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