

HE COULD BE AT RISK FOR TYPE 2 DIABETES



YOUR CHILD'S RISK

More kids are getting type 2 diabetes – especially African Americans, Latinos and Native Americans. Kids are more likely to get type 2 diabetes if they are too heavy or if they have family members with diabetes.

WARNING SIGNS

Look for the following warning signs.

- Your child is thirstier than usual.
- Your child is going to the bathroom more often or getting up at night to go to the bathroom.
- He/she complains about blurry vision and feeling tired.
- You notice patches of dark skin around your child's neck or armpit.

PREVENTION

Things you can do to help prevent type 2 diabetes.

- Make sure your kids stay active and eat healthy meals.
- Limit time for TV and video games.
- Don't let your kids drink too much soda or juice.
- Don't let your kids eat too much fast food.

HealthPlus 

The Plus makes all the difference.