



## Preschoolers Developing Diabetes

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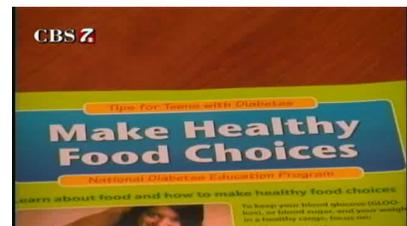
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ODESSA, TX -When you think of diabetes, heart disease and obesity, you probably think they are issues only older people have to worry about but doctors in the Permian Basin are seeing a frightful trend, young children developing these problems. They say, the time is now to act before it's too late.

"This is the first generation of children that may not live as long as their parents," said Dr. Sudip Bose, Medical Center Hospital.



Doctors are seeing children developing what were once health problems of adults.

"Adult onset diabetes is now type 2 because it's not adult onset anymore, children are getting it at age 9," said Dr. Bose.

"I've seen children in preschool with all the symptoms of diabetes," said Rhodora Pugeo, Medical Center Hospital, Diabetes Educator.

The culprit: poor diet causing an obesity epidemic, which puts our children at risk.

"Having diabetes, high cholesterol, blood pressure, all risk factors for heart disease," said Dr. Bose.

Dr. Sudip Bose says heart attacks are becoming more prevalent in adults in their early 20's, something that used to be unheard of. He says, poor diet and not enough exercise makes a huge difference but today foods can be misleading for parents.

"Looking at the processed foods and making sure to stay away from sweets and snacks, even though it says that it's nutritional, you're not quite sure what they put in there," said Jennifer Ribes, concerned parent.

But doctors say parents have to get educated and step up to the plate.

"In the long run their kids are gonna be better and healthy if they are, at an early age, eating right and exercising," said Pugeo.

"We can do something about this and we as parents can do something about this," said Dr. Bose.

Doctors say a good rule of thumb is known as the "80-20 rule." 80 percent of your children's diet should be healthy and 20 can be junk food. Another tip is keep you pantry empty and fridge full to cut down on sugar and processed foods and of course get plenty of exercise.