

TYPE 2 DIABETES & YOUTH

What you can do

Rates of **type 2 diabetes in youth are increasing**; so are obesity rates. Diabetes risk can run in families, but so can healthy lifestyle habits:



Drink water;
limit sugary drinks.



Eat more fruits
and vegetables.



Limit high-calorie food.



Make physical activity fun.

GET THE WHOLE FAMILY INVOLVED

Keep it positive • Take small steps • Make it fun