

Could My Child Get Type 2 Diabetes?

- Kids as young as 5 years old - who are overweight or obese - are now being diagnosed with Type 2 Diabetes.
- Children aged 6-11 years are commonly developing Type 2 Diabetes - from eating high sugar, high fat, low nutrient food, and not moving their body enough.

Almost 30% of Australian mums and dads don't realise their child is overweight and may develop Type 2 Diabetes

If you think your child may be at risk of Type 2 Diabetes

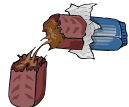
- Talk with your doctor
- Talk with your child and family health nurse
- Talk with your Home-Start Coordinator or volunteer or
- Use the tools on the EAT MOVE LIVE Mobile Site or in the Printed Parent's Guide

Make some changes as a family:

- eat **more** fresh food
- drink **lots more** water
- **move** your bodies **more!**



And **eat less** sugar, fried food, fast food, pre-processed food, biscuits, chocolate, lollies, doughnuts, chips, softdrinks, cordial, fruit juice and junk food - and spend less time watching TV, DVDs, computer games, hand held games and sitting!



Be careful not to single out your child as being different. Any changes should be for all the kids in your family, or even better, for the adults too 😊