

**Parents,
did you know?**

1 in 3

**teens in the U.S.
has prediabetes.**

Prediabetes can lead to type 2 diabetes, a serious, lifelong condition that's increasing among teens and young adults.

Risk increases if a teen has a higher body weight or a family member with diabetes.

Every day counts. Set your kids up for a lifetime of good health by making small changes—like healthy food swaps, less screen time, and more physical activity.

Not sure where to start?

Talk to your health care provider today.



For more information, visit:

cdc.gov/diabetes/prevention-type-2/type-2-diabetes-in-kids.html

