

# Type 2 Diabetes in Children and Adolescents



Diabetes is a chronic disease affecting the way the body turns food into energy. There are several types of diabetes, the most common being type 2 diabetes. The most common risk factor for type 2 diabetes is being overweight or obese. In the U.S., one in three youth aged 10-17 are overweight or obese. <sup>[1]</sup>

More children, teens, and young adults are developing type 2 diabetes. Experts believe this increase is due to the increase in obesity caused by decreased physical activity and increased caloric intake. According to the CDC, less than 1 in 4 children aged 6-17 participate in 60 minutes of physical activity daily. <sup>[2]</sup>

Other risk factors are high blood pressure, lack of physical activity, or having a parent or sibling diagnosed with type 2 diabetes.

## Diabetes is a serious condition that can lead to complications including:



Heart disease and stroke



Amputations



Vision loss



Kidney disease

**Talk to your child's healthcare provider about their risk for diabetes.**



## Small lifestyle changes make a big difference.



Drink more water and less sugary drinks



Eat less saturated fats and processed foods



Eat more fruits and vegetables



Get 60 minutes of regular, moderate-intensity physical activity at least 5 times per week



**These simple lifestyle changes can stop or delay the onset of diabetes in children.**

<sup>[1]</sup> National Center for Health Statistics, National Health and Nutrition Examination Surveys, 1971–1974, 1976–1980, 1988–1994, and 1999–2018. <https://www.cdc.gov/nchs/data/hestat/obesity-child-17-18/obesity-child.htm#table1>

<sup>[2]</sup> Centers for Disease Control and Prevention (CDC). 1991-2021 High School Youth Risk Behavior Survey Data. Available at <http://yrbs-explorer.services.cdc.gov/>. Accessed on 1/4/2024.