

Type II Diabetes

Navigating Among the Youth

What is Type II Diabetes?

Type II Diabetes is a condition that makes your cells respond incorrectly to the hormone insulin, resulting in **insulin resistance** and an increase in blood sugar content. This **increases blood pressure** and can lead to **heart disease, vision loss, and kidney disease**¹

Who is at risk?

37
Million

People in the US with **diabetes**¹

90-95%

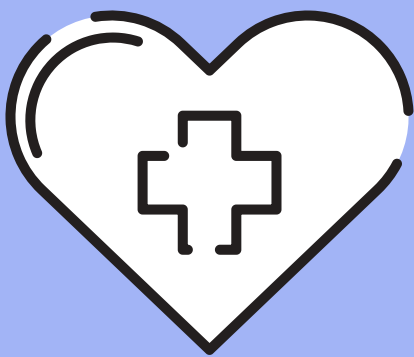
With diabetes have **Type II Diabetes**³

31%
Increase

In Type II Diabetes among **ages 10-19**³

Why change habits early?

It's important to teach healthy behaviors in your children to ensure the best health outcomes⁵



Children with Type II Diabetes are more likely to have:

- Reduced quality of life³
- Early mortality⁴
- Future health complications³
- Cardiovascular issues³

How does it occur?

Before Type II diabetes can occur, many people will be diagnosed with prediabetes. Take prediabetes as a warning that your child is on the path to Type II.⁶ While prediabetes is reversible, you will want to pay attention to the risk factors that lead can develop into Type II:



Highly Processed Food⁶



Lack of Education on Topic³



Physical Inactivity⁶



Diet³



Obesity⁷



Family History¹

Signs your child might have Type II

Type II Diabetes typically develops over the course of years, sometimes with no noticeable symptoms¹ – this is why looking at if your child is exposed to certain risk factors is extremely important. If they are, it's crucial to look for some of the following symptoms:



Increased Urination⁸

Increased Thirst⁸



Fatigue⁸

Blurred Vision⁸



Slow Wound Healing⁸

Darkened Skin in Armpit/Neck⁸



How do genetics affect my child's chances getting of Type II Diabetes?

More than 75% of people with Type II diabetes have close relatives that also have it.² However, through behavior change, you can work to prevent it from occurring.⁴

How can I prevent it?



Make sure to stay consistently hydrated²

Engage in **physical activity** for 30 minutes a day five times a week²



Get **tested** for pre-diabetes²

Make favorite foods healthier by adding **fruits and vegetables**²



For more information scan here

References:

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