

# Be active, eat well, and lower your risk!

## What is type 2 diabetes?

Type 2 diabetes is a serious disease. It used to be that only adults got type 2 diabetes. Now some kids and teens who are inactive and weigh too much are also getting type 2 diabetes. You cannot catch diabetes from others.



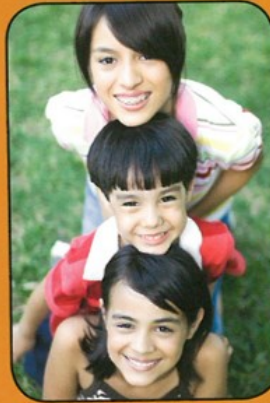
Diabetes means your blood glucose, also called blood sugar, is too high. In all of us, the food we eat turns into glucose and our bodies use it for energy. When you have diabetes, your body cannot use glucose as normal, and your blood glucose rises. Young people with type 2 diabetes may need to take pills or insulin to help the body use the glucose in the blood for energy. If blood glucose stays too high for too long, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves.

Here are some warning signs for diabetes: you might urinate a lot, be very thirsty, feel tired, and have thick dark skin on the neck or under the arms. Not everyone has these warning signs. They find out they have diabetes when they go to the doctor for a check-up.

## What puts kids at risk for type 2 diabetes?

### Kids are at risk if they:

- have a mom, dad, sister or brother, or other close relative who has type 2 diabetes
- weigh too much
- do not get enough physical activity
- are American Indian, Alaska Native, African American, Asian American, Hispanic/Latino, or Pacific Islander



## What should kids do to keep healthy?

- Stay at a healthy weight.
- Be more physically active.
- Eat smaller portions of healthy foods.
- Limit time with the TV, computer, and video.

## How will physical activity help?



### Being physically active can help you:

- build muscle and use up body fat
- grow strong bones
- stay flexible
- feel good and sleep better
- focus in school
- control your weight

## Keep on the go...

- **There are lots of ways to be active.** Go for a walk, take the stairs, ride a bike, dance, play tug of war, shoot hoops, skate board, roller blade, jump rope, take P.E. or gym in school, or play a fitness video game. Choose what you like best, and then just do it!
- **Start slowly.** Do not get upset if you can not do a lot—just keep moving! Add more activity each week.
- **Aim for 60 minutes everyday.** You do not have to do it all at once—20 minutes at a time, three times a day is fine.
- **Use a step counter for fun.** Use it to keep track of the number of steps you take in a day. Try to increase this number every day.

