



BONUS ARTICLE

10 ways to make diabetes prevention a family affair

Kids aren't immune to a dangerous fallout of the American obesity epidemic: Type 2 diabetes.

About a third of American youth are overweight, and this is a risk factor for type 2 diabetes. Left unchecked, it could lead to serious health conditions.



The actions that prevent type 2 diabetes in adults also work for kids: A healthy diet and plenty of exercise. The Centers for Disease Control and Prevention (CDC) offers these suggestions for helping your family develop healthy habits:

1. **Eat at the table:** Don't eat in front of the TV or computer. Kids tend to snack more when they're watching television.
2. **Make healthy versions of family favorites:** Use less salt and focus on fruits, vegetables, and whole grains.
3. **Keep portion sizes small:** Kids can ask for seconds if they want more.
4. **Eat less sugar:** Serve fewer sugary drinks and less juice.
5. **Eat meals together:** You can model good habits such as eating slowly (you won't feel full until around 20 minutes after you start eating).
6. **Snack right:** Offer fruits and vegetables. Have fruit with lunch instead of chips.
7. **Shop together:** Teach kids to look at labels to choose the healthier option.
8. **Be active:** Go for a walk, play catch, shoot hoops, or go for a bike ride. Kids should be active for at least 60 minutes each day.
9. **Make chores a game:** See how fast the kids can pick up their toys or rake leaves.
10. **Try a different activity:** Ask the kids what they'd like to do. Take a fitness class together, explore a new park, or plant a garden. ♦