

Follow the ideas on this tip sheet. Share



them with your friends and family. They are good for



everyone. Be active, eat well, and lower your risk for type 2 diabetes!

Resources for kids and parents

National Diabetes Education Program

Learn about diabetes and how to prevent it
www.YourDiabetesInfo.org

1-888-693-NDEP (6337)

Bam! Body and Mind

Health, fitness, and safety information for kids
www.bam.gov

My Pyramid

Tips on healthy eating
<http://www.mypyramid.gov/KIDS/>

Small Step

Tips to help kids and teens manage their weight
www.smallstep.gov

We Can

Ways to enhance children's activity and nutrition
<http://wecan.nhlbi.nih.gov>

WIN - Weight-control Information Network

Tips for parents to help your child lose weight
<http://win.niddk.nih.gov/>

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Francine Kaufman, M.D., Head, Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital, Los Angeles, CA, and Janet Silverstein, M.D., Professor, Department of Pediatrics, University of Florida, Gainesville, FL reviewed this material for technical accuracy.



www.YourDiabetesInfo.org

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www.YourDiabetesInfo.org or 1-888-693-NDEP (6337), TTY: 1-866-569-1162

Participants in research studies can play a more active role in improving their own health and help others by contributing to health-related research. See www.clinicaltrials.gov and www.cdc.gov/diabetes/projects/index.htm