

Press Release
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To: Fayette County media
From : Fayette County Health Department

Tips for Teens- Lower Your Risk for Type 2 Diabetes

Today, more teens than ever before have type 2 diabetes. Now is the time to take action, states Debbie Lay RN, Diabetes Prevention and Control program of Fayette County Health Department. She encourages teens to be active and eat well to lower their risk for developing type 2 diabetes. Teens could be at risk if they are overweight, do not get enough physical activity, have a mom, dad or other close relative who has type 2 diabetes, or if they are American Indian, Alaska Native, African American, Hispanic/ Latino, Asian American, or Pacific Islander.

The goal is to aim for at least 60 minutes of exercise everyday. You don't have to do it all at once. Twenty minutes at a time, three times a day is okay. Choose what you like best, then do it! Turn off the TV and get moving. Several studies have found that teens who watch a lot of TV have more body fat than those who watch TV less than two hours a day. The amount of food you need to eat each day varies with your age, sex, height and activity level. For more information on how much to eat visit www.mypyramid.gov Try these healthy eating tips. Drink water instead of regular soda or a sweetened fruit drink. Eat a piece of fruit instead of a candy bar or a bag of chips. Eat a small serving of french fries. Take your time when you eat. Wait 15 minutes before eating second helpings. Do not skip meals. Fill up half your plate with salad or vegetables.

Take action now! If you lower your risk for type 2 diabetes, you will have more energy, feel good about yourself and be healthy now and in the future. For more information about preventing or delaying the onset of diabetes or complications contact the Fayette County Health Department at 283-1044 or visit www.fayettehealthdept.org