

Grow healthy together

Prevent type 2 diabetes as a family

Did you know?¹



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.

¹Centers 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.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Copyrighted material adapted with permission from Healthwise, Incorporated. This information is not intended to replace the advice of a doctor. Aetna and Healthwise are not responsible for the decisions you make based on this information. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. For more information about Aetna® plans, refer to [aetna.com](https://www.aetna.com).