



Food Program Newsletter

Summer 2009

Hopefully this newsletter finds you settled in and enjoying the second half of summer quarter. We've been busy in the kitchen putting together a colorful, summer-inspired menu with the freshest seasonal ingredients for our young customers. We've adapted several new USDA recipes to add variety to our menu - keep an eye out for some tasty new salads, soups and sandwiches this summer. Also, a reminder if your child has a food or milk allergy, we are required to have a physician's medical statement in order to provide daily substitutes. If you have not already done so, please submit your paperwork so we can get your child entered into our system. Forms need to be re-submitted every year, so if you're unsure whether your child's paperwork is current, please check with *Sharon*, Food Program Manager, or *Sarah*, Food Program Assistant. Forms are available in the kitchen office. Please read on to learn more about type 2 diabetes and how you can help lower your child's risk.

~ Food Program Staff

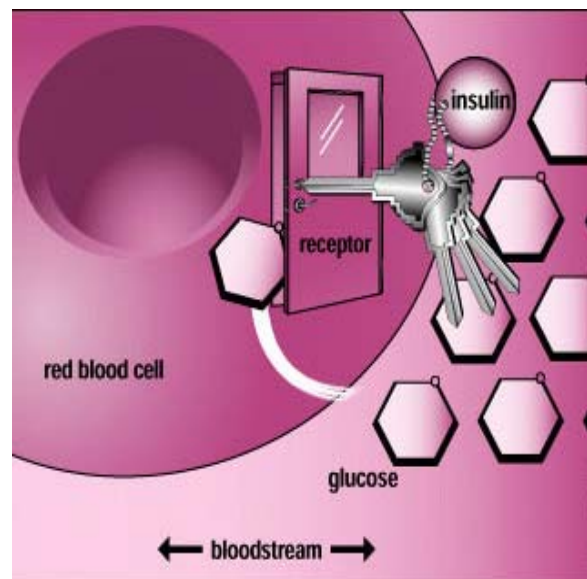
Type 2 Diabetes & Children

There is no better reason to eat well, exercise and take care of our bodies than disease prevention. For your child, this now includes type 2 diabetes. Generally a condition associated with adults, the incidence of type 2 diabetes is increasing in children and strongly related to obesity in all ages. As childhood obesity rates continue to rise, we're seeing children develop a number of serious health problems such as high blood pressure and insulin resistance. It's important for parents and child care providers to be informed about type 2 diabetes, how it works and most importantly the steps we can take to protect our children and keep them healthy.

What Is Type 2 Diabetes?

Type 2 diabetes is a chronic condition that affects the way the body metabolizes sugar. Sugar known as **glucose** is the main source of energy for **cells** that make up muscles and other important tissues in the body. Glucose comes from the food we eat and from the liver which stores

glucose and releases it when the body is low. **Insulin** is a hormone excreted by the pancreas that allows glucose in the bloodstream to enter into cells and supply them with energy. Type 2 diabetes

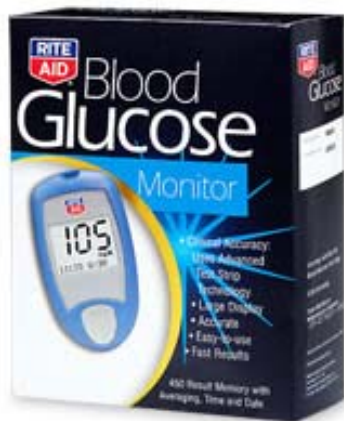


develops when the body either *becomes resistant to insulin*, or *the pancreas stops producing enough insulin*. When this happens, sugar builds up in the bloodstream and cells are deprived of the energy they need to function properly.

Signs, Symptoms & Treatment

Type 2 diabetes can develop gradually therefore many children show no signs or symptoms. Others may experience an increase in thirst, urination and hunger as well as weight loss, fatigue, blurred vision, slow healing of sores, frequent infections and areas of darkened skin.

The treatment for type 2 diabetes is a lifelong commitment to blood



sugar monitoring, healthy eating, regular exercise and sometimes the use of insulin or other medications used to manage blood glucose levels. As children with the type 2 diabetes grow and change, so will their treatment plan.

Is Your Child at Risk?

It is unclear exactly why type 2 diabetes occurs in some children and not in others with similar risk factors. There are five factors, however, that do increase a child's likelihood of developing type 2 diabetes. The primary risk factor is **weight**. For children, a body mass index (BMI) over the 85th percentile is considered high risk for

type 2 diabetes. Click on the following link to calculate your child's BMI: http://pediatrics.about.com/cs/usefultools/1/bl_bmi_calc.htm

Other risk factors include **inactivity** and **family history** as well as **race** and **gender**. Type 2 diabetes is more common in African Americans, Hispanics, American Indians and Asian-Americans. The condition also occurs more often in girls than boys in childhood. Talk to your doctor if you're concerned about your child's risk or if you notice any of the signs or symptoms.

Prevention

Healthy lifestyle choices can help prevent type 2 diabetes in children and adults. The combination of a healthy diet high in



fruits, vegetables and whole grains and regular physical activity will lower your child's risk of obesity, type 2 diabetes and various health problems throughout their life.