.
- ☺ Remember, snacks have calories too, so watch the **amount** of snacks.
- ☺ Do not encourage children to eat if they are **not** hungry.
- ☺ Use the Food Pyramid as the basis for family meals.

**[www.mypyramid.gov](http://www.mypyramid.gov)**

