Diabetes is a chronic disease affecting the way the body turns food into energy. There are several types of diabetes, the most common being type 2 diabetes. The most common risk factor for type 2 diabetes is being overweight or obese. In the U.S., one in three youth aged 10-17 are overweight or obese. [1]

More children, teens, and young adults are developing type 2 diabetes. Experts believe this increase is due to the increase in obesity caused by decreased physical activity and increased caloric intake. According to the CDC, less than 1 in 4 children aged 6-17 participate in 60 minutes of physical activity daily. [2]

Other risk factors are high blood pressure, lack of physical activity, or having a parent or sibling diagnosed with type 2 diabetes.

Diabetes is a serious condition that can lead to complications including:

- Heart disease and stroke
- Amputations
- Vision loss
- Kidney disease

Talk to your child’s healthcare provider about their risk for diabetes.

Small lifestyle changes make a big difference.

- Drink more water and less sugary drinks
- Eat less saturated fats and processed foods
- Eat more fruits and vegetables
- Get 60 minutes of regular, moderate-intensity physical activity at least 5 times per week

These simple lifestyle changes can stop or delay the onset of diabetes in children.
