

Visit our Website: modep-life.org

For more information
(716) 616-0116
Email: modep.buffalo@gmail.com



THE BROCHURES WERE DEVELOPED FOR INFORMATIONAL AND EDUCATIONAL PURPOSES ONLY. THE BROCHURES ARE NOT INTENDED FOR THE USE OF SELF-TREATMENT OR TO PROVIDE MEDICAL ADVICE.

© COPYRIGHT 2014 BY MINORITY ORGAN DONATION EDUCATION PROGRAM, INC.
EXCLUSIVE OF THE NATIONAL INSTITUTE OF HEALTH

Teenagers Take Charge of Your Health

The Health Education Network



The Health Education Network is a Program
of the Minority Organ Donation
Education Program, Inc.

Take Charge of Your Health

As a teenager, you are going through a lot of changes. Your body is changing and growing. Have you noticed that every year, you can't seem to fit into your old shoes anymore? Or that your favorite jeans are now tighter or 3 inches too short? Your body is on its way to becoming its adult size.

Along with your physical changes, you are also becoming more independent. You are starting to make more choices about your life. You are relying less on your parents and more on yourself and your friends when making decisions. Some of the biggest choices that you face are those about your health.

Why should you care about your health? Well, there are lots of reasons—like feeling good, looking good, and getting stronger. Doing well in school, work, or other activities (like sports) is another reason. **Believe it or not, these can all be affected by your health!**

Healthy eating and being active now may also help prevent diabetes, high blood pressure, heart disease, osteoporosis, stroke, and some forms of cancer when you are older.

Some teenagers are not very physically active and some do not get the foods that their growing bodies need.

Now is the time to **take charge of your health** by eating better and being more physically active. Even small changes will help you look and feel your best!

Family Matters

To learn more about your health, start by looking at your **family**.

Are your parents, brothers, or sisters overweight? Do any of them have health problems related to their weight, such as type 2 diabetes? Your family's gene pool, eating habits, and activities can all play a role in your health and the way you look.

Type-2 diabetes is increasing in adolescents and teenagers who are overweight. Diabetes means that blood glucose (blood sugar) is too high. Diabetes is serious. It can hurt your eyes, kidneys, heart and blood vessels, gums, and teeth.

Even if members of your family have type 2 diabetes or other health problems, it doesn't mean that you will have the same problems. To lower your chances of developing them, eat healthy foods, get moving, and talk to your family or health care provider if you are concerned about your weight or health.

You Are What You Eat

Take a look at your eating habits. What you eat, where you eat, and why you eat are important to your health. As a teen, you need to eat a variety of foods that give you the nutrients your growing body needs. Eating better and being more active can make you feel better and think more clearly.

What do you eat?

If you eat a lot of burgers and fries or pizza loaded with toppings—plus an extra helping of dessert—your diet is probably not balanced.

There's nothing wrong with eating these foods you just need to eat smaller amounts and balance them with other foods.

Where do you usually eat?

If you eat in places such as your room or in front of the TV, you may want to change that habit. Eating while doing other things makes it easy to lose track of how much you've already eaten.

By eating meals and snacks at a table, you can pay more attention to what you're eating so that you don't overeat.

(If you want to snack while watching TV, take a small amount of food with you—such as a handful of pretzels or a couple of cookies not the whole bag.)

Why do you eat?

To see if you need to change your eating habits, let's look at why you eat. For most people, reasons to eat are:

- Time of day
- Hunger
- Food looks tempting
- Everyone else is eating
- Boredom, frustration, nervousness, or sadness

The **best reason to eat** is because your body tells you that you are hungry. If you are eating when you are not hungry, try doing something else to get food off of your mind. Call a friend, exercise, read, or work on a craft. These activities can help you to cut back on eating when you are feeling bored, upset, or stressed.

Source: National Institutes of Health