

## What is Type 2 Diabetes?

Type 2 Diabetes is a lifelong disease that develops when the pancreas can not make enough insulin or when the body's tissues can not use insulin properly. Insulin is a hormone that helps the body's cells use sugar for energy.

## What causes Type 2 Diabetes?

The risks for children getting Type 2 Diabetes are being overweight, not being physically active and family history of diabetes.

## Who is at risk?

Overweight and obese children are at increased risk of developing Type 2 Diabetes during their lifespan. The following guidelines will help to determine if a child is at increased risk:

- Children who have a BMI above the 85<sup>th</sup> percentile for their age and sex or a weight above 120% of their ideal body weight
- Members of high-risk ethnic groups such as African Americans, Native Americans, Latinos and some Asian or Pacific Islander Americans
- Those over 10 years of age
- Those with a family history of Type 2 Diabetes
- Children who have experienced early-onset puberty (signs of puberty before age 7 or 8 in girls and before age 9 in boys)

## What are the symptoms of Type 2 Diabetes?

- Most children with type 2 diabetes do not have symptoms when the disease is first found. Talk to your child's doctor if you have concerns or questions about Type 2 Diabetes.

## Prevent Type 2 Diabetes

- Provide foods that are low in fat but high in other nutrients. Some good choices include: whole-grains, vegetables, fruits, low-fat dairy, lean meats and other sources of protein.
- Limit fast food and sugary drinks and sodas. Eating too much fat and sugar can result in obesity and risk of type 2 diabetes.
- Encourage activity. Physical activity prevents diabetes and keeps your weight in a healthy range for your height. Walk the dog or ride your bike everyday. Also, limit television, computer and video game usage.

Fit for a Kid

