

Type 2 Diabetes in Teens

The incidence of type 2 diabetes and its complications are increasing around the world. A recent article in *The Lancet* states that aggressive action is needed to treat and prevent type 2 diabetes in teens.

Complications in teens with type 2 diabetes seem to be different from complications in children and teens with type 1 diabetes. The rate of progression of complications in teens with type 2 diabetes is more rapid than in children and teens with type 1 diabetes.

Complications, including high blood pressure, kidney disease, eye disease and high blood cholesterol levels may be present when type 2 diabetes is diagnosed. Complications are rarely seen at the time of diagnosis of type 1 diabetes.

Psychiatric problems are associated with type 2 diabetes in teens. A study in Philadelphia found one in five teens with type 2 diabetes also had depression, obsessive-compulsive disorder or other psychiatric condition.

Another study found that the deaths of seven African American males, aged 13 to 21, with undiagnosed diabetes, met criteria for high blood sugar and diabetic coma.

In a Canadian study of 51 pregnant teens with type 2 diabetes, only 35 had live births, and the pregnancy loss rate was 38 percent.

The article states that teens with type 2 diabetes should be screened for signs of complications when they are first diagnosed. Guidelines are needed for starting high blood pressure medication and lipid lowering medication for teens with type 2 diabetes. Also, overweight teens who are inactive need to be screened for diabetes.

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Information for parents of overweight children

Childhood Overweight-What a Parent Can Do by Martha Archuleta, PhD, RD
Guide F-123

go to www.cahe.nmsu.edu click on Publications and Videos, then on How-to Pubs, then on Family Development (F series) then on F-123

Parents' Feelings About Overweight Children by Diana Del Campo, PhD and Robert De Campo, PhD

Guide F-124

Follow directions above and click on F-124

We Can! Ways to Enhance Children's Activity and Nutrition

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

under We Can at Home

Learn It has information about childhood overweight and why it's a problem

Live It has tips for parents on increasing activity and eating healthy. Has Go, Slow, and Whoa Foods

Families Finding Balance: A Parent Handbook can be ordered from the website. A single copy is free.

Gardening with Children curriculum

Go to www.bbg.org and click on Gardening with Children

CHANGE (Cultivating Health and Nutrition through Gardening Education)

<http://king.wsu.edu/nutrition/CHANGEpdfs.htm>

News Flash!

The Kellogg Company has agreed to change its marketing practices to children under age 12, as an outcome of a lawsuit brought by Center for Science in the Public Interest, the Campaign for Commercial Free Childhood, and two parents. For more information go to <http://www.cspinet.org/new/200706141.html>

Kellogg has agreed to limit calories, fat, salt and sugars in foods it markets to kids through TV, radio, print, Internet (its own sites and third party sites), or with licensed characters (Shrek, Sponge Bob) in ads or on the front of food packages. It also agreed not to directly advertise its products in schools with kids under 12 or to pay for product placement in movies or video games.

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Only kids get type 1 diabetes? What happened to Maturity-onset? ...I'm confused.

Sometimes I don't get to the stack of reading material on my desk nearly as quickly as I would like. Recently I picked up the Joslin Magazine, summer/fall 2006. The first article captured my attention. It clearly explains the evolution of our understanding of type 1 and type 2 diabetes and why we get confused.

Dr. Richard A. Jackson, a Joslin Clinic Senior Physician and Investigator in Immunology and Immunogenetics, Assistant Professor of Medicine at Harvard Medical School answered the question, **"Is it true that type 1 diabetes is primarily a disease of the young?"**

To paraphrase, researchers have long recognized that type 1 diabetes, formerly called juvenile diabetes, can occur at any age. Studies show onset of type 1 occurs more frequently in adults than in children. You are as likely to develop type 1 when you are 60 as when you are 18.

The misconception that type 1 primarily affects the young persists because the distinction between type 1 and type 2 wasn't well understood in earlier decades. Children tended to require insulin earlier than adults and tended to be thin while adults were usually overweight. Because the exceptions to these indicators were small, the names used to distinguish between types primarily acknowledged the difference in age at onset – juvenile-onset and adult- or mature-onset diabetes.

To quote Dr. Jackson, “Over the last 30 years, researchers improved their ability to separate the two types of diabetes based on the underlying causes. Because both conditions were found in all age groups, the names were changed. Juvenile diabetes became type 1 diabetes, an autoimmune disease that destroys the insulin-producing Islet cells of the pancreas. The condition known as adult-onset diabetes was shown to be associated with a combination of insulin resistance and disordered insulin secretion and was labeled type 2 diabetes.”

Symptoms of type 1 seemed to develop quickly so sudden onset was once considered a standard feature of type 1 diabetes. Researchers have learned that antibodies that signal an autoimmune attack were present in many cases years before any clinical symptoms. This is clear evidence that the onset of type 1 diabetes can take years.

Children and adults with type 1 can go through what is called a honeymoon period after being diagnosed, when they require little insulin. This is due to the body's ability to produce more insulin than it needs. Sometimes, a stress such as a cold or flu can make the body insulin resistant, requiring management with insulin. That situation may resolve for a time, however, ultimately the honeymoon period ends and the patient requires daily insulin.

Carol Marr, RD, LD
Diabetes Prevention and Control Program

Interesting Websites

Diabetes Bits and Pieces

Presentations and tools to help people manage diabetes by a RD, CDE at Oklahoma State University Medical Center

www.diabetesbitsandpieces.info

Sweet Taste, Without the Calories

This is the latest handout from the Diabetes Care and Education Practice group of the American Dietetic Association

www.dce.org click on publications, then on patient education slicks. Check out other handouts available, too.

The Garden Grocery: Food Safety & Selection at the Farmers' Market

A power point presentation on nutrients found in vegetables and fruit, storage tips, ways to get more fruits and vegetables in meals and snacks from University of Nebraska Extension.

<http://lancaster.unl.edu/food/farmar.shtml>

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