

# Grow healthy together

Prevent type 2 diabetes as a family

## Did you know?<sup>1</sup>



**1 out of 3 kids in the United States is overweight.** It's a problem closely related to the increase in kids developing type 2 diabetes.



**Kids who get type 2 diabetes are usually diagnosed in their early teens.** That's why it's so vital to teach kids to take charge of their health while they're young.

## How to make family time a healthier time

### Focus on eating healthier

**Drink more water.** Avoid sugary drinks like sodas, sports drinks and fruit juices.

**Shop and cook together.** Get your kids involved in making healthier meals and choices.

**Serve small portions.** Let kids ask for seconds.

**Focus on your meal.** Eat at the dinner table only and not in front of digital devices.

**Keep healthy snacks on hand.** Have prewashed bite-sized veggies or fruits available for grab-and-go snacks.

**Avoid using food as a reward.** Celebrate milestones with activities instead.

### Get everybody's fitness on

**Aim for your kids to get an hour of physical activity a day.** Lead by example and encourage outdoor play.

**Limit screen time to two hours per day.** This includes TVs, smartphones, video games and any other digital devices.

**Ask kids what activities they like.** Fitness can be something they look forward to.

**Plan active outings.** Try hiking, biking or taking walks together. Use this as a way for your family to exercise and bond at the same time.

**With small, impactful changes, you can help kids develop healthy habits for life.**

<sup>1</sup>Centers for Disease Control and Prevention. Prevent type 2 diabetes in kids. June 29, 2017. Available at: [cdc.gov/features/prevent-diabetes-kids/index.html](https://www.cdc.gov/features/prevent-diabetes-kids/index.html). Accessed June 13, 2019.

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