

# Are You at Risk for Type 2 Diabetes?



**Children > 10 years of age or at the onset of puberty who are overweight (\*BMI greater than 85th percentile for age and sex) plus have one or more of the following risk factors, should be screened for diabetes (American Diabetes Association's Consensus Statement, Jan. 2001):**

- ✓ Family history of Type 2 diabetes (parent, aunt, uncle or sibling)
- ✓ Ethnicity – higher incidence with Hispanic, Native American, African American, Asian American and Pacific Islanders
- ✓ Signs of insulin resistance or conditions associated with insulin resistance:
  - acanthosis nigricans (dark, velvety textured skin found at the base of the neck, armpits and groin area)
  - high blood pressure
  - high blood fats
  - polycystic ovary syndrome

**If you or your child is at risk for Type 2 diabetes ask the school nurse for additional resources to assist in prevention and treatment.**

- Diabetes:**
- ✓ is the leading cause of new blindness (12-24,000/year)
  - ✓ causes heart disease 2-4x that of the non-diabetic population
  - ✓ causes mild-severe nerve disease in 60-70%
  - ✓ is the leading cause of kidney failure

*Reference: CDC's Diabetes Program – Publications & Products – National Diabetes Fact Sheet 1998*

**The risk of getting Type 2 Diabetes can be decreased by avoiding obesity through healthy diet and plenty of exercise.**

\*BMI (body mass index) • a key index for relating body weight to height