

# Type 2 Diabetes in Children



## Emerging Epidemic:

Type 2 diabetes (sometimes called adult-onset diabetes) is becoming an epidemic in children and adolescents.



## Obesity can lead to diabetes in children.

Guidelines for healthy eating behaviors in children:

- Provide meals and snacks every 3-4 hrs
- Make eating times significant and enjoyable
- Emphasize the family meal; everyone should eat the same foods
- Give 2 choices for non-family meals and snacks
- Manage the eating environment
- Do not force a child to eat food or clean a plate
- Do not use food as a reward or a means to shaping behavior

## Signs your child may be at risk:

- Overweight or obese
- Lack of physical activity
- Family history of Type 2 in first or second degree relative
- Ethnicity (American Indian, African American, Hispanic, Asian/Pacific Islander)
- Gender (girls are at higher risk)

## Questions to ask yourself:

- Is your child excessively thirsty?
- Does your child have to urinate more frequently than usual?
- Is your child unusually tired for no apparent reason?
- Does your child seem to lack energy?

If you answered YES to any of the questions above consult your child's physician immediately.

