Evidence Based Adolescent Type 2 Diabetes Prevention

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Type 2 Diabetes (T2DM) is a growing problem in the pediatric population: -Poor nutrition -Lack of education -Decrease in Exercise

P: Pediatric age range (1-18)
Question: What are the best interventions to prevent T2DM in the pediatrics?
O: Prevention strategies that proved most beneficial in reducing risk of T2DM:
C:  Education, nutrition, exercise
I : Most effective ways to reduce risk of T2DM

- BMI >95% a child is automatically put in the at risk category
Caitlyn Hicks RN at Dayton Children’s

Key Words Included: Exclusion Criteria:
-Could be as young as 2 or 3
-Type 2 Diabetes Mellitus
-Prevention interventions
-Pediatric; adolescent
-Adult population

Recommendation:

Education  About the disease, prevention methods, healthy lifestyles; teach parents about the influence and responsibility they have in their children's lives

Physical Activity: 30 min./day or 150 min./week at the pace of a brisk walk
-Diet: low calorie, high nutrient diet
-Education About the disease, prevention methods, healthy lifestyles; teach parents about the influence and responsibility they have in their children’s lives

Our research was limited because the pediatric population is considered an “at risk” population because of the age, therefore, special precautions must be taken that put strains on studies of these children.

REFERENCES