

What's the payoff?

If you lower your risk for type 2 diabetes, you also will:

- ★ Have more energy.
- ★ Have more fun.
- ★ Feel good about yourself.

Is research being done about this problem?

Yes, people are looking for ways to help prevent and manage type 2 diabetes in kids.

The **SEARCH for Diabetes in Youth Study** will find out how many young people have type 2 diabetes.

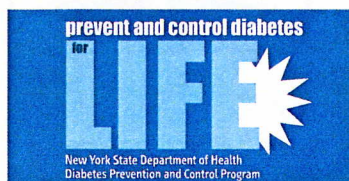
www.searchfordiabetes.org

The **TODAY Trial** will find out the best ways to treat type 2 diabetes in kids and teens.

<http://www.todaystudy.org>

The **STOPP-T2D Study** will test a program to lower risk factors for type 2 diabetes in middle school students.

Special thanks to the kids who helped us make this tip sheet.



The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.



State of New York
George E. Pataki, Governor
Department of Health

0936 Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner 8/05

**Take action now!
Follow the tips in this
brochure to lower your
risk for type 2 diabetes.**

How can I learn more?

Find out more from these contacts.

American Diabetes Association

For help with type 2 diabetes:

<http://diabetes.org/youthzone/youth-zone.jsp>

American Dietetic Association

To find a dietitian near you: 1-800-366-1655

www.eatright.org

MyPyramid Plan

To learn what and how much to eat.

<http://www.mypyramid.gov/>

National Association for Health and Fitness

www.physicalfitness.org

National Diabetes Education Program

To learn more about diabetes and how to prevent it: www.ndep.nih.gov

President's Council on Physical Fitness and Sports

www.fitness.gov

USDA Team Nutrition

To make healthy food choices and stay active.

www.fns.usda.gov/tn/Students/index.htm

VERB

The VERB program makes it cool and fun for young people to be active every day.

www.verbnow.com

We Can! (Ways to Enhance Children's Activity & Nutrition)

www.nhlbi.nih.gov/health/nutrit/win.htm

WIN - Weight Information Network

For weight control help:

www.niddk.nih.gov/health/nutrit/win.htm