Grow healthy together
Prevent type 2 diabetes as a family

Did you know?

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.


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