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## Warning Signs and Symptoms Associated with Type 2 Diabetes

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Warning signs and symptoms of type 2 diabetes in children develop slowly, and initially, there may be no symptoms. However, not everyone with insulin resistance or type 2 diabetes develops these warning signs, and not everyone who has these symptoms necessarily has type 2 diabetes.

- Increased hunger, even after eating
- Unexplained weight loss
- Increased thirst, dry mouth, and frequent urination
- Feeling very tired
- Blurred vision
- Slow healing of sores or cuts
- Dark velvety or ridged patches of skin, especially on the back of the neck or under the arms
- Irregular periods, no periods, and/or excess facial and body hair growth in girls
- High blood pressure or abnormal blood fats levels

If your child is overweight and has any two of the risk factors listed above, talk to your doctor about getting his or her blood sugar tested. Testing typically begins at 10 years old or when puberty starts, whichever is first, and is repeated every 3 years.

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## Preventive Actions

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Healthy lifestyle choices can help prevent and treat type 2 diabetes. Even with a family history of diabetes, eating healthy foods in the correct amounts and exercising regularly can help children achieve or maintain a normal weight and normal blood glucose levels. Here are some ideas to reduce the risk of becoming overweight.

- **Eat healthy foods.**
  - Eat foods low in fat and calories.
  - Drink more water and fewer sugary drinks.
  - Eat more fruits and vegetables.
  - Eat slowly—it takes at least 20 minutes to start feeling full.
  - Reward kids with praise instead of food.
- **Get more physical activity.**
  - Increase physical activity to at least 60 minutes every day.
  - Keep it positive—focus on progress.
  - Encourage kids to join a sports team.
  - Take walks together
  - Limit screen time to 2 hours a day.

Young kids and teens are still growing, so if they're overweight the goal is to slow down weight gain while allowing normal growth and development. Don't put them on a weight loss diet without talking to their doctor.

For more information visit <https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html> or talk to your child's doctor.