

**Open the Door
to Healthier Kids
and Families**

Be informed and stay up to date
on information about food, nutrition
and physical activity.

Visit these web sites:
www.kidnetic.com

provides healthy tips for kids and parents.

www.kidshealth.org

provides information about nutrition
and fitness for kids.

www.verbnow.com

encourages kids to get physically active.

www.dole5aday.com

an interactive site for parents, kids and teachers.

**To learn more about diabetes, diabetes
prevention and diabetes resources, call:**

The Diabetes Resource Coalition of Long Island

631-727-7850, ext. 385 or visit

www.longislanddiabetes.org
and

www.diabetes.org

Provided by:
**Cornell Cooperative Extension
of Suffolk County
and
The Diabetes Resource Coalition
of Long Island**

Cornell Cooperative Extension
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provides equal program
and employment opportunities.

*Building Strong and vibrant
New York Communities.*

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**Close the Door
on
Childhood Obesity
and
Type 2 Diabetes**

The #1 Risk Factor for Type 2 Diabetes is Obesity

One out of 3 kids born in 2000 will be at risk for Type 2 Diabetes

WHICH KIDS ARE AT RISK?

- Overweight, inactive children.
- Kids with family members who have Type 2 Diabetes.
- Children diagnosed with high blood pressure or high cholesterol.
- Children in all ethnic groups.
- About 14 million American children ages 2 to 7 who are already obese.

WHAT IS DIABETES?

Type 1 Diabetes

- An autoimmune disease that destroys the body’s ability to produce insulin. Insulin is a hormone produced in the pancreas. Its role is to transport sugar from the blood into the cells to maintain energy for normal growth and development.
- Is usually diagnosed in people under age 35.
- There is no prevention of Type 1 Diabetes.

Type 2 Diabetes

- A condition in which the body does not produce enough insulin or the cells in the body do not use the insulin being produced properly (Insulin Resistance).
- The majority of the people with Type 2 Diabetes are adults over age 40 and overweight.
- Type 2 Diabetes can be delayed or prevented.

WHY ARE KIDS GETTING TYPE 2 DIABETES?

- Inactive lifestyles.
- Larger portions of high caloric foods.
- Family history of Type 2 Diabetes.

WHAT ARE SOME SIGNS AND SYMPTOMS ?

- Often there are no symptoms in Type 2 Diabetes.

Some children may have one or more of the following signs:

- Dark patches of skin on the back of their necks or underarms. This is most common in children with dark skin.
- Eating or drinking much more than usual.
- Weight loss even though they are eating more than usual.
- Frequent urination.
- Overtired and fatigued.

Diabetes is serious. If you suspect your child is at risk, talk to your pediatrician. One or two blood tests for extra sugar in the blood can tell if your child has diabetes.

Diabetes Fiction
FICTION: People with diabetes can’t eat sugar.
FACT: People with diabetes need to control how much carbohydrate they eat. All forms count, from the simple sugars in candy and soda to the complex high fiber carbs in whole grain bread and pasta.
FICTION: People get diabetes from eating too much sugar.
FACT: People tend to get Type 2 Diabetes from being over weight, which happens from eating too many calories.
FICTION: All people with diabetes will get complications such as heart disease, kidney failure and blindness.
FACT: People who control their diabetes through diet, glucose monitoring, exercise, and medication can expect to live long and healthy lives.
FICTION: It is ok to eat large amounts of sugar free products to control diabetes.
FACT: Many of the sugar free products contain large amounts of carbohydrates and need to be counted as such in a meal plan.
FICTION: People with diabetes should do a high protein/low carb diet.
FACT: No. Excess protein in your urine could result from being on this type of weight reduction diet. Extreme or radical diets can deprive your body of the nutrients and vitamins that fruits and vegetables provide.
FICTION: Kids with diabetes need special diets.
FACT: No. In general, meals that are healthy for all children are healthy selections for kids with diabetes too. Most families who have a child diagnosed with diabetes schedule an appointment with a Registered Dietitian, Certified Diabetes Educator who can develop a meal plan to guide them with food choices, carbohydrate counting and meal timing.


Getting Type 2 Diabetes at a young age allows more years for diabetes related problems to develop, including raising the risk for heart disease.

You Can Reverse or Prevent Type 2 Diabetes in Your Family

Move More, Eat Less. It Makes Perfect Sense.

BE INVOLVED

- Plan meals with your children and encourage them to select fresh fruits and vegetables.
- Introduce kids to cooking. Children may be more willing to eat the dishes they help prepare.
- Teach your kids to eat healthy amounts by letting them serve themselves. Help them start with small servings and to decide when they’ve had enough (even if there is still food on the plate).
- Include all family members in making healthy food choices.
- Eat meals as a family as often as possible.
- Set limits on the amount of “screen” time your family is watching TV, playing computer games and surfing the internet.

 Most kids don’t need special nutrition drinks that cost a lot. Healthy kids can get everything they need from food.

SET GOOD EXAMPLES

- Show your child that you enjoy a variety of foods, especially whole grains, vegetables and fruits, low-fat dairy products, beans and lean meat.
- Join your kids for breakfast. Skipping breakfast can leave your child hungry, tired and looking for less healthy foods later in the day.
- Say no to super-sized portions when eating out.
- Avoid eating in front of the television.

Your job, as a parent, is to decide what food goes on the table. Your child’s job is to decide what, whether, and how much to eat.
Try to limit “empty calorie” snacks like cookies and cake. Anticipate and plan for occasional sugary sweets while focusing on making sure your family members eat a balanced diet to get the nutrients they need.
Drink skim milk instead of soda or other high caloric drinks. Learn to read those labels on many of the newer flavored waters and beverages.
Offer your child water or low-fat milk more often than fruit juice. Fruit juice is a healthy choice but is high in calories.

STAY POSITIVE

Healthy eating and physical activity won’t become habits overnight. Make a family commitment to a healthier lifestyle one step at a time.

OFFER HEALTHY SNACKS

It’s easy to brighten up snacks with fruits and veggies – here’s how:

- Choose dried fruits like apricots or raisins instead of candy.
- Offer half a banana instead of chips.
- Replace a can of soda with 100% fruit or vegetable juice or water.
- Try dipping raw vegetables with low-fat dressing, peanut butter, or salsa.
- Serve a whole grain cereal with low-fat milk and fresh fruit.

TRY THESE SNACKS YOU CAN MAKE TOGETHER

- Fruit Smoothies – blend frozen or fresh fruit with low-fat yogurt.
- Cracker Delight – spread low-fat soft cheese or fruit spread on graham crackers or rice cakes.
- Trail Mix – combine animal cookies with pretzels, raisins and unsalted nuts.
- Crunchy Bananas – dip pieces of cut bananas into orange juice and roll in wheat germ or other crushed dry cereal.
- Fruit Kabob – string pieces of different colored fruits on to narrow plastic straws or coffee stirrers.

BE ACTIVE

- ✱ Look for activities you can do together. Take a walk with your child - it’s prime time for talking and catching up on the events of the day.
- ✱ Physical activity should be increased by reducing sedentary time watching television, playing computer games, talking on the phone.
- ✱ Experts recommend that most children get at least 60 minutes of physical activity daily.
- ✱ If your child can not fit in 60 minutes at one time because of a busy kid schedule provide 10 to 15 minute intervals through out the day in which they can engage in vigorous activities.

As a parent, grandparent or caregiver in an already busy, complicated and hectic world, we know how hard it is raising a healthy family. Just remember that the good examples you set today will become habits your child will appreciate and put into practice as a healthier adult in the years to come.