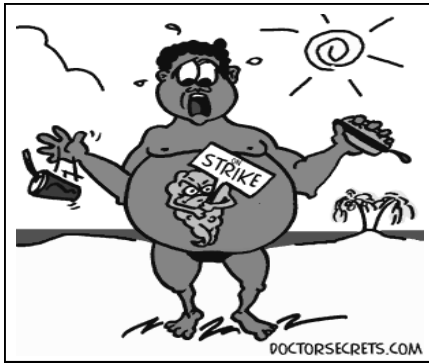




Preventing Diabetes



INCREASES IN TYPE 2 DIABETES IN CHILDREN

Type 2 diabetes results from your body's inability to use insulin properly which causes the pancreas to become overworked. Until recently, type 2 diabetes has been a disease primarily affecting adults. In recent years, children have been developing the disease more frequently. It is known that children who are inactive and



above the recommended weight for their height are getting the disease.

Inactivity and being overweight often bring on and worsen other conditions such as heart disease and high blood pressure. Diabetes is a serious disease that affects 20.8 million Americans. It's the leading cause of new cases of blindness in younger and middle-aged Americans. And it can lead to kidney disease, amputations, high blood pressure, heart

attacks, stroke, impotence and some birth defects.

Even worse news: *about 30% of Americans have the disease but have not been diagnosed yet.*

“Diabetes is the sixth leading cause of death by disease in the U.S. and Berrien County.”

Visit www.mypyramid.gov to make your own personalized food pyramid recommended by the US Department of Agriculture. You will need your age, height, weight, gender, and physical activity level.

WHO IS AT RISK FOR TYPE 2 DIABETES?

- ◆ People who are over weight
- ◆ People who are not very active
- ◆ People who have family members with diabetes
- ◆ People who have high blood pressure above 140/90 or high cholesterol
- ◆ American Indians, African Americans, Hispanic/Latinos and Asian/South Pacific Islanders and Caucasians
- ◆ People between the ages of 8 through adulthood
- ◆ Women who have had a baby weighing more than nine pounds at birth or had diabetes during pregnancy

Prevention Tips



Encourage healthy meals and healthy snacks such as:

- ☺ Avoid frying foods. Instead bake, grill, or steam.
- ☺ Eat more fresh fruits and vegetables.
- ☺ Brown ground beef, drain and rinse it well.
- ☺ Use vegetable spray products.
- ☺ Choose fat-free cream cheese and low fat cheeses.
- ☺ Choose low or non-fat milk, salad dressing, sour cream, chips, hot dogs, and lunch meat.
- ☺ Choose whole grain bread and cereals.
- ☺ Cook chicken and turkey without skin.
- ☺ Avoid “super-sizing” fast-food.

Encourage activity everyday such as:

- ☺ Outdoor play, bike riding, sports, chores, family walks, gardening.
- ☺ Discourage activities which allow a lot of sitting such as watching TV, videos and computer use.
- ☺ Park in the furthest parking space, not the closest.
- ☺ Choose birthday gifts that include physical activity.
- ☺ Be a good example for your children.
- ☺ Walk your dog.
- ☺ Include friends and family to encourage each other. Make an exercise date.
- ☺ Engage in 30 minutes of activity daily.
- ☺ Make it fun!!

Berrien County Health Department:

Preventing Disease, Prolonging Life and Protecting the Health of the Community.



REDUCE YOUR RISK

June is reduce your risk month. The Berrien County Health Department will provide you with information throughout the month on chronic health conditions such as diabetes, arthritis, asthma, and substance abuse. Chronic diseases can often be prevented or minimized by healthy eating and exercise. For more information on any of these topics, please call the health department at 926-7121. Happy Summer!



Visit www.mypyramid.gov to make your own personalized food pyramid recommended by the US Department of Agriculture. You will need your age, height, weight, gender, and physical activity level.

If you are at risk, you should be screened at any age!!

The Berrien County Health Department has five locations to serve you:

Benton Harbor

769 Pipestone
P.O. Box 706
926-7121

M-139 Office

2106 S. M-139

927-5623

School Based

870 Colfax Ave

925-4500

Niles

1205 N. Front St.

684-2800

Three Oaks

21 N. Elm

756-2008

Or visit us on the web at www.berriencohthdept.org

This page is sponsored by the Berrien County Health Department

