



TIPS FOR KIDS

Lower your risk for type 2 diabetes

Today, more kids have type 2 diabetes than ever before. This brochure will tell you about type 2 diabetes and how you can lower your risk of having it.

What puts you at risk?

Kids with type 2 diabetes often

- ★ Are overweight
- ★ Are not physically active enough
- ★ Have a mom or dad or other close relative who has type 2 diabetes
- ★ Are African American, Hispanic or Latino American, American Indian, Asian American, or Pacific Islander

What is type 2 diabetes?

Diabetes means that blood sugar, or glucose (GLOO-kos), is too high. Glucose comes from the food we eat and also is made in our liver and muscles. After several years, if it is not controlled, the high blood glucose can damage many parts of the body such as the heart, eyes, kidneys, and nerves. The key to taking care of diabetes is to keep the blood glucose as close to normal as possible. Some people think that eating too much sugar causes diabetes but this is not true.

What are the warning signs?

Some kids don't notice any warning signs. They find out they have diabetes when they go to their doctor for a check-up.

If you have type 2 diabetes, you might

- ★ Urinate a lot
- ★ Lose weight without any reason
- ★ Be very thirsty
- ★ Feel tired
- ★ Have thick dark skin on the neck or under the arms.

What can you do to lower your risk?

Lots of things:

- ★ Eat the right amounts of healthy foods to get to a healthy weight.
 - ★ Take action now and follow the tips in this brochure. Share them with your friends and family. They work for everyone.
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