

Elementary and secondary school presentation on diabetes prevention

Over the past two decades Type 2 Diabetes has increased in children around the world(1). Physical activity, maintaining a healthy weight and diet modifications can reduce the risk of developing Type 2 Diabetes by 50%. Prevention is an important aspect of diabetes education at HPHA and their team of a Registered Nurse and Registered Dietitian travel across Huron and Perth County offering free diabetes prevention talks to grades K-12 and will modify their presentation to fit in with your curriculum. If interested in booking a free talk please contact the team at victoria.zimmer@hpha.ca or visit www.huronperthdiabetes.com .

Looking forward to hearing from you!

1. Nadeu, K., Dabelea, D., Epidemiology of Type 2 Diabetes in Children and Adolescents. Endocr Res 2008; 33;35-58.