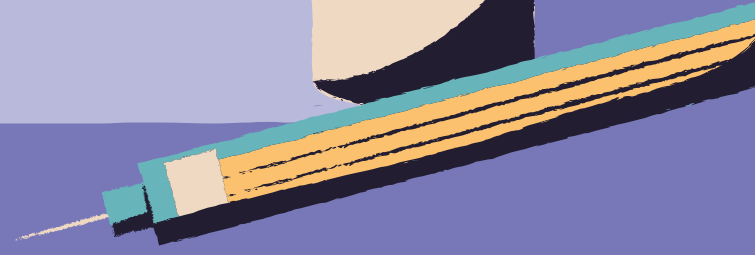


PREVENT DIABETES

Type 2 Diabetes in Teens: Know the Risks

MYTH: Type 2 diabetes only affects adults

FACT: Type 2 diabetes is rising in adolescents



YOUR RISK IS HIGHER IF YOU:

- ♥ Live in the Southeast
- ♥ Have a parent or sibling with type 2 diabetes
- ♥ Are overweight or obese
- ♥ Are African American, Hispanic or Latino, American Indian, or an Alaska Native



Risk typically increases with age, but nearly 1 in 5 adolescents has prediabetes.

YOU CAN REDUCE YOUR RISK BY:

- ♥ Following a healthy diet
- ♥ Increasing physical activity
- ♥ Limiting alcohol consumption
- ♥ Managing stress levels
- ♥ Having your A1C and insulin levels checked

LEARN MORE:

- ♥ Centers for Disease Control
- ♥ American Diabetes Association
- ♥ National Diabetes Education Program

