

# THESE CHILDREN ARE AT RISK FOR DIABETES. IS YOUR CHILD?



## P R E V E N T   D I A B E T E S



## Get Moving • Eat Smart • Get Screened

### Get Moving

**60 minutes of activity everyday...**

- Basketball
- Bicycling
- Baseball
- Skating
- Soccer
- Swimming
- Tennis
- Walking/Running
- Jump Rope
- Dancing
- Football

Limit TV and computer games to no more than two hours a day.

### Eat Smart

Eating healthy can prevent being overweight and developing diabetes.

#### Have More...

- Whole Grain Breads & Cereals
- Fruits & Vegetables
- Beans, Lean Meats & Fish
- Low Fat Cheeses
- Low Fat Milk & Water

#### Have Less...

- Chips & Sweetened Cereals
- Fast Food - Burgers & Fries
- Candy & Cookies
- Juice, Soda & Sport Drinks

### Get Screened

2 out of every 3 children in California WILL GET DIABETES in their lifetime.

**If your child has 2 or more of these risk factors, they should get screened for diabetes:**

- Overweight
- Hispanic, African American, Native American, Asian American or Pacific Islander
- Signs of Insulin Resistance: High Blood Pressure, High Cholesterol, Acanthosis Nigricans (*Darkened Skin Around Neck*)
- Family History of Diabetes
- Mother's History of Diabetes During Pregnancy

*Childhood Obesity/Diabetes Prevention Task Force of Stanislaus County*

**Call your doctor or DMC Foundation 209-527-3412 • [www.dmcf.org](http://www.dmcf.org)**