SAFE kids HEALTHY kids HAPPY kids

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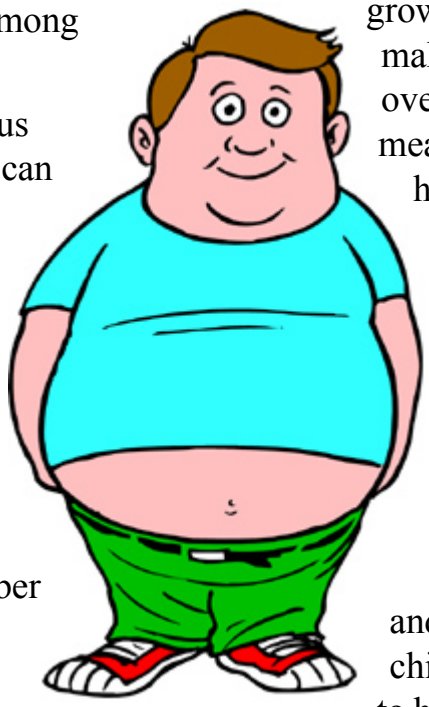
Childhood Obesity Linked to Type 2 Diabetes

Type 2 Diabetes is known as a disease of middle aged adults. However, recent studies show that there has been a large increase in Type 2 Diabetes among children and teens.

Type 2 Diabetes is a serious disease. If it is not treated, it can affect the eyes, kidneys, nerves, gums, teeth and blood vessels. Twenty–five percent of obese children are at a high-risk for developing Type 2 Diabetes.

In the US, at least 1 child in 5 is over weight. The number of overweight children continues to grow. Studies show that overweight children are at a high risk for becoming overweight teens and adults. Unhealthy diet, lack of exercise and genetics all contribute to obesity.



Parents should talk to their child's doctor if they think their child is overweight. Children have periods of growth spurts which sometimes make it hard to know if the child is overweight. The doctor will measure the child's weight and height. He will determine if the child's weight is in a healthy range.

Type 2 Diabetes has no cure. Diet and exercise are an important part of the treatment. They are also important in controlling obesity.

Do not let TV, video games and junk food determine your child's weight. Take steps today to help your child eat healthy and get plenty of exercise. Healthy habits today will help children stay healthy as they grow.

For more information, log onto www.nal.usda.gov or www.diabetes.org

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.

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