



# They could be at risk for type 2 diabetes.

## Your child's risk

Type 2 diabetes is on the rise in American kids, especially African Americans, Latinos, and Native Americans. Your child is at risk if s/he is overweight, physically inactive, watches more than 4 hours of video games/TV per day, or has a family history of diabetes.

## Warning signs

Keep an eye out for the following warning signs of type 2 diabetes: increased thirst, frequent urination, blurry vision, nighttime urination, weight gain, fatigue, and dark skin around the neck.

## Prevention

There are things you can do to help prevent type 2 diabetes. Encourage active play, physical activity and healthy meals. For kids who are overweight, here are some changes to try (if needed): Limit time for television and video games to less than 4 hours a day; drink less regular sodas, sports drinks, and juice and drink more water instead; limit fast foods, or eat smaller portion sizes.

## To learn more

Call us at 1-800-DIABETES (342-2383), email [wizdom@diabetes.org](mailto:wizdom@diabetes.org), or log on at [www.diabetes.org](http://www.diabetes.org). Your American Diabetes Association. Because no one should have to fight diabetes alone, especially your child and you.