

## Signs of Type 2 Diabetes ...

- Fatigue
- Excessive thirst
- Hunger
- Frequent urination

*Unfortunately, there may be no signs or symptoms at first.*

It is important to determine if a child has Type 2 Diabetes, because every day that the blood sugar is elevated, it damages the body.

Get tested if there is Type 2 Diabetes in adult relatives. Watch for signs of diabetes in your children and yourself.



## For Information ...

- Your primary care provider
- The American Diabetes Association  
888-342-2383
- [www.diabetes.org](http://www.diabetes.org)
- Darnall Patient Education  
286-7856  
1-888-833-2607 ext. 7856  
[www.hood-meddac.army.mil](http://www.hood-meddac.army.mil)



Public Affairs Office  
Darnall Army Community Hospital  
Fort Hood, Texas 76544-4752  
[www.hood-meddac.army.mil](http://www.hood-meddac.army.mil)  
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# Preventing Type 2 Diabetes

## In Children



**Darnall**  
**Army Community Hospital**  
**Fort Hood, Texas**  
[www.hood-meddac.army.mil](http://www.hood-meddac.army.mil)

## What is Type 2 Diabetes? ...

Until recently, Type 2 Diabetes has been a disease primarily affecting only adults.

Children are now getting Type 2 Diabetes at an alarming rate! Why?

All of the reasons this disease is now affecting children are not known. It is known that children who are inactive and above the recommended weight for their height are getting the disease.

Inactivity and being overweight often bring on and worsen other diseases such as heart disease and high blood pressure.

## How to Prevent Diabetes ...

*Encourage your children to be active every day*

- Encourage activities such as outdoor play, bike riding and other sports.
- Discourage activities which allow a lot of sitting such as watching TV, videos and computer use.
- Encourage chores that are safe for your child's age such as cutting the grass, raking, gardening, cleaning their room, etc.
- Encourage your children to help you with chores such as washing or waxing the car.
- Include your children in your activities and sports.

- Encourage short walks. Family walks can be fun.
- Encourage children to walk or bike rather than be driven to events.
- Encourage walking the dog.
- Plan vacations which include physical activity.
- Have outdoor home sports available such as volleyball, badminton, basketball, trampoline, etc.
- Encourage children to include a friend in their activities to promote satisfaction.
- Encourage activity after school, before homework.
- Choose gifts that include physical activity.
- Be a good example for your children.

*Encourage your children to eat healthy meals and healthy snacks*

- Avoid high-fat food choices, such as fried foods and rich desserts.
- Select restaurants with healthy choices.
- Avoid "super-sizing" fast-food choices.
- Have healthy snacks available such as fruit, crackers, pretzels and carrots.
- Encourage a variety of foods for good nutrition.
- Remember, snacks have calories too, so limit the amount for each snack.
- Do not encourage children to eat if they are not hungry.
- Use the Food Guide Pyramid as the basis for family meals.

