

Type 2 Diabetes in Children: What Is It?

Type 2 diabetes is a problem in the body that causes high blood sugar.

You may already know people who have diabetes.

But when your child has diabetes, you may feel overwhelmed or worried.

The good news is that diabetes can be treated.

It's also important to start treatment right away.

That's because without treatment, problems can happen faster in children.

The goal of treatment is to help your child get to a healthy weight and increase their activity.

This helps get blood sugar in balance.

Sometimes balance happens with medicine.

But even with medicine, it's still about learning what's good for your child to eat and do.

It may be hard at first, but it's going to be okay.

You can do this. Your child can too.

Just like adults, kids can do better when they know they're not alone.

Making healthy changes can be better together. For example...

Together a family can explore new things to eat and drink.

And together your child's friends can find new ways to have fun moving.

The things you do to help manage your child's type 2 diabetes aren't just good for your child--everyone can feel better together.