



Youth and Type 2 Diabetes

Indian Health Service Division of Diabetes Treatment and Prevention
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Is a Best Practice Youth and Type 2 Diabetes Program right for your diabetes program?

➔ Do you want your diabetes program to be better at:

1. Raising awareness about youth and type 2 diabetes?

Yes No

What you will be doing: Conducting clinic and community campaigns ♦ Distributing newsletters ♦ Making presentations and circulating posters on the importance of addressing type 2 diabetes in youth

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

2. Increasing physical activity and improving diet for children at risk of and with type 2 diabetes?

Yes No

What you will be doing: Offering home-, clinic-, school-, and community-based programs for the treatment and prevention of type 2 diabetes in youth ♦ Using behavioral approaches ♦ Supporting environmental and policy changes

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

3. Promoting breastfeeding of infants for at least two months?

Yes No

What you will be doing: Recommending exclusive breastfeeding for the first six months of life, with a goal of breastfeeding for 12 months ♦ Referring mothers to support groups ♦ Using positive messages

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

4. Maintaining normal maternal blood sugar levels during pregnancy?

Yes No

What you will be doing: Establishing and maintaining normal blood sugar levels in women who have diabetes during pregnancy

Who will be doing it: Community program staff ♦ Health care providers

5. Finding and treating cases of type 2 diabetes?

Yes No

What you will be doing: Reviewing the American Academy of Pediatrics treatment recommendations for youth with type 2 diabetes ♦ Identifying, diagnosing, and referring youth and their families ♦ Decreasing cardiovascular risk factors

Who will be doing it: Community program staff ♦ Health care providers

➔ If you answered "Yes" to many of these questions, go to page 2 to learn how a Best Practice Youth and Type 2 Diabetes Program can benefit your diabetes program!

What are youth and type 2 diabetes programs?

Youth and type 2 diabetes programs include activities that aim to prevent or treat existing type 2 diabetes in youth.

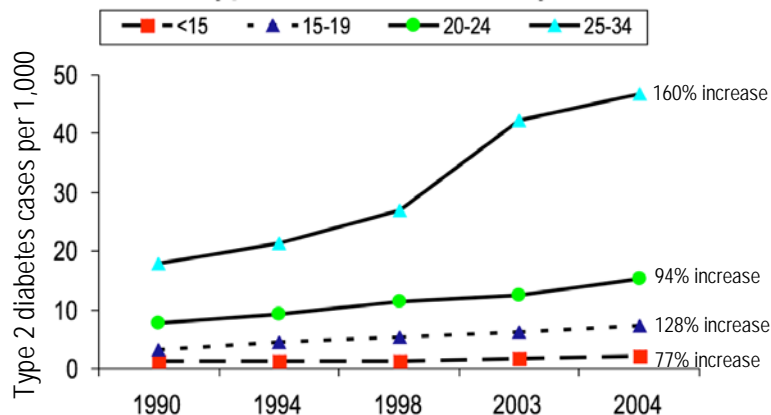
Why are youth and type 2 diabetes programs important to American Indian and Alaska Native communities?

- Although type 2 diabetes is not common among youth, the number of youth with type 2 diabetes and at risk of developing type 2 diabetes is growing at an alarming rate.
- Elevated maternal blood sugar during pregnancy accounts for approximately 40% of type 2 diabetes in children between the ages of 5 and 19 years.
- More than 70% of people with prenatal exposure to diabetes have type 2 diabetes by the time they reach early adulthood (between the ages of 25 and 34 years).
- Addressing type 2 diabetes in children and youth offers great potential to improve the long-term health of American Indians and Alaska Natives.

The good news about youth and type 2 diabetes...

Youth can reduce their risk of developing type 2 diabetes, and effective treatment is available for youth who already have type 2 diabetes. New research studies also offer hope that new ways to help prevent and manage type 2 diabetes in youth will be found.

Increase in type 2 diabetes in AI/AN youth, 1990–2004



Source: IHS Division of Diabetes Treatment and Prevention Statistics, 1990–2004

Type 2 diabetes is a new condition in children and adolescents. The prevalence of diagnosed type 2 diabetes among American Indian and Alaska Native children, adolescents, and young adults has increased in each age group from 1990 to 2004. One of the highest increases in diabetes prevalence was among children between the ages of 15 and 19 years—an increase of 128%. Take a look at your diabetes treatment and prevention activities. Is your program reaching youth?

A Best Practice Youth and Type 2 Diabetes Program will require a coordinated approach. Here are some tips on how health care providers, community programs, health care administrators, and tribal leadership can work together.

➔ Working together to improve youth and type 2 diabetes programs:

1. Who can help?

Ask for and enlist support from: Your local health care team ♦ Community health and wellness programs, such as recreation centers and local walking and running clubs ♦ Community and tribal leaders ♦ Local schools ♦ Local businesses, such as grocery stores, restaurants, and fitness clubs ♦ The media ♦ Registered dietitians ♦ Professional organizations, including local chapters of the American Diabetes Association ♦ Youth organizations, including Boys and Girls Clubs

2. Why is it important to work together?

Working with clinic, community, and leadership partners will help you: Leverage resources ♦ Avoid duplicating services ♦ Share staff, ideas, and resources ♦ Get support for your common goal of improving the health of your community

3. How can you work together?

Work with your partners to: Share what you are doing ♦ Determine what each partner will do ♦ Assign tasks and timelines ♦ Plan and establish programs and activities that will best serve youth ♦ Organize logistics ♦ Solve problems ♦ Conduct necessary evaluation and follow-up ♦ Ensure the sustainability of your program ♦ Maintain regular contact to share and provide support for each other

