

Working Together to Prevent Diabetes in Children

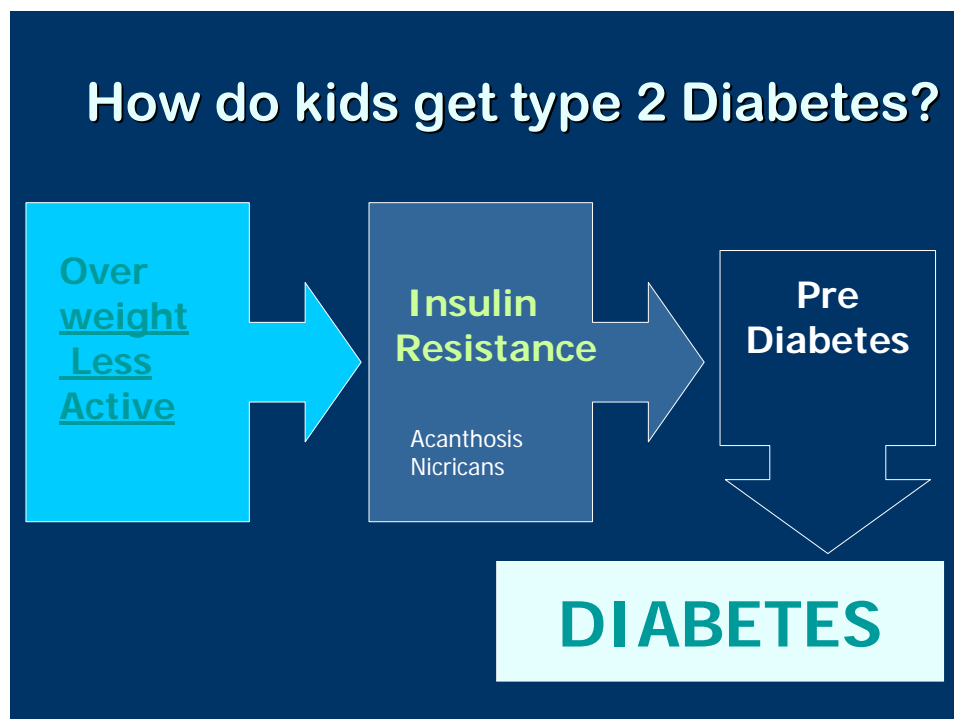
DIABETES IS A GROWING THREAT TO OUR NATION'S HEALTH

- 20.8 million Americans
- 90-95% of cases are Type 2 diabetes
- 5-10% of cases are Type 1 diabetes
- 1.7 million new diagnosed cases per year
- 54 million Americans with Pre-Diabetes

AMERICAN DIABETES ASSOCIATION 2005

Diabetes and Obesity are Twin Epidemics:

- Supersized America and inactivity increases risk of diabetes
- 9 million children in America are obese or overweight
- 2 out of every 3 children born in California after the year 2000 will get diabetes
- Overweight is now the most common medical condition of childhood reported by the American Academy of Pediatrics
- 11% of teens have impaired glucose tolerance (Pre-diabetes)
- Estimated 2,769,736 children with Pre-diabetes in The United States



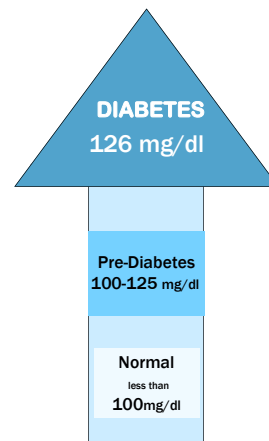
Acanthosis Nigricans :

Is a discoloration of the skin around the neck, under the arm, along the waistline, on the knuckles, elbows and toes. The affected area becomes rougher and darker. Acanthosis nigricans is a reaction of skin to the high levels of insulin inside their body and a response to insulin resistance and may lead to pre-diabetes. Acanthosis nigricans is not a disease. You can not catch it from another person. It will not rub off. It may lighten with 10-20% weight loss. Acanthosis Nigricans is a risk factor for Type 2 diabetes, it is a sign of insulin resistance.



Partnership For Children with Diabetes

DMC Foundation partnered with school nurses from Modesto City Schools and Stanislaus County Office of Education with funding from United Way in a pilot project to screen for acanthosis nigricans and diabetes, as well as present "Preventing Diabetes in Children" to students and their families.



Preventing Diabetes in Children- Is a Community Concern

- Increase Awareness
- Increase Education
- Increase Screening for Acanthosis Nigricans
- Increase Screening for Diabetes
- Promote Healthier Eating
- Promote Increased Activity

Join the:

Childhood Obesity/Diabetes Prevention Taskforce of Stanislaus County

For more information contact:

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DMC Foundation
"Health Through Education"

DIABETES
COMMUNITY SERVICES
Prevention • Education • Management

PREVENTING DIABETES:

- Should be a community concern
- Screen for Acanthosis Nigricans
- Screen for pre-diabetes
- Lose weight
- Eat Healthier
- MOVE... get more exercise
- Increase Awareness

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